

# ESSENTIAL PARKOUR TRAINING

**BASIC PARKOUR STRENGTH AND MOVEMENT**



*Sam Fury*

**ESSENTIAL PARKOUR**  
**Basic Parkour Strength and Movement**

**Survival Fitness Series**  
**Volume 7**

**[SurvivalFitnessPlan.com](http://SurvivalFitnessPlan.com)**

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# **Introduction**

This book is the official Survival Fitness Plan (SFP) Parkour Training Manual.

The techniques covered in SFP parkour training focus on “essential” parkour movements only.

By essential I mean those movements and techniques which, with basic training, would be relatively safe to use “on a whim”, i.e., if you are running away from someone in an unfamiliar area.

Of all the flight skills in the Survival Fitness Plan, parkour is the one that should be given the most attention since it is the most useful get out of immediate danger when on land.

## **Why Learn Parkour?**

The main reason for learning parkour in the Survival Fitness Plan is for the same reason it was invented in the first place, i.e., to develop the ability to get from one point to another as efficiently as possible. There are other benefits also such as:

- It is a fun and challenging way to keep fit. It’s exercising without feeling like you are exercising. You just learn the skills and physical fitness is a welcomed by-product.
- Socializing with other parkour enthusiasts. Or if you prefer to be a loner, parkour can be practiced solo.
- Seeing the world around you in a new light. Once you start to learn parkour you will no longer see buildings, stairs, rails, or any other structure in the same way again.
- Overcoming fear and building confidence. Many parkour movements, e.g., jumping gaps, can be daunting. Just like overcoming any fear, you will be able to use this inner strength in other areas of life.
- Increasing your imagination. Figuring out different ways to get from point to point using different parkour skills.

## **Progression**

Proper progression in parkour is useful for breaking through fear as well as for safety.

Conquer small milestones and gradually increase to bigger goals. Once you successfully complete something once it will get easier. On the flip side, do not get too cocky. That is how injuries occur.

In this book the techniques are given in a progressive manner according to the type of movement (landing, vault, wall, etc.) but it does not mean you need to learn all (or any) of one type of movement before starting to train in another. Any type of movement can be practiced at your discretion.

There is one exception:

**Proper landing techniques should be learned first** to prevent injury. In particular, the safety tap and safety rolling.

Also, the way in which each technique is presented uses progressive steps.

Techniques are presented using the method taught in the Survival Fitness Plan but there are many ways to learn the same thing. If something doesn't work for you try a different way. Adopt the philosophy of using what is good for you and discarding what is not.

Although parkour can be practiced solo, for most people, having a training partner helps with progression since you will learn from and motivate each other. It is also good for safety.

## **Training for Reality**

### **Awareness**

Constantly be aware of your surroundings. Use your peripheral vision and formulate a plan of escape when-ever you enter a new situation (notice where the exits are, how you would overcome obstacles, etc.).

A side effect of this is that being aware is transparent. People (would be attackers) notice that you are aware which makes you less of a target.

### **Outdoors**

Train in all terrains, in all types of weather, and in all different types of light.

There are some exceptions, for example, I would not attempt some of the parkour movements on slippery surfaces.

If something is too dangerous to do during training then it is also too dangerous to do in real life. Remember this for if you ever have to make the decision about what to do.

It is also important to vary your training grounds. Training in the same place



all the time will limit your imagination and different situations will require different skills.

### **Parkour and Self-Defense**

It is highly recommended to combine your parkour training with self-defense. They complement each-other very well, e.g., tic-tac to side kick.

**Check out [SurvivalFitnessPlan.com/Self-Defense](http://SurvivalFitnessPlan.com/Self-Defense) for more information.**

### **Training on Both Sides**

In reality you should favor the strong side of your body when doing actions. When training, do so on both sides so if you cannot use your strong side (e.g., injury) then even your weaker side is still pretty good.

### **What You Carry**

If you habitually carry a bag and are not willing to leave it behind when threatened then you should train with it on. The tighter fitting the bag is to your body the less it will move around when training.

### **What You Wear**

If what you wear in training is not the same thing you wear most of the time then you will not know if you can perform the actions in everyday life. For example, how often do you go out with your climbing shoes on and chalk in your back pocket? If the answer is always then feel free to use climbing shoes and chalk when training in the Survival Fitness Plan.

*Q. So I should train in my suit and tie or skirt and high heels?*

*A. Yes and no.*

Training in clothing that is impracticable for physical exercise will only hinder your progress, but you should do it at least once in a while so you know the differences when performing actions in that type of clothing.

You may also want to consider changing what you do wear day to day to ensure functionality in movement. Loose fitting clothing and sensible shoes can be adapted to almost any situation. Before you put something on ask yourself,

“If I really need to, would I be able to sprint and climb a wall in this?”

# Safety

Parkour is not a dangerous activity if you progress slowly, do not take unnecessary risks, and learn the correct safety techniques.

## Safety Tap

By using the safety tap you cushion your landing which helps to prevent injuries.

It is good for those times when rolling may not be possible, e.g., lack of room, although it is best to use rolls when dropping from greater heights and/or on angles.

To do the safety tap drop down from a ledge. Start with small drops and work your way up as your confidence builds.

Land on the balls of your feet, both feet at the same time, and then roll your heels down towards the ground.



Bend your knees as you land to absorb the shock. Depending on the impact you can go all the way into a crouch.

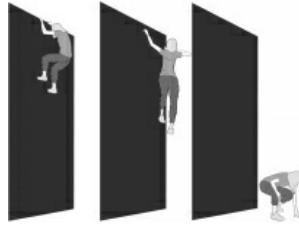
Don't slam your wrists down. They are used for assistance and/or balance but should not be sustaining any major impact.

Spring back up using the momentum to continue your run.



Try to land as softly and quietly as possible. This is true with most things in parkour. The quieter you are the softer you are which means you put less pressure on your joints. Also, since the practical use for parkour is to run from your enemy it is advantageous to be as silent as possible.

When dropping down from a wall (e.g., from a cat hang) it is a good idea to turn away from the obstacle. You may have to use your feet to push away from the wall a little so you can get the room to turn.



## Safety Rolls

The safety roll is an extremely important parkour skill to develop. It is used to prevent injury from a technique gone wrong, a big drop, a general fall or trip, and/or if someone throws/pushes you to the ground or off something. It is also a good technique for transitioning between movements.

Your aim should be to make your safety roll instinctive. This is because the times you will need it most are those when you are not ready.

The safety roll can be done forwards, sideways, or backwards. You will probably use the forward roll most often but you should practice all of them regularly.

When first learning the safety roll do so on soft ground such as on grass, mats, or sand. Take it slow and start low. Once you have the technique you can progress by increasing height and/or momentum.

### Forward Roll

Choose which side you are most comfortable rolling over, right or left. Eventually you want to learn to roll on both sides.

If rolling over your right shoulder start from a kneeling position with your right foot forward.

Place your hands on the ground in front of you so that your thumbs and index fingers form a kind of diamond shape. Put them at a 45 ° angle in the direction that you want to roll in.

**Note:** *You could just roll over your shoulder but unless you have something in your hands it is preferable to use them to help control your motion as well as absorbing some of the impact.*

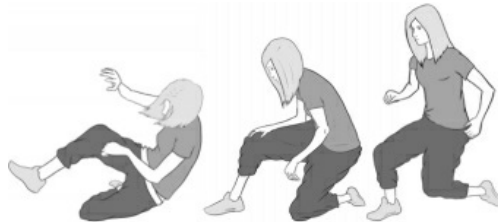


Look over your left shoulder and use your rear leg to push you over into the roll. Use your hands to control your momentum and your arms to lift you a little so that you can land on the back of your shoulder blade. You do not want to hit on the top of your shoulder.

Roll diagonally across your back to your opposite hip. If you roll wrong (which you probably will when first learning) you will feel it. When you start practicing on hard surfaces you will definitely know if you are rolling poorly. It is a learning curve.



Come up from your roll between your tail and hip bones and use the side of your leg and your momentum to get back onto your feet.



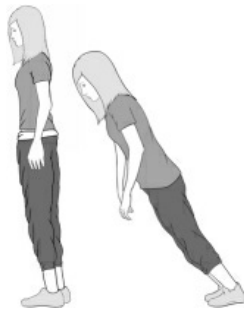
You could also come straight up onto your feet as opposed to using your thigh. This saves your knee contacting the with the ground but puts more pressure on your ankle as you stand.



As you get more confident start from taller positions such as squatting and standing.

A good exercise is to stand straight and let your body fall forward like a

plank.

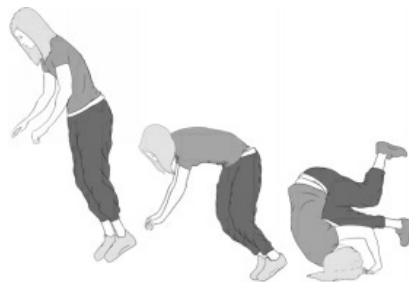


At the last moment roll out of it. This can be done with side and back rolls also.



Also progress to rolling with momentum and with jumps.

When jumping into the roll be sure to keep your legs flexed as you land and allow the momentum to push you into the roll.



Eventually you will be able to jump and roll from ledges. It is important to slowly work your way up and increase the strength in your legs to be able to do bigger and bigger drops.

