CLASS STRUCTURE

PARKOUR & TUMBLING CLASSES RUN VIA ABILITY GROUPS & OUR GRADING CRITERIA

PARKOUR		
LEVEL	MUST HAVE	WORKING TOWARDS
BEGINNERS	NEW MEMBERS OR **NON WHITEBAND** LEVEL	SAFETY ROLLS, FOUNDATIONAL VAULTS & PRECISION JUMPS
INTERMEDIATES	THOSE WHO CAN PERFORM **WHITEBAND SKILLS** WORKING ON BLUEBAND	DOUBLE KONGS, FRONT TUCKS, BACK TUCKS
ADVANCED	THOSE WHO CAN PERFORM **BLUEBAND SKILLS** WORKING ON RED/BLACK	CORKS, WEBSTERS, SWING GAINERS

TUMBLING		
LEVEL	MUST HAVE	WORKING TOWARDS
BEGINNERS	NEW MEMBERS OR **NON WHITEBAND** LEVEL	FORWARD & BACKWARD ROLLS | FRONT & BACK WALKOVERS
INTERMEDIATES	THOSE WHO CAN PERFORM **WHITEBAND SKILLS** WORKING ON BLUEBAND	FRONT AND BACK HANDSPRINGS | CARTWHEEL & ROUND-OFF BACKHANDSPRING ETC
INTERMEDIATES **PLUS**	THOSE WHO CAN PERFORM **BACKHANDSPRINGS** & ALL OF WHITEBAND	FRONT HANDSPRINGS | CARTWHEEL & ROUND-OFF BACKHANDSPRING ETC
ADVANCED	THOSE WHO CAN PERFORM **BLUEBAND SKILLS** WORKING ON RED	ROUND-OFF FLICK CONNECTIONS | FRONT HANDSPRING CONNECTIONS
ADVANCED **PLUS**	These sessions are **INVITE** only and students **MUST HAVE** full **REDBAND** skills and already **Round-Off Back Full Twist on Floor**	