



2018

Level Up! Parkour Guide

White-Black Band Level Guide

White – Green – Blue – Purple – Red – Black



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Welcome to Xcel 360's Level Up! Training System

How Does the Level Up! Training System Work?

Level Up! Training Systems is a systematical way to teach and track athlete progression, goal setting and personal achievements! When an athlete first begins the program he/she will receive a WHITE band symbolizing the beginning of their Parkour Training. While under each particular Level Band, there are a set of skills that the athlete is working towards accomplishing. Once ALL Skills have been accomplished and they pass the Level Test, the athlete will then move up to the next Level Band and begin working on a new set of higher level skills as well as maintaining the skills from the previous level.

The Levels are broken down into 6 Levels. Level 1 – Level 5 are based on skill progression and mastery before moving up a level. The 6th Level is our Master's Level... This is when all levels have been completed and the athlete is accomplishing skills above and beyond! Level 6 is our Professional Athlete Status where many athletes find themselves taking jobs in various industries related to their skill set. For Example: Stunt shows at amusement parks, stunt work in low budget movies, TV shows, music videos and even Blockbuster Movies... and more!

Why is Progression Important?

Progression is the most important component of any training system. Without it the entire training program can fall apart leading to injuries, mental blocks, discouraging results, frustration, boredom with the activity, many hours spent training without personal gains and long term physical damage to the body and overall mind set. A proper plan of progression not only increases the amount of learning at any given time but it helps build the confidence needed to achieve any goal set by the coach and the athlete. That being said... progression must also be a constant growth as well.

Stress = Growth

Our bodies and minds have the amazing ability to adapt to the stresses imposed on them. This is how muscle is grown and how intellect is developed. Through the progressions of our system, the athlete will gain muscle strength, flexibility, body awareness and control as well as the mental strength to overcome obstacles and achieve goals through hard work and determination. With every progression a small bit of confidence is instilled in the athlete for life. As you will see in our 360 Circle of Success, momentum is built on each gain as the athlete progresses. This momentum is the act of taking your potential, taking action towards a goal, seeing results and then believing that your end goal is a possibility. A snowball effect occurs as the athlete builds on each success.

There's only one thing that makes a dream impossible to achieve... the Fear of Failure. ~Paulo Coelho

Athletes will learn the importance of working through each failed attempt with a Positive Mental Attitude (PMA) as each attempt successful or not is one step closer to achieving his/her goal.

How can I help my Child be more Successful?

Most importantly your job in the training of your child is to support them when they are struggling or feeling discouraged. This can be done through encouragement and please be sure to celebrate their successes as big or small as those successes may be. Parkour is not an easy task by any means. It takes dedication and hard work to achieve what some make look so easy. There is no instant gratification like most of our kids are used to in these days with everything they want just a click away on their smart phones, tablets or computers. Keep in mind... the more they struggle to get a skill the higher the sense of gratification will be when they finally achieve that skill! It is best to reassure the athlete that they can do it and to not give up without redirecting their pain away from themselves. (ie. Blaming the coach, the mat, the gym, another kid or even themselves as far as not giving 100%) The athlete must feel the pain of failure to strengthen their ability to overcome not only Parkour skills but all obstacles in life.

Good Luck as you embark on your journey, work hard, keep a positive mind set and let us help you LEVEL UP!

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Level I - White Band:

Prerequisite – All Previous Bands and Proficiency in the Skills Associated

Skill Requirements:

*Progressive Skills transitioning into the Next Level are not required to receive your band – They are Bonuses!

Date	Level 1	Date	Level 1
	VAULTS		Basic Movements
	Kong On Vault		Quadrupedal Movement
	Dash Vault		Understand Falling Techniques
	Speed Vault		Understand Landing Techniques
	Safety Vault		20 Second Balance - Floor Rail
	Lazy Vault		
	Precisions/Jumps		Bars
	Stick 5 Floor Precisions in a row at 4-6 Feet		Basic bar swing w/control from hang
	Stride 4x's on Floor Lines/Dots/(flat items)		Hang drop
	Wall Work/Climbs		Tumbling/Body Control
	Wall Pop to Climb Up		Perform a Proper PK Roll (Shoulder Roll)
	Wall Splat		Perform Dive Roll on mat (PK Roll)
	Basic Cat Hang		Handstand – 30 Second Hold against Wall
	Tic-Tac		*Cartwheel

Level II - Green Band

Prerequisite – All Previous Bands and Proficiency in the Skills Associated

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 2	Date	Level 2
	VAULTS		Basic Movements
	Perform any basic Vault + one additional skill (tumbling) COMBO		Quad Move(QM) – plus Level 2 Skill - QM
	Perform any series of 3 different Basic Vaults COMBO		30 Second Balance - Floor Rail
	Kong Vault		Kip Up
	DIVE Kong		
	Precisions/Jumps		Bars
	Stick 5 Elevated Precisions in a row 4-6ft apart		Swing floor precision
	Stride X4 – floor level (rails or planks)		Swing ½ turn
	Crane		Jump to bar control swing & grip
	Wall Work/Climbs		Tumbling/Body Control
	Height Drops 5-11yrs 6ft Wall to Box & Box to Floor/ 12+yrs 6ft Wall to Floor		Dive PK Roll Over Small Object (ie. Mailbox mat)
	Cat Grab from Box to Wall – 3-4 ft		Handstand Hold 1 Minute against Wall
	Tic-tac to Floor Precision (mark/line)		Handstand Hold 10 Seconds No Wall
	6-12in Dyno		Round-off
			Front Tuck on Tramp to mat