As height and speed increases it will help to land with your feet closer together and to be more adaptable with your arms.

**Note:** *Dropping into a roll is not the same as a dive roll. When dropping from height your feet still make contact first.*

### **Side Roll**

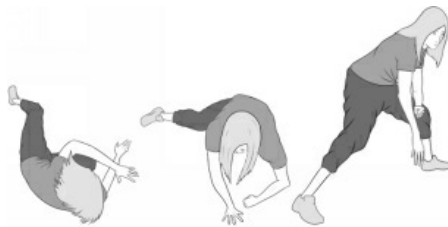
The side roll is good for preventing injury when falling in a weird direction.

The technique is very similar to that of a forward roll except that you will roll on a more horizontal angle across your back. The exact rolling path will also depend on the angle you are falling at.

As you fall use your hands to help control your movement. Ensure you clear your arm/shoulder and land somewhere on your back.



Use the momentum to create as smooth a roll as possible and then come back onto your feet.



### **Back Roll**

When first learning the back roll it helps to do the forward roll first. Do the forward roll and stop before getting to your feet, then roll back using the same line as you rolled forward on.

Roll forward and back a few times to get the feeling.

When ready you can back roll and come up to stand. At the end of your back roll continue to go over your shoulder.



Use your hands to push yourself up a little so you can get onto your feet.



When back rolling from a drop always try to get absorb the landing with your legs as much as possible.

Landing with one foot in behind the other will make going into the roll much

easier.



Lower yourself down as much as possible and then go into the roll.



Get back to your feet as previously described.



It is important to practice rolling until it is an instinctive reaction and then to continue to practice them regularly with all variations (jumping, momentum, both sides of the body, landing at different angles, etc.).

## **Break-Falling**

Break-falling is primarily a martial arts technique used to lessen the impact when you fall. It is not very conducive to parkour because it disrupts “flow”, i.e., once you break-fall you stop, but is necessary to learn for safety reasons.

Break-falling works by spreading the impact of the fall across a larger portion of your body. It may still hurt a little but much less damage will be done.

Rolling is always preferable to break-falling since it is also a swift way to get back on your feet, however, there will be times when the safety roll is not feasible, e.g., lack of space. This is when the break-fall comes in very handy.

There are a few different ways to break-fall. In the Survival Fitness Plan the Judo method is used because Judo is a martial art which makes heavy use of throwing people to the ground, hence, they really need to know how to break-fall well.

**Note:** After any break-fall you can return to your feet with the safety roll, or just use your hands to help you stand.

Practice break-falling on soft ground such as grass, gym mats, Sand, etc. It will also help to breathe out as you hit the ground.

For all break-falls there are two big things to watch out for.

1. Do not stick your hand down. For many people this is a natural reaction when falling but doing it will focus the impact of the fall onto a single point which is likely to cause injury.
2. Protect your head from hitting the ground. This is done differently depending on the break-fall but the basic idea is to move your head or face away from the ground.

### **Back Break-Fall**

Stand with your feet about shoulder width apart.

Squat down as low as you can and tuck your chin to your chest. Tucking your chin will prevent you hitting the back of your head on the ground.



Fall onto your back and arms allowing a slight roll, but don't roll back too much. If you stop the roll 'dead' it will put too much pressure on your body, but you don't want your legs to go too far towards your head for the same reason. Having your feet turned out a little and your knees slightly bent will help you to control this.

Your arms splay out at about 45 ° .

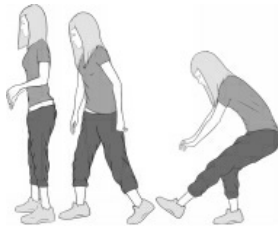


### **Side Break-Fall**

From a standing position step forward with your right leg and do a single leg



squat as you bring your left leg through. The more you bend the leg the closer you will be to the ground before landing.



Get as low to the ground as you can, tuck your chin to your chest, and then fall onto the left side of your torso/back and on the whole of your left arm at about 45 ° to your body, palm facing down. Your legs will probably go in the air.



Allow your legs to come back to the ground finishing in a comfortable position, but not splayed to wide or crossed.



### **Forward Break-Fall**

With the front break-fall you fall directly forward and land on your forearms. Start on your knees so you are low to the ground. Put your arms in front of your face in an upside-down V.

As you fall towards the ground tense your core and take the impact on your forearms. Try not to let your belly hit the ground.

If you can it is a good idea to turn your face to the side (not pictured).



Once you are confident do it from a standing position. Spread your legs so you can be lower to the ground.

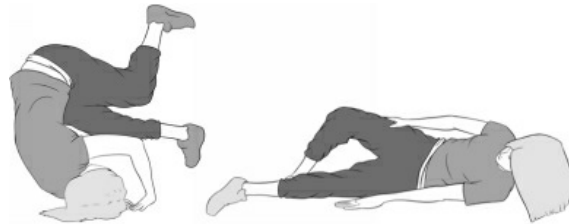


Eventually you can do it from full standing and also with a little jump.

### **Forward Roll Break-Fall**

The forward roll break-fall is useful to know in case you go to roll but then there is an obstacle ahead preventing you from standing up.

Do a forward safety roll as normal but instead of coming onto your feet you stop in the side break-fall position.



From there you can do a backwards safety roll to get back to your feet.

For all break-falls, once you are confident with your technique you can try with less and less squat. Also try with different scenarios, e.g., falling off a chair.

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**[SurviveTravel.com/Essential-Parkour-Reviews](https://www.survivetravel.com/essential-parkour-reviews)**

## Warm-Ups and Conditioning

Warm-ups are exercises used to prepare your body for more vigorous activity. A proper warm up is essential to prevent injury.

Conditioning is used to strengthen your muscles and improve endurance.

Most of the exercises in this section are both warm-up and conditioning rolled into one.

They are all also useful as parkour movements in their own right as well as being “stepping stones” for more advanced parkour techniques in this manual.

### Catwalk

Catwalking is a form of quadrupedal movement. Quadrupedal movement is the act of moving on all-fours. Other types of quadrupedal movement described in this book include side sapiens and ground kongs.

All types of quadrupedal movement have their practical use and they also make great warm-up/conditioning exercises.

The catwalk is useful when having to traverse across ledges, rails, etc., as well as to get through or under small areas. It gives you more balance and control on the obstacle and also lowers your profile which makes it great for escape and evasion.

Start by getting down on your hands (flat palms) and feet with your right hand in front of your left hand, and your left foot in front of your right foot. Your hands and feet form a line and as you move forward you want to maintain this line as close as possible. When first starting it will help to follow an actual line on the ground. When you are on a ledge or rail you will have little choice anyway.



To move forward first move your rear hand to the front, then your rear foot to the front. Repeat this. Start slowly with small steps and ensure transfer the weight evenly between your arm and legs — front and back, left and right.



For stability, keep three points of contact on the surface at all times.

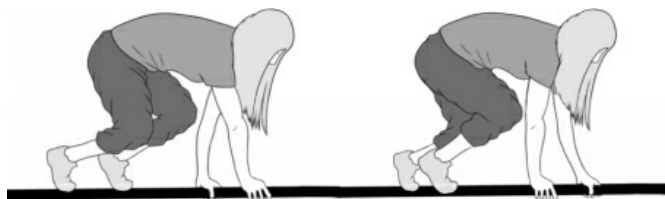
Once you have gained the co-ordination of movement concentrate on perfecting your posture. Make yourself as level as possible from your hips to your head.

Keep your back flat and horizontal to the ground, and your head forward.

Don't stretch yourself out, bring your knees too close to your body, or stick your bum out.

When you need a rest, crouch. Do not put your knees on the ground.

Progress further and work different muscles by cat walking backwards, up and down stairs, getting really low, on ledges, on rails, etc.



## **Balance**

The exercises that follow are used for improvement of balance which is extremely important in parkour.

They also have other advantages such as:

- Building resilient joints to help sustain the stresses of high-impact jumping and landing.
- Cultivating body awareness.
- Improving all over body strength.
- Increasing your focus levels.

Ideally you will want to be able to do all these exercises on a round rail since it is (in most places) the hardest, common, urban structure to balance on.

Progress to this by starting on the ground, then on ledges, flat planks, square rails, etc.

## Squatting

First you need to be able to get into the squat position on the ground.



If you do not have the flexibility for this then there are a couple of stretches you can do.

These two stretches are an extract from the book **Curing Yoga by Aventuras DeViaje**.

[SurviveTravel.com/Curing-Yoga](http://SurviveTravel.com/Curing-Yoga)

**\*\*\*Start of Extract\*\*\***

### Seated Forward Bend

Avoid if you have an ankle, arm, hip, and/or shoulder injury.

Start in a seated position with your legs straight out in front of you.

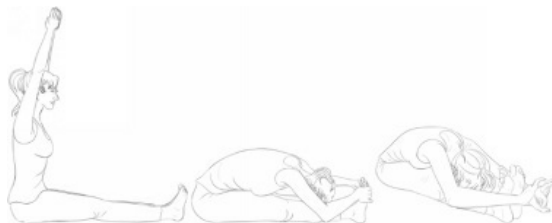
Inhale and raise your arms up to the sky with your palms facing each other. Lengthen your torso through your fingers and the crown of your head.

