

ROGUEOP'S GUIDE TO SESSION ONE

NEVER PRACTICED PARKOUR BEFORE?

STUCK IN AN ENDLESS CYCLE OF YOUTUBE VIDEOS?

CAN'T FIND A FRIENDLY TRACEUR TO ADOPT YOU?

STEPS:

HERE'S SOME STRUCTURE SO YOU CAN GET TRAINING

TODAY

1. PRINT THIS. GRAB SOME FRIENDS. GO OUTSIDE.

2. CHOOSE A TRAINING AREA: PLAYGROUND/FITNESS TRAIL/WOODED AREA/URBAN AREA

- PICK A SPACE WHERE YOU ARE NOT ANNOYING TO THE GENERAL PUBLIC
- CHECK THE AREA FOR SAFETY HAZARDS. NOTE HIDDEN DROPS, HOLES, SHARP CORNERS, ETC.
- BEGIN DEVELOPING YOUR CREATIVE EYE. LOOK FOR FEATURES THAT CAN SERVE AS OBSTACLES.

3. WARM UP AND STRETCH.

- WARM UP PRIOR TO STATIC STRETCHING. JUST MOVE AROUND AND GET THOSE MUSCLES FIRING
- EASE INTO EACH STRETCH. YOU SHOULD NOT FEEL PAIN.
- STRETCH YOUR MUSCLES, NOT YOUR JOINTS.
- MOVE FLUIDLY FROM ONE POSITION TO THE OTHER. DON'T BOUNCE.
- BREATHE.

4. WHAT ARE WE DOING TODAY? **PARKOUR!** THE "ART OF DISPLACEMENT" MOVE FROM POINT A TO POINT B, NEGOTIATING OBSTACLES IN BETWEEN. THESE OBSTACLES, YOU'LL QUICKLY DISCOVER, ARE MENTAL BLOCKS AS MUCH AS THEY ARE PHYSICAL OBJECTS. FOR THIS, WE TRAIN FUNDAMENTAL STRENGTH (AKA KEEP YOURSELF HEALTHY AND WORK TOWARD SELF IMPROVEMENT) AND SKILLS (AKA I WOULD LIKE TO DO THIS. WHAT ARE THE SMALLER COMPONENTS I NEED TO MASTER TO MAKE THIS POSSIBLE?).

5. LET'S GO! THIS IS A LAB, NOT A LECTURE. LET'S LEARN BY DOING.

CHALLENGE 1. // CHOOSE A RUN. PICK A POINT A AND A POINT B AND SLOWLY NAVIGATE BETWEEN THEM (I'M NOT GOING TO HOLD YOUR HAND HERE. PICK SOMETHING WITH OBSTACLES IN THE WAY. IT CAN BE A SQUIGGLE PATH. NO ONE'S JUDGING). PAY ATTENTION TO MOVEMENTS AND OBSTACLES THAT MAKE YOU FEEL CLUMSY OR THAT ARE ANKWARD TO TRANSVERSE.

→ FINISHED? NOW TAKE A MOMENT TO THINK OF A BETTER WAY TO TRANSVERSE THAT SPACE. IS THERE A MOVEMENT YOU CAN TRY THAT MIGHT GET YOU OVER TROUBLESOME OBJECT A A LITTLE FASTER OR MORE SMOOTHLY?

CHALLENGE 2. // REPEAT YOUR RUN, APPLYING YOUR NEW TECHNIQUES AND IDEAS.

→ EVALUATE. WHAT WORKED? WHAT DIDN'T? IS THIS FROM A LACK OF STRENGTH OR SKILL?

CHALLENGE 3. // RUN THE ROUTE BACKWARDS.

→ WHAT WAS DIFFERENT ABOUT THE MOVEMENTS YOU HAD TO USE? ANYTHING NEW ABOUT THE ROUTE CAME TO YOUR ATTENTION?

CHALLENGE 4. // GET DOWN ON YOUR PALMS AND BALLS OF YOUR FEET. MOVE THROUGH YOUR ROUTE KEEPING LOW TO THE GROUND AND KEEPING THREE POINTS OF CONTACT AS MUCH AS YOU CAN. WE CALL THIS QUADREPEDAL MOVEMENT AND IT'S A TOTAL BODY WORKOUT THAT SHOULD HAVE YOU LOOKING LIKE A REALLY CLUMSY SPIDERMAN RIGHT NOW.

→ DID ANY OBSTACLES BECOME EASIER TO CROSS WITH QUAD MOVEMENT? HARDER? WHY?

CHALLENGE 5. // PERFORM YOUR RUN TO THE BEST OF YOUR ABILITY, INCORPORATING THE MOVEMENTS YOU'VE FOUND WORK BEST.

→ BETTER THAN YOUR FIRST RUN? COULD YOU RUN IT EVEN BETTER TOMORROW? OF COURSE YOU CAN, TRACEUR!