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Level III - Blue Band:

Prerequisite – All Previous Bands and Proficiency in the Skills Associated

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 3	Date	Level 3
	VAULTS		Wall Work/Climbs
	Double Kong		180 Cat/Prince – 5 Consecutive
	Reverse Kong		Dyno 2 ft
	Speed – Full		
	Kash Vault		
	Precisions/Jumps		Bars
	Stick 5 High to Low Precisions in a row 4-6ft apart		Lache any safe distance
	Stride across 2 boxes to pre on box/floor		Jump to bar control swing to Pre
	Stride to Crane		Pull over
	Wall Work/Climbs		Tumbling/Body Control
	Height Drops 5-11yrs 6ft Wall to Floor/ 12+yrs 8ft Wall to Floor		Solid Handstand no wall - 30 sec.
	Cat Grab from Box to Wall – 5-6ft		Back Tucks w/spot and/or Trampoline
	Tic-tac to Precision (floor rail/small box)		Front Tuck on Floor to mat
	Wall Spin on Slanted Wall/Box		Side Flip on Mat
	Wall Climb 8ft		Back Handspring on Tramp

Level IV - Purple Band:

Prerequisite – All Previous Bands and Proficiency in the Skills Associated

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 3	Date	Level 3
	VAULTS		Wall Work/Climbs
	Kash to RO Tuck (or comparable)		Stride or Pre to 180 Cat/Prince
	Step Pop		
	360 Vault		
	Kong to Cat, Crane, Pre		
	Precisions/Jumps		Bars
	Stick 5 Low to High Precisions 4-6ft apart		Lache any safe distance
	Stride across 2 obstacles to pre elevated/level Pre		Jump to bar control swing to Pre
	Stride across 2 obstacle to Cat Grab		Lache to Cat Grab
			Muscle Up (3xs in a row)
			Cast Away
			Kip Up
	Wall Work/Climbs		Tumbling/Body Control
	Dynos 3 feet		Solid Handstand walk 20 Feet
	Running Cat Leap 6-10ft		RO Series BHS – Tuck
	Tic-tac to Precision to Elevated Pre		Front Tuck Over Object (Box/Mat- NOT people!)
	Wall Spin on Flat Wall		BHS Tuck
	Wall Muscle Up (3xs in a row)		Side Flip Over Object (Box/Mat- NOT people!)
	Wall Flip		Webster Off Box/Short Wall
	Palm Flip		Dive Roll Through Hole

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Level V - Red Band:

Prerequisite – All Previous Bands and Proficiency in the Skills Associated

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 5	Date	Level 5
	VAULTS		Wall Work/Climbs
	Dash Bomb		Wall Inward (front/side)
	Cast Bomb		Devil, Angel, Palm drop
	Front hand to front tuck (Front Front)		Monkey Down
	Tsukahara		
	Precisions/Jumps		Bars
	Stick 5 Elevated Precisions 8-12 ft apart		Lache to Lache pre
	Stride across 2 Obstacles (1 rail) to pre elevated/level Pre (Rail Pre)		Cast Away full
	Stride across 2 Obstacles to kong crane/ cat climb up/ pre		Fly away full
	Standing 10 ft pre		Kip up to cast away (fluid)
	Wall Work/Climbs		Tumbling/Body Control
	Dyno 4 feet w/combo		Solid Handstand walk 40 Feet
	Running Cat Leap 12-14ft		RO Series BHS – Full
	Tic-tac to 360 Precision – 360 Cat		Front Full
	Wall Spin on Flat Wall		Standing Full
	Castaway		Side Flip Over gap
	Wall Full		
	Step Palm Flip		

Masters - Black Band:

Prerequisite – All Previous Bands and Proficiency in the Skills Associated

Skill Requirements:

Date	Level 5	Date	Level 5
	This Level is Up to you... Track Your Achievements and Share them with us!		

These Skills are just benchmarks or guidelines to help you set goals and guide your growth. We encourage you to do more than what is listed... to be creative and use your skills to develop new skills and combos.

There are many variations of Parkour skills when you get to the **Master's Level**... use caution but let **Creativity** be your guide as your foster a love for **Parkour** and for the challenge it provides you. You will only stop growing when you no longer... **Level Up!**

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To the Xcel 360 Student Attempting These Goals:

Congratulations! You are about to embark on a journey that will not only test you physically but mentally as well. You will learn to set daily, weekly and monthly goals and surpass them one by one as you train to increase body awareness, control, agility, flexibility, focus and strength. Take your time learning these skills and developing into a Parkour Master! Everyone is built differently and thinks differently therefore we all learn at different rates and in different ways. Don't compare yourself to others. Just focus on your personal goals and what it will take you to achieve them both short term and long term. Use the 360 Circle of Success guide to help you understand the power of compounding your results into a continued growth of success!

Never forget that anything is possible for those who are willing to try. If you are to at any time fail a test, never see yourself as a failure but see it as a challenge to make yourself better. Through our failures we learn what it takes to create success. Work Hard, Get Even Better, and Try gain. Good Luck! Never give up!



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GAIN MOMENTUM... DON'T LOSE IT!

Build On Your Successes!



360 Circle of Success, momentum is built on each gain as the athlete progresses. This momentum is the act of taking your potential, taking action towards a goal, seeing results and then believing that your end goal is a possibility. A snowball effect occurs as the athlete builds on each success.

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