As you exhale bend at the hips, lowering your upper body to your legs. Grab your ankles, feet, or toes.

Push out through your heels as you pull your toes back towards you.

You can also use your arms to pull yourself closer to your legs. For those with more flexibility reach your hands in front of your feet.

If you are having difficulties bend your knees just enough so that you can reach your feet and place your head on your knees.



### Downward Dog

Avoid if you have an arm, back, hip, and/or shoulder injury, and/or unmediated high blood pressure.

Start on your hands and knees with your palms directly underneath your shoulders and fingers facing forwards. Place your knees shoulder width apart.

Press into your hands and lift your hips towards the sky.

Push your hips up and back. Your chest goes towards your thighs. Have straight arms but do not lock your elbows.

Keep your spine straight as you lift up through your tailbone.

Stretch the back of your legs by pressing your heels to the floor. Keep your back flat. Your legs are straight (knees not locked) or with a small bend at the knees.

Let your head dangle freely.

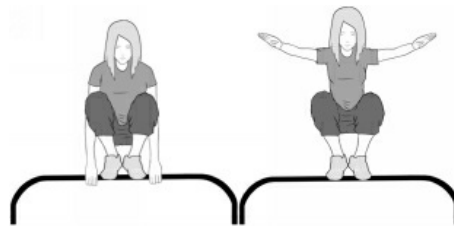


**\*\*\*End of Extract\*\*\***

Once you can do a squat on the ground, do it on the rail.

To begin with you can hold onto it. Then once you have found your balance/confidence, let go.

It may help to focus your gaze on a single point in front of you.



### **Standing**

When you are ready try standing on the rail for as long as you can.



## Squats

Doing squats on the rail is a great strength building exercise.

Make sure you can do at least ten squats on the ground before trying them on the rail.

Even better is to do jumping squats which combines the squat with the box jump. When you are confident you can use the box jump to get up onto the rail.

## Jumping Squat

The following description of the jumping squat is an extract from the book **Daily Health and Fitness by Sam Fury.**

[SurviveTravel.com/Daily-Health](http://SurviveTravel.com/Daily-Health)

### \*\*\*Start of Extract\*\*\*

Stand straight with your feet shoulder width apart.

As you breathe in, squat down as low as you can. Keep your back straight and come up on your toes as you squat. Put your arms out to your front. This will help keep your back straight.



Spring up as you exhale and jump as high as you can. Tuck your legs up as high as possible on the outside of your elbows. Try to keep your back straight. This is actually a box jump.

Land as softly as you can and adopt a crouching squat position.



**Note:** *If you cannot do a jumping squat you can build up to them by doing*

*regular squats first. Just do as explained above but without the jump.*

**\*\*\*End of Extract\*\*\***

### **Walking**

The next step is to walk. Walk forward a bit, then turn around and walk back. It will help to start on something easier than a rail. At the most basic level you can just follow a line on the ground, then use a wide plank and get thinner as you progress.

The key to keeping balance is correct posture. As you walk keep your chest up, knees slightly bent, and your bum over your heels. Take each step toes first.

Go slowly to begin with, use “airplane arms” until you are confident, and stop to regain balance when needed.



Try walking backwards also.

**Note:** *In a real-life scenario you would most likely use a money traverse or catwalk on the rail as these two methods will give you more control and a lower profile.*

### **Rail Balance Routine**

Once you can do all the above things you can put them into a short rail balancing routine that you can do regularly.

Jump up on to the rail, get balanced in the squat position, do a few squats on the rail, stand, walk forward, turn around, walk backwards, catwalk.

Increase difficulty with inclined rails.

### **Slacklining**

When you want to become a beast of balance you can move from the rail to slack lining. Just do the rail balancing routing on the slack-line.

Slacklining is basically tightrope walking but most people will use a dynamic (stretchy), flat, broad (a few inches) piece of webbing tied between two



anchor points, usually trees.

To learn more about slackening including the various types and how to set one up visit:

[Slackline.hivefly.com/slacklining-for-beginners-step-by-step](http://Slackline.hivefly.com/slacklining-for-beginners-step-by-step)



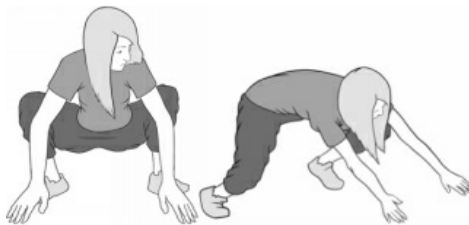
## Side Sapiens

Side Sapiens (a.k.a. side monkey's) are a type of quadrupedal movement which are used as a progression to the reverse vault.

They are also practical in their own right to displace momentum (such as when landing from a drop) and/or to continue flow into your next movement.

Start in a low squat position.

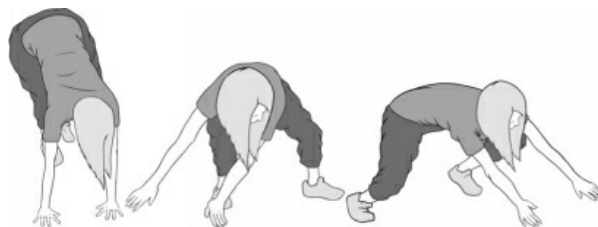
Reach your arms out across your body to your left and plant them firmly on the ground. Your right-hand lands first closely followed by your left.



Keep your arms strong and use them to support your body weight as you bring your legs to your left. Your right foot lands first closely followed by your left so that you are back in the low squat position.

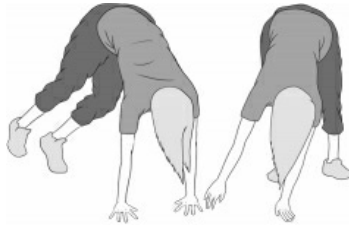
Engage your core and land with control. Land lightly with your feet and as quietly as you can.

Repeat this movement a few times and then go back the other way.



This is also good to practice on ledges and rails.

For more of a challenge you can do this exercise with straight legs.



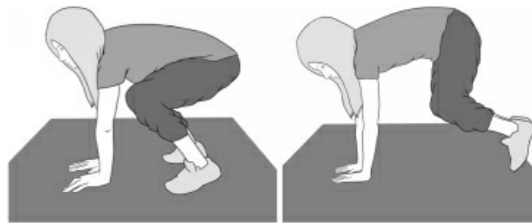
## Ground Kongs

Ground kongs are a type of quadrupedal movement used as a progression to the kong vault.

They are also practical in their own right to displace momentum (such as when landing from a drop) and/or to continue flow into your next movement.

Start in a low squat position.

Reach forward and plant both your hands firmly on the ground.



Keep your arms strong and use them to support your body weight as you bring your legs up to your hands (or as close as you can).

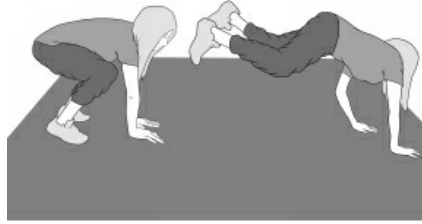
Engage your core and land with control. Land lightly with your feet and as quietly as you can.

Repeat this movement a few times.



When you are confident practice on ledges and rails.

As you build strength you can try to cover more ground.



You can also do ground kongs backwards which will target a different set of muscles.

## **Pull-Ups**

Pull-ups are an excellent all-body exercise and doing them regularly will help condition you for wall climb-ups and eventually the muscle-up.

Grab the bar with a grip slightly wider than shoulder width apart and with your palms facing away from you.

Let yourself hang all the way down.

Pull yourself up by pulling your shoulder-blades down and together. Keep your chest up and pull up until your chin is above the bar. Touch your chest on it.

As you are pulling up keep your body in a vertical line. Do not swing. Concentrate on isolating your back and biceps.

Pause at the top and then lower yourself back down into the hanging position.



# Running and Jumping

This section contains techniques to do with running and jumping over or between obstacles without contacting them.

It also includes explanations of parkour runs and games.

## Sprinting

In parkour, between overcoming obstacles, you sprint.

Sprinting is also an efficient form of exercise. It is far more effective to do multiple short sprints than it is to run/jog long distance. Sprinting gives the same health benefits in a much shorter time, as well as other benefits that jogging or running do not offer.

Unlike jogging or running, when you sprint you will be creating explosive power which is very important in parkour.

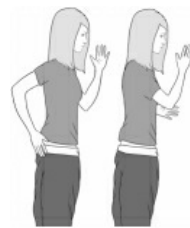
Also, sprinting is very functional and much more useful than long distance jogging when it comes to escaping from danger.

If for some reason you do need to run for a long distance then by practicing parkour in general you will have the endurance to do so — more than you would than if you just went jogging every day.

## Proper Running Technique

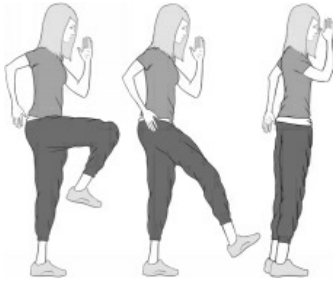
Using proper running technique will enable you to go faster and longer whilst expending less energy.

When running (sprinting) keep your elbows bent at 90 ° and move your hand from your pocket to your chin.



