



## LEVEL 1 - WHITE BAND

NUMBER	SKILL
	<b>SAFETY/FLOOR SKILLS</b>
1	Front Roll
2	Side Roll
3	Quadrupedal Gallop
4	Forward Falls
	<b>JUMPING/RUNNING SKILLS</b>
1	Precisions
2	Strides
3	Running Precisions
4	Strides to precision
	<b>VAULTING SKILLS</b>
1	Safety/Step Vault
2	Side Vault
3	Lazy Vault
4	Turn Vault
5	Monkey Vault
	<b>WALLS &amp; BARS SKILLS</b>
1	Tic Tac
2	Pull Over/Roll Forwards
3	Skin the cat
4	Vertical Wall Runs
5	Cat Hang
	<b>ACROBATIC SKILLS</b>
1	Cartwheel
2	Kick to Handstand
3	Bridge
4	Round Off
5	Front Flip



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**DRAKE'S ACADEMY PARKOUR - NOVICE**