



LEVEL 2

SKILL REFERENCE SHEET



BASIC
FUNDAMENTALS

LEVEL 2



Back to BreathePK

Front Roll

A forward facing roll. Contact is made first by hands, which are placed flat and open on the ground. The “line” of the roll will be directed over one shoulder and out the opposite hip. Speed going into the roll should be equal to the speed coming out of the roll.

Back Roll

A roll backwards. One hand should be behind your head to protect it, with your chin held by your elbow. Both knees should go over the same shoulder to avoid rolling over your head.

Plyo

A two foot consecutive jump. Make sure that your hands rest behind you as you set up to jump forwards.

Crane

A type of landing on an obstacle where one foot lands on top and one foot catches the vertical side. Only the balls of your feet and your palms should touch the obstacle. No heels and no knees.

Side Vault

A vault over an obstacle where both legs go to the same side of your body. Make sure that your inside hand is removed from the obstacle. Your hips should face forwards the entire time.

Reverse Vault

A vault over an obstacle where you turn a full 360 degrees. One hand starts twisted, the other comes off the obstacle as you turn. There should be an even speed to the rotation.

Wall Run

A one foot push off the wall to help you get up to the ledge. One hand protects your face as you push, and one hand reaches up. You should be facing the wall the entire time.

Cat

A type of landing and hold on a wall. Hands on the lip of the wall, feet in front of you. Make sure that the feet land first.

Wall/Bar Hip Catch

A type of landing and hold on a wall or bar. Your hands catch the bar or top edge of the wall at the level of your hips. If done on a wall, foot contacts the wall first.

Lache

A type of swing where you release the bar and travel forwards, landing in safe position on the ground or an obstacle.

Balance

Slow and controlled walking across different obstacles at different heights. Remain on the obstacle you are moving on without falling.