Move your knees and elbows in unison. As you drive your elbows back, bring your knees up. Then as your hand goes to your chin, drive your leg back down.

Be sure to bring your hand from your pocket to your chin. The further back your elbows go the higher your knees will go.



Keep your chin level, eyes focused forward, core engaged, shoulders relaxed, and your torso upright (opposed to leaning forward). This posture keeps your mass vertical which means your feet will strike the ground with more force and hence you will produce more speed.



Even when you get tired, always keep correct running form.

### **Breathing**

While running you use up a lot of oxygen which you need to replace efficiently.

#### **Breathe Through your Mouth**

This allows more oxygen to enter your body. It also prevents you from clenching your teeth together which may cause headaches.

***Note:** When breathing normally, or if you have to run in high pollution, it is better to breathe through your nose. Your nose is the body's air treatment system. It filters, humidifies, and warms the air before it reaches the rest of your body.*

#### **Use Belly Breathing**

Learn this first by lying on your back. As you exhale use your stomach muscles to help expel all the air out of your lungs. To inhale just relax your stomach muscles and let the air come in.

Once you are comfortable with belly breathing use it while sprinting.

#### **Breathe in Step**

Breathing in time to your steps is the easiest way to regulate the rhythm of your breath. This is useful to monitor and control certain things while you are running.

At a normal run rate (not sprinting) stay at a 2:2 ratio. This means to inhale over two steps and then exhale over two steps.

During harder runs you may need to change the ratio to 1:2 or 2:1.

When you go up a hill maintain the same ratio of breath as you were using before the hill. This ensures you use the same amount of energy to get over the hill.

To fix a side-stitch while running slow your breathing to a deeper 3:3 rhythm.

Another way to fix a stitch is to expand and contract your diaphragm in the opposite direction as normal. When you breathe in make your stomach contract, and when you exhale make your stomach expand.

**Note:** *Breathing at a 1:1 ratio or faster may lead to hyperventilation, and if using a 3:3 ratio or slower you may not get enough oxygen into your body.*

## **Evasive Running**

Evasive Running is the ability to maneuver out of the way of an oncoming or stationary obstacle whilst running.

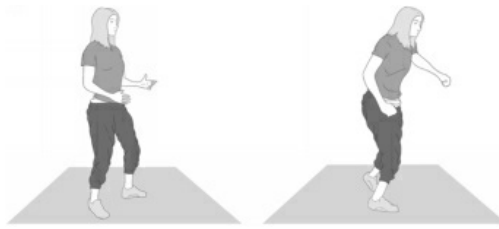
When learning evasive running use a running speed slightly slower than sprinting. You want to be quick but not so quick that you will get injured whilst performing the movement.

Train to evade humans as they will be the hardest in terms of “out smarting” them. You want to go in whichever direction is hardest for your opponent to go.

As you approach your opponent look him in the eye. It will make it harder for him to predict where you are going and he will probably think you are charging straight at him.

If your opponent is square on with you but is not on the balls of his feet, i.e., flat footed (left picture) then it should be fairly easy to pass him on either side.

If he has one side forward more then evade him by going to the other side of his body. It will probably be his weaker side and will also be harder for him to maneuver in that direction. In the right picture you would maneuver to her left since her right foot is forward.



If he angles away from you then go the opposite way. In the picture she has stepped to her left with her right foot. Evade to her right, to the outside of her.



This can be practiced with a friend. Have your friend face you square on as you run towards him. When you are close your friend steps toward you and you evade in the best direction.

You could also practice against a stationary object. Run towards it and evade on either side at the last moment.

## **Hurdles**

Hurdles are often neglected in parkour but they are the fastest way to pass an obstacle, and sometimes the only way, i.e., when you cannot touch it (chain link fences, hedges, etc.)

Since hurdles are the most efficient way to pass an obstacle you should use them whenever possible. They are best used over small obstacles that you are confident you can clear.

The mechanics of the hurdle can be learned with a couple of drills.

### **Trail Leg Drill**

The trail leg drill teaches you to lift your rear leg up and to the outside as opposed to coming straight through.

Face a wall just over one natural step away and lean your palms flat against it. Bring your left leg straight up behind you and then bring your knee to the front coming out to the side, i.e., parallel to your hip.



Keep your heel directly behind your knee far as you can and then snap your foot back down to the ground.



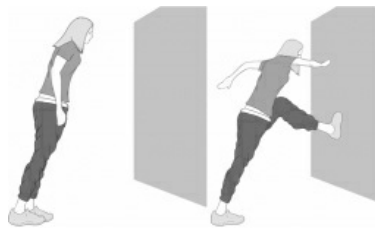
Do this drill ten times on each side of your body.

### **Front Leg Drill**

The front leg drill teaches you to lean forward which is very important for momentum.

Stand facing a wall just over one natural step away from it.

Thrust your front leg straight up and into the wall. Really lean into it. As you bring your leg up reach forward with your opposite hand.



Do this drill ten times on each side of your body.

### **The Hurdle**

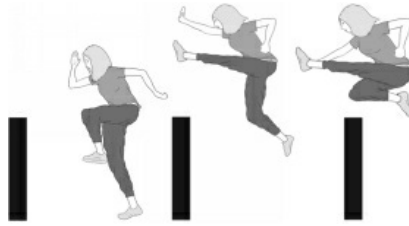
After you have practiced those two drills you can try the actual hurdle.

Approach the obstacle with enough speed so that you are confident you will clear it.

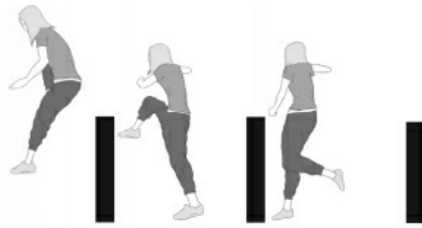
Thrust your lead foot and opposite arm forward as you kick your rear leg straight back.

As your body comes over the obstacle bring your rear knee to the front, parallel to your hip.





Land on your lead foot and continue running forward.



## Precision Jumping

Precision jumping is a fundamental parkour skill in which you jump from one stationary point to another. It is important to learn how to be precise with your landings so you can land safely on smaller obstacles such as ledges, hand rails, and walls.

When doing precision jumping your aim is to land exactly on your intended landing spot with no extra momentum in either direction, e.g., without stumbling forward.

Begin with your feet together and bend your knees a little so you are in a semi-crouch position.

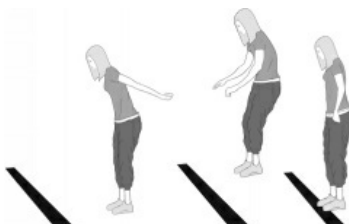
Move your arms behind you as you shift your weight to the balls of your feet.

Lean forward. The greater the distance you need to jump, the more you need to lean.

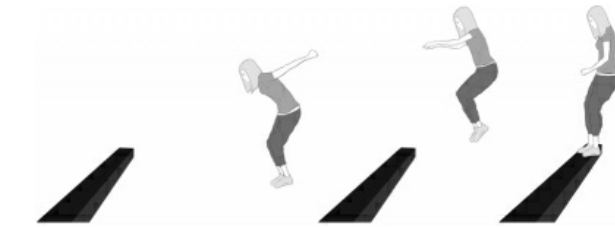
As you jump throw your arms forwards and upwards.

Your energy travels up the legs, through the torso, and into the hands.

Aim to arc up and then come down on to the landing area, landing on the balls of your feet as quiet as you can. Land on both feet at the same time, similar to the safety tap.



As you build confidence start jumping from farther back and with small level differences, such as onto a curb.



You can also try high to low, to/from rails, etc.

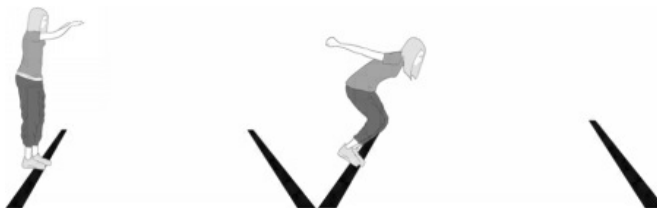


**Note:** When jumping onto smaller platforms (such as handrails) it is extra important that you aim to land on the balls of your feet. This way if you slip a little then you have the whole of your foot to recover. If you land on your heels and slip you will probably fall.

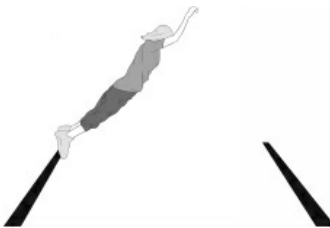
### Jumping Larger Gaps

**Note:** It is a good idea to learn the crane landing before attempting larger gaps just in case you jump short.

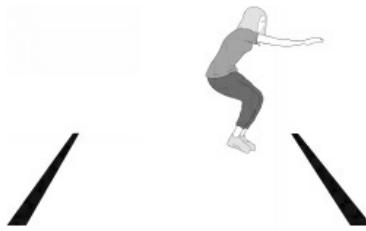
Practice precision jumping over larger gaps on the ground first to see if you can make it. This is also useful to improve your distance. Use lines on the road or any other type of marker so you can take off and land on exact points.



When doing longer precision jumps focus more on extending your body out.



Once you are in the air bring your knees forward.



Push your feet towards the landing point.



Land as softly as you can.



### **Running Precision Jumps**

When precision jumping over very large gaps you can use the running precision jump. The running precision jump is exactly what it sounds like, i.e., a precision jump with a run up, as opposed to leaping from a stationary position.

The running precision jump uses a one foot take off. You still land in the same way as a standing precision jump, i.e., a precise double foot landing.

Since you are jumping with much more momentum “sticking” the landing becomes more difficult and many people find they jump too far and/or stumble forward when landing.

### **Crane Landing**

The crane landing is used when you want to land on obstacles that are just a bit too far (either in height or distance) to precision jump onto but still small enough that you do not feel the need to cat hang or vault.

Your intention is to have one of your feet land on top of the obstacle while the other one supports you down the front of it.

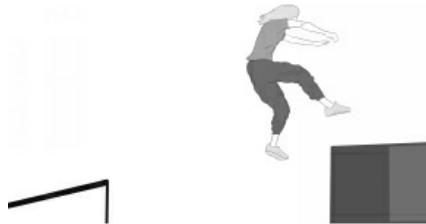
Prepare to jump just like a precision jump.



Making the decision of whether you would make the precision jump may be done either before you jump or mid-air.



Put the foot that you intend to land on top of the obstacle with in front.



Your front foot lands on top while your rear foot pushes against the front of the obstacle to prevent you from falling back.



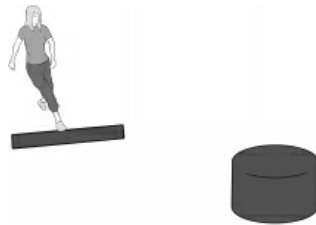
Once you are stable bring your rear foot up onto the obstacle.



## Striding

Parkour striding, a.k.a., bounding, is similar to precision jumping but instead of using a two-foot stationary landing you leap from one foot to another in succession. It is useful for running across elevated obstacles.

Approach the stride like a running precision. Run up and take off from one foot.



Instead of trying to land with two feet, elongate and stretch your legs out front and back.

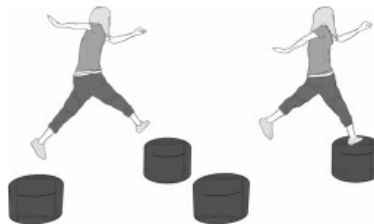


As your lead leg lands you want your center of gravity to be over your foot so you can push off into the next stride. If you are too far forward or back it will mess up your momentum.



It will help to get your arms and leg in sync, just as if you were walking, i.e., whichever foot is in front the opposite arm is also in front.

You can use this arm swing to generate more power. The further the distance between your obstacles the more you should swing your arms.



## **Stride to Safety Step**

The stride to safety step is used to stride over a gap onto a ledge (or similar) and then safely move down a level, such as to the ground. It is actually a combination of two other parkour techniques, i.e., striding and the safety

step-through (a.k.a. down step).

**Note:** Before you attempt the stride to safety step you should know how to stride and how to do the safety vault (the safety step through is covered as part of the safety vault).

Run up to the first ledge and stride off it as normal.



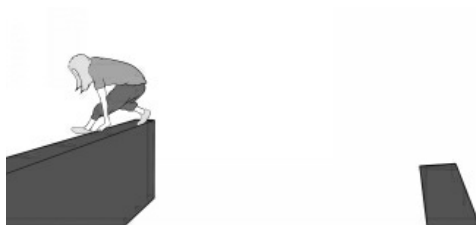
Land on the second ledge one foot first. Most people find it easiest to land on the opposite foot they took off with but either foot is possible.

As you land lean out a little to the opposite side of the foot you landed on. This is so you have enough room for your other leg to come through.

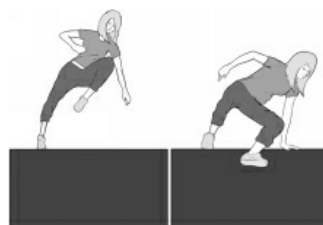


Allow your leg to absorb most of the impact and then place your hand on the ledge, fingers pointing out to your side.

Your other leg comes through between your hand and foot so you can push yourself away from the edge.



Here is a view from the front.



This demonstrated leaving off one leg and then landing on the opposite one,

which is the way most people prefer to do it. You could also leave off one leg and then land on the same one. Experiment to see which you prefer.

It also showed going from lower to higher, but it could also be done between surfaces of the same level, or from higher to lower.

## Dive Roll

The dive roll is used to prevent injury when coming down on your head. In most cases this is intentional in the way of diving over an obstacle, but may also be used in accidental falls where you are low to the ground and don't have the room to land feet first, e.g., your foot clips on the obstacle while hurdling.

**Note:** *In the case that you fell (or were thrown) off something high then, if possible, landing feet first and doing a safety roll is your best option.*

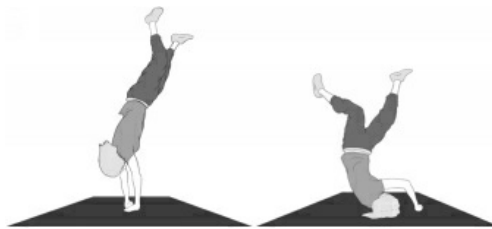
Ensure you are proficient at the safety roll before attempting the dive roll.

Avoid doing the dive roll on hard ground, even when proficient.

The technique for doing the dive roll is very similar to the forward roll but there is a lot more impact and momentum. Also, you are coming down toward your head as opposed to landing on your feet first.

Start by practicing the forward roll from a handstand. You don't need to be great at handstands, you just have to get at the right angle for a moment so you can go into the roll.

Lower yourself with your arms then lean forward slightly to tuck your head as you go into the roll.



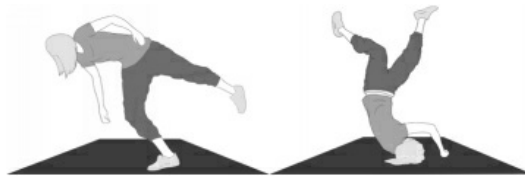
Keep your body strong (arms, core, legs, and neck) as you allow your body to “collapse” into the roll.



Once you are comfortable you can start jumping into the dive roll from a standing position.

Kick your leg back as you jump to help get your hips over.

As you hit the ground absorb some of the impact with your arms by keeping them strong whilst allowing them to collapse. Also use your arms to ensure you get over your head.



Use the momentum to flow onto your back and into the roll.

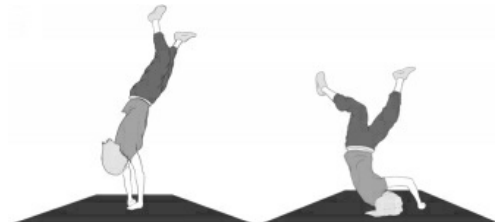


Next try it with a short run up, and then try jumping off with two feet. Slowly progress until you are doing a full dive roll.

Dive and stretch out like a cat.



Absorb the impact with your arms.



Tuck your head as you go into the roll.



Train at this level until you have it instinctive, then progress by jumping higher and over things.

When jumping over things ensure your hips clear the obstacle and your legs/feet follow in the same path.



## **Parkour Runs**

A parkour run is when you put your parkour skills into practical use. Basically the idea is to go from one point to another in the most efficient manner. All you need is a few basic techniques and you can start.

To begin with you may just want to do a “short run” with two or three techniques put together in a flow. You can “suss out” a site first so you know exactly what you want to do. Try different things to see what works best (fastest and most efficient) for you. Practice each technique individually and then put them together. Gradually get faster and faster.

Eventually you want to be able to go from point A to point B long distance without having to suss it out first, i.e., just overcoming obstacles as you come to them.

Good runs are those when the transition between techniques is smooth. Once confident your aim should be to move as quickly and quietly as possible, adapting to your environment as you go.

## **Parkour Games**

Parkour games are a good way to vary your training. They are great for kids and adults alike. There are many types of parkour games. Most of them are just adaptations of games you probably already know. Here are a couple of examples.

### **Horse**

Once person does a technique or short run and the others have to replicate it. If they are unable to replicate it they get a letter “H”.

Once they have used up all their letters (HORSE) they are out of the game.

Take turns being the person that does the technique that the others have to replicate.

Of course the word you spell can be anything, e.g., PARKOUR.

### **Quadrupedal Tag**

Play a game of tag but you are only allowed to use different types of quadrupedal movement (ground kongs, side sapiens, catwalking, etc.).

This concept can easily be applied to many games such as capture the flag.

You could also just play normal tag but now you get to use your parkour skills.

### **Lava Pit**

A childhood favorite where you pretend the ground is molten lava. Move around being sure not to fall in. This is easily combined with tag also.

# Vaults

Technically a vault is any type of movement that involves overcoming an obstacle, but in this section it only refers to those movements in which you make contact with the obstacle you are going over.

## Safety Vault

The safety vault is used to pass a relatively low and short obstacle in front of you such as a waist-height wall.

Learning how to do the safety vault is the very first vault learned in Survival Fitness Plan Parkour Training. This is because it is the easiest to learn and the safest to do.

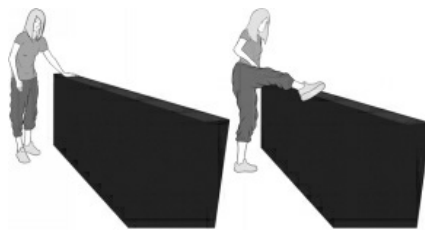
It is also a necessary technique to know so you can progress to the similar but faster speed vault, the reverse safety vault, and the stride to safety step techniques.

An easy way to learn the safety vault is by numbering your hands and feet. It will help you to remember the order of placement.

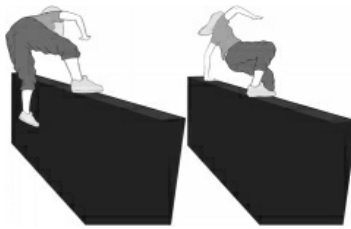
1. Left hand.
2. Right leg.
3. Left leg.
4. Right hand.

Take it slow to begin with. Get the pattern into your head, and eventually into your muscle memory.

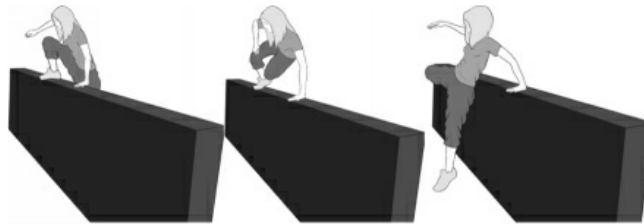
Approach the obstacle and place your left hand (#1) on it. Next place your right leg (#2). Stretch it out far enough to allow your left leg (#3) to pass through between your left hand and right leg.



Step straight through with your left leg. Keep your right arm (#4) up so you can pass your leg through easier.



Here is what it looks like from the front.

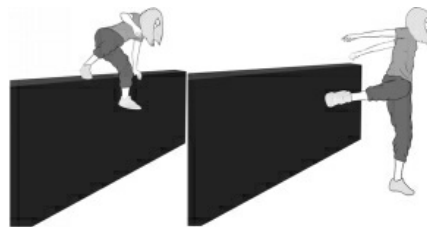


Practice on both sides of your body.

When you add speed your #1 leg doesn't have to push off that much. It becomes just a touch on top of the obstacle so you can gauge where it is.

As you run up to the obstacle be sure not to stop in preparation for the vault. Stride directly onto it and go up and over the object in an arc.

Land with your chest above or in front of your foot and use your #1 and #2 to push the object behind you so you get more forward momentum. At the same time reach with your #3 leg down to the floor.



## Speed Vault

The speed vault is used to quickly pass over small to medium sized obstacles that are too big for you to hurdle over.

Before attempting the speed vault you should be proficient at the safety vault.

**Note:** *If you are approaching an obstacle at an angle use the lazy vault.*

The speed vault is basically the same as a safety vault except you do not let your foot touch the wall. To get your legs coordinated for this you can do the following exercise.

If you want to place your left hand on the obstacle then raise your right leg straight out to your right. Quickly follow it with your left. Tap your right foot

with your left in the air.

Be sure to raise your right and then your left, as opposed to jumping with both legs at the same time.

Your left foot lands back on the ground first.

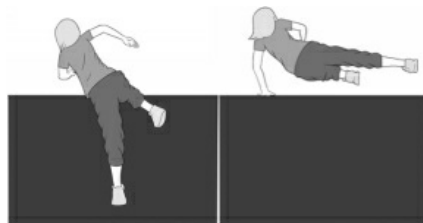


This leg kicking motion is what you use to pass the obstacle, except without tapping your feet.

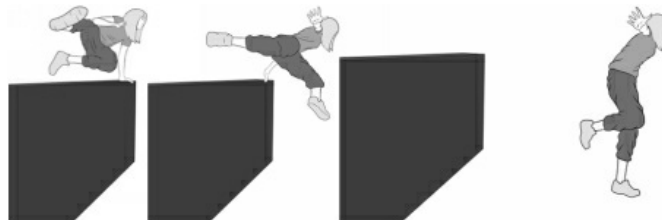
Approach the object with some speed so you can clear it. Like with most vaults you want to arc over the obstacle.

Run and kick your legs up. Once you are in the air place your hand on the obstacle (fingers facing forwards) and push up and back to help get your chest and legs through.

Keep your chest pointing forward and do not hold onto the wall too long otherwise it will focus your momentum in a different direction (as opposed to straight ahead).



Switch your legs through while you are in the air and land on your inside foot first, i.e., the same side foot as your hand on the wall. As you land your chest should be facing forward and in front of your leading leg. Be sure to push the obstacle behind you before landing.



**Note:** If you want to exit on a direction other than straight ahead try to face your chest in the direction you want to go and use your hand on the wall as a

*pivot point.*

## **Turn Vault**

The turn vault can be used to pass over a rail, wall, fence, ledge, etc. in a swift and safe manner. Besides passing over as usual, another common use of the turn vault is to cat hang (or just hang) over the other side of an obstacle before dropping down.

It is a good idea to learn the safety vault before attempting the turn vault. This will give you a basic understanding of the body mechanics need to get over an obstacle and also helps to build confidence.

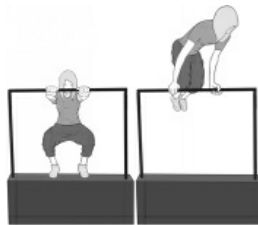
When first learning the turn vault do it over a rail as opposed to a wall. Also, if you are worried about clearing the height you can first try it at the end of the rail so your legs can just come around the end if needed.

Start with a rail about waist height.

Place your hands on the rail a comfortable width apart (shoulder width is usually good) one hand faced up and the other faced down.

Whichever hand faces down is the direction your legs will go. It is also the hand you will take off the rail.

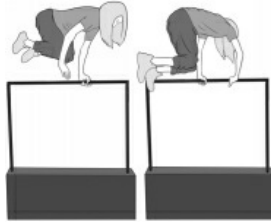
Squat back so your arms are almost straight and then push up with your legs while pulling with your arms to arc up and over the rail. Your legs circle around to the side.



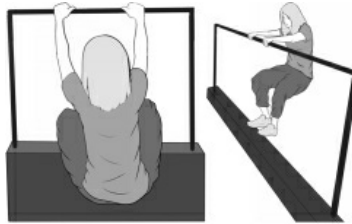
Your chest comes over the bar first. As your legs come over the bar release your hand so you can complete the 180 ° spin.

Once you are on the other side place your hand back on the bar in an overhand position at about the same distance as it was originally.

As you are doing this you also want to be looking for where to place your feet.



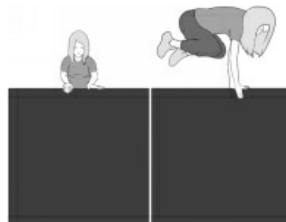
As you come down to land lean back a little and place your feet on the target. Leaning back allows the energy to get pushed through your feet which will give you a good grip.



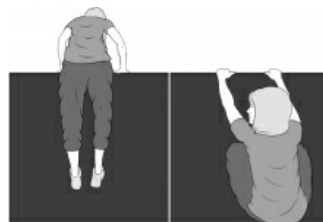
Don't worry if you can't get your hand and foot in the right place on the other side right away. Just keep practicing.

Once you can do the turn vault on a rail smoothly you can progress to a wall/ledge. You will need to adjust your hand positioning since you can't grab under a wall. Somewhere close to 90 ° to the side is good.

Come over in the usual way but use less speed so you can hold yourself up on the other side.



Once you are stable you can drop down into a cat hang or do whatever else you want.



Once you are confident/have built enough strength you can use more speed and go straight into cat hang.

## Reverse Safety Vault

The reverse safety vault (a.k.a. reverse step vault) is exactly what it sounds like, i.e., the safety vault in reverse.

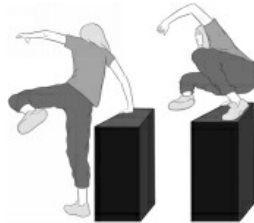
It is a good progression technique to the reverse vault but it also has a lot of practical uses in its own right.

If you are backed up against an obstacle you can use the reverse safety vault to pass over it without having to turn to face it. Then you can either land to face your aggressor or land facing away so you can run.

You could also use it to back out of numerous types of forward facing vaults if you see danger on the other side.

Stand with your back to the obstacle and place your right hand on it, fingers facing forward.

“Hop up” onto the obstacle with your left foot making contact.



Push off with your left foot so that you turn to your left and land on the other side facing away from the obstacle. Land on your right foot first.



Eventually you want to be able to do this smoothly without having to look at your foot as you come up onto the obstacle.

Also practice it so you stay facing the same way. Instead of pushing off with your left foot to spin you just step your right foot through onto the ground.



## Lazy Vault



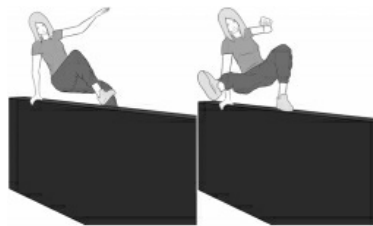
The lazy vault is useful when approaching a small to medium sized obstacle at an angle other than straight on, and no matter what speed your approach is. It can be used when coming in and out on a similar angle and it can also be adapted to exit on a different angle.

Assuming you are approaching the obstacle from the right, your limbs will go over the wall in this order:

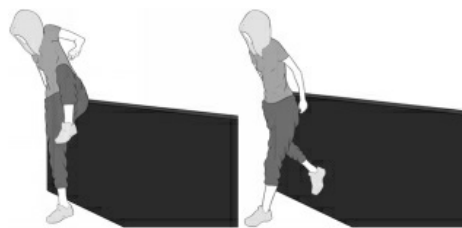
1. Right hand.
2. Right leg.
3. Left leg.
4. Left hand.

This first progression step will help you to get the mechanics of the technique.

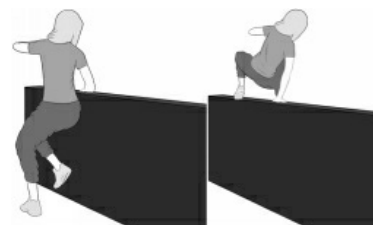
Approach the wall on a diagonal from the right and place your right hand (#1) on the wall as you jump up. Your right leg (#2) goes through and you land on the wall with your left foot (#3).



Drop down to the ground landing on your right foot first (#2) and then continue to run.



Here it is from behind.



Once you are ready you can learn the actual lazy vault which means you will not place your left foot (#3) on the wall.

Kick your legs up over the wall and bring your hips up.

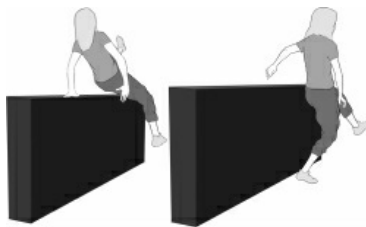


As you go over your left hand (#4) replaces your right on the obstacle.

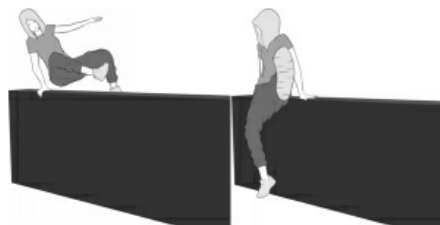


Use your left hand to help push your hips away from the obstacle so you can continue running.

A “proper” lazy vault means that you approach on an angle and exit along the same path. Ensure your limbs go over in the right order and that you land/run out on #2.



If you want to exit on a different angle just turn your hips in the direction you want to go while in the air.



If you are exiting on a different angle unintentionally it may be because you are forgetting to put your #4 hand down.

## Kong Vault

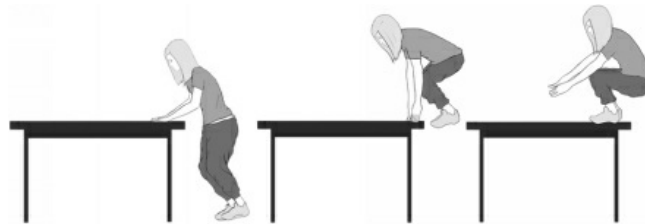
The kong vault (also known as the cat pass, monkey vault, kong leap, etc.) is useful for vaulting longer or higher obstacles. It is a bit more difficult than previous vaults explained in this book but is worth the practice because it is extremely useful.

Start on something like a picnic table, i.e., wide enough to land on but not too high, and small enough to vault over (eventually).

This first progression exercise is helpful to get over the fear of hitting your toes on the obstacle.

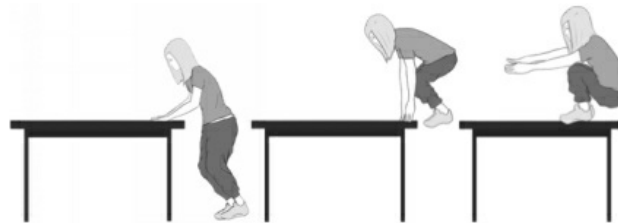
Stand at one end of the obstacle and place your palms flat on it a little more than shoulder width apart with your fingers facing forwards.

Use your arms to support you as you jump up onto the obstacle, landing with your feet between your hands. Move your hands away as needed.

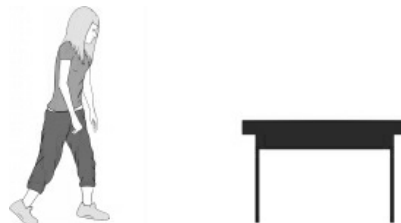


Repeat this exercise until you are comfortable with the mechanics.

When ready try to land further and further forward with your feet by pushing the obstacle back underneath you. The more you push the further you can go.



Next try starting with some distance between you and the obstacle.



Take a one or two step “run up” then do the same as before.



Let the momentum help you to get further onto the obstacle.

To get even further you can run up with a bit more momentum using one of two take-offs depending on the type of obstacle.

First try the two-foot punch take off which most people find easier. It will redirect momentum up which makes it better for high obstacles.

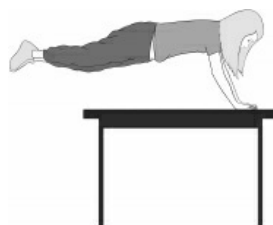
Start further away from the obstacle than you have been.



Run up and hop on one foot then land on both feet together. You will need practice to learn where a good distance is for you to land back from the obstacle.



Use the momentum to go into a dive onto the obstacle then complete the vault as normal.



Next try the split foot take off. The split foot take off has more forward momentum than the two-foot punch take off which makes it better for longer obstacles.

Start at about the same distance as you did for the two -foot punch take off.



Run up and hop on one foot then land on the opposite one. Take another quick step and then push up with both feet to go into the dive.



Complete the vault as before.

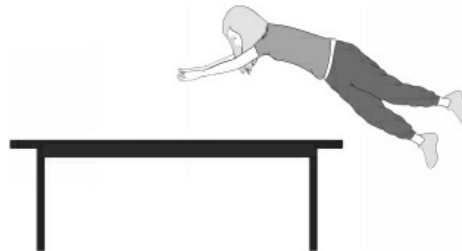


Try to get further and further until you can clear the obstacle.

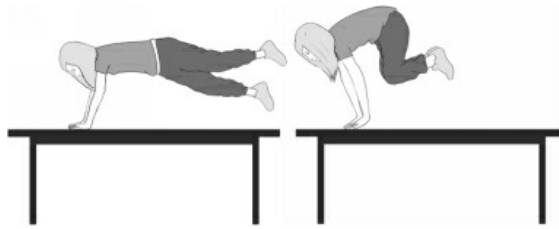
To get more distance increase your approach speed and use the split foot take off.



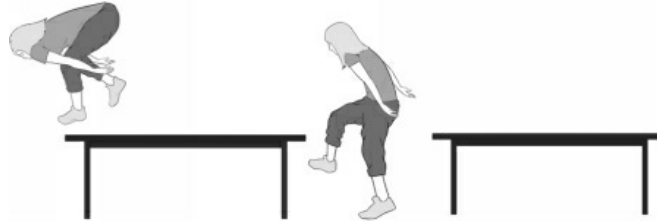
Kick out your feet to raise your hips which will help stretch out your dive.



Spot where you want your hands to land and then push up and forward as your arms make contact.



Land on two feet to begin with and then progress into landing in a one- two motion so you can resume running.



Once you are comfortable try the kong vault on higher and/or longer obstacles using the appropriate take off, i.e., two-foot punch for higher and split foot for longer.

## Reverse Vault

The reverse vault is useful when you have a lot of momentum but not enough space to dive or swing your leg. This may be because two obstacles are very close together, or perhaps someone as swung you with your back towards an obstacle.

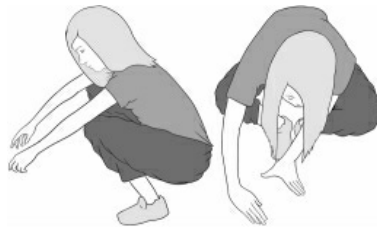
There are two good ways to learn the reverse vault.

The first is to get faster and faster at the reverse safety vault. The more you do it the less you need to put the weight on the foot until eventually you will be able to get all the way over the obstacle and land on the other side, i.e., the reverse vault.

The second way is to build up from side sapiens. For detailed instructions on how to do side sapiens see the section on warm-ups and conditioning.



Once you are comfortable with side sapiens try the following twisting variation of it. Face your body forwards and then place your hands as if doing side sapiens but at a 90 ° angle.

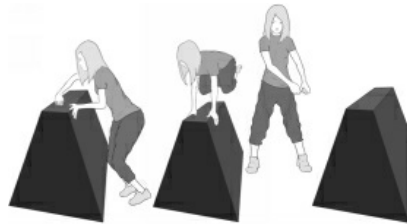


Use your arms to support your weight as you turn in a circle until you are facing forward again.

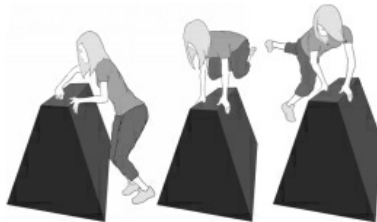


This twisting motion variation of side sapiens can also be adapted to save you from a seated fall, i.e., if you are sitting on something and fall (or are pushed) backwards.

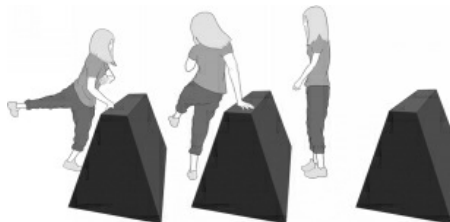
The next progression is to do side sapiens over an obstacle.



When you are ready, add a full twist as you come down out of it.



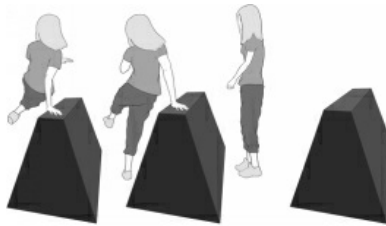
Land on your foot closest to the obstacle first and keep spinning until you are facing away from it.



Finally, start the twist from the beginning.

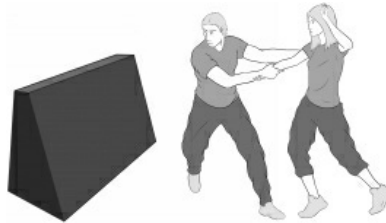


And finish by landing in the same way as before.

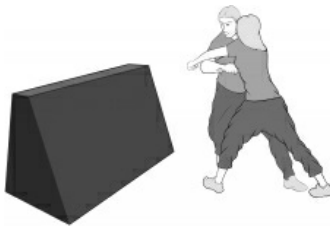


Practice this vault immediately after other vaults when the obstacles are close together and also while being flung into one.

An opponent grabs you and begins to fling you into an obstacle.



When you are about a step away from the obstacle start to turn your back to it.



Place your hand on the obstacle first to help gauge distance and direct momentum as you vault over it.





## Wall Techniques

This section covers all the techniques that are predominantly associated with the wall. They are mostly to do with overcoming obstacles that are too big to vault.

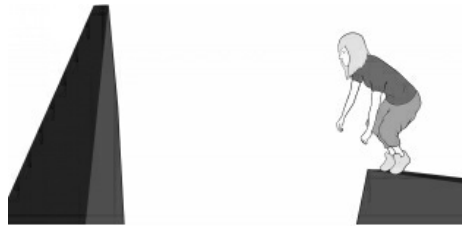
### Cat Leap to Cat Hang

The cat leap (a.k.a. the arm jump, arm leap, etc.) to cat hang is a commonly used technique in which you jump towards a vertical obstacle (cat leap) and hang off it (cat hang).

The standard cat leap is from a precision or running jump but other techniques are often used also such as a kong vault, a lache, etc.

Once in the cat hang you can choose to drop down, climb up, cat to cat, etc. The cat hang is also very useful in its own right since it can be used to lower yourself to the ground, e.g., turn vault to cat hang and then drop down.

When first learning the cat leap to cat hang start from a stationary position fairly close to the obstacle.



As you jump toward the obstacle lean back a little and bring your feet and hands out in front of you. Arc into your landing and connect with the obstacle feet first so that they can absorb the impact. Keep a little space between your feet as you land so if you fall back you have more control.

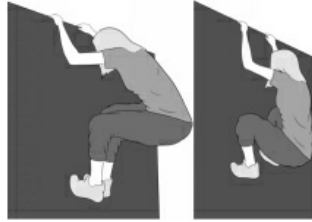


If it is a low obstacle, avoid landing too high on it otherwise you will find it harder to grab the top.

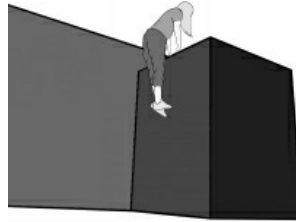
**Note:** It is very important to connect with the obstacle feet first. If you don't

*then you will probably just slam into the obstacle.*

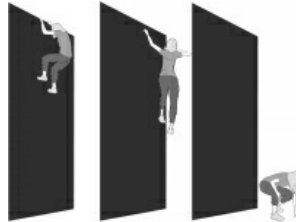
Once you have grabbed onto the top of the obstacle you can straighten your arms so you are “crouching” against the wall. This is the cat hang. From here you can drop down or climb-up.



If the obstacle isn't too high you may be able go straight into the up position of the wall climb-up.



If dropping down kick away from the obstacle a little bit and turn away from it on your way down. Land with a safety tap or roll.



Practice with different heights, distances, etc., so you get used adjusting your jump in different circumstances.

## **Cat to Cat**

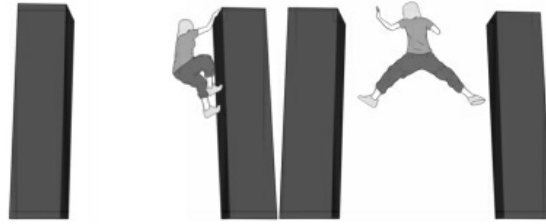
The cat to cat is when you leap from one cat hang to another one on an opposing obstacle.

Before learning the cat to cat you need to know the cat hang.

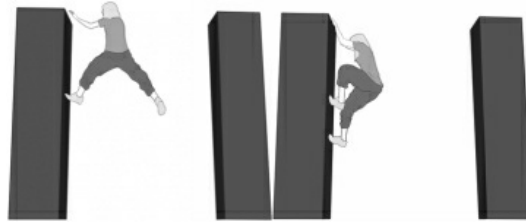
Find two obstacles that directly face one another. This makes it easier to learn to begin with.

Go into a cat hang on the first obstacle.

Turn you head to spot where you are going to land and push off with one of your legs as you let go with your hands.



Immediately turn to face the second obstacle and reach out with your other leg (the opposite of the one you pushed off with) so it is ready to absorb the impact before taking grip with your hands to land in a cat hang.



Once confident practice with different angles, heights, cat to precision, cat to crane, cat to lache, etc.

In all cases the main thing is to be aware of is how your feet and hands hit the wall.

When going from low to high you want to get a lot of pressure into the wall so that your feet don't slip as you push your body up.

When going from high to low make sure that you still get your feet out in front of you and that you're lowering yourself into the landing with your chest back. This will prevent you hitting your face.

## **Tic-Tac**

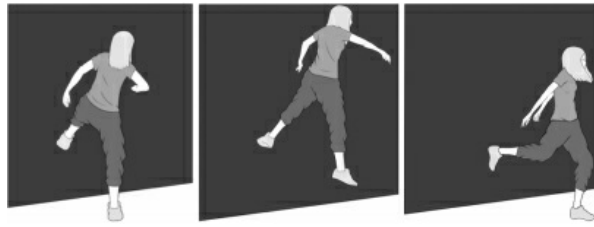
A tic-tac is when you push your foot off an obstacle on an angled direction. It is a fairly simple technique which can be used to help clear gaps, leap over obstacles, gain height, or for a quick redirection of your momentum.

A horizontal wall run is a progression of the tic-tac in which you take multiple steps along the wall as opposed to just one.

To begin with just get used to how the obstacle feels under your foot. Walk up to the obstacle, place your foot on it, and then push off in a slight upward manner so you arc back onto the ground. Whichever foot you push off with land on your opposite foot first and then continue to walk away.

You can either focus your tic-tac on pushing away from the obstacle or pushing along it so experiment with both by facing your chest and shoulders

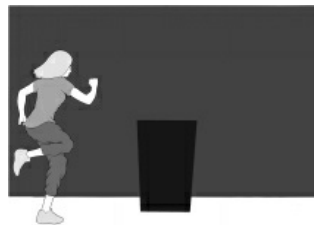
towards your destination.



Next start to add some momentum and try to get more and more distance and/or height.

The more momentum you have the harder you can push off the wall and the higher and/or farther you will be able to get. Also, the higher you place your foot on the obstacle the more lift and distance you will achieve.

Once you are confident you can start doing it over objects.



Concentrate on your foot placement so you can get enough leverage off the wall to clear the object.

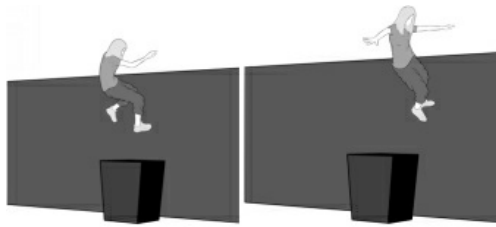


Then try with multiple steps. This is where the tic-tac turns into the horizontal wall run.

Approach at a smaller angle between you and the wall.



First try with two steps, then three or more.



The tic-tac can also be used to help overcome higher obstacles.



## Wall Climb-Up

The wall climb-up is used to pull yourself from a hanging position up onto a wall in a quick and efficient manner.

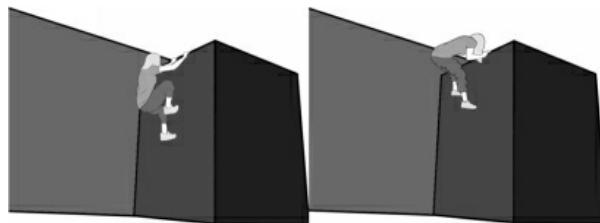
When first learning it will help to use the momentum from a cat leap or wall run to help get up the wall. Eventually you will want to be able to do it from a static hang.

Start on a wall you can easily cat leap to cat hang to so you can get the most out of momentum.

As soon as you have a grip on the obstacle use your feet to push your hips back as you pull up and in with your arms. Push your feet into the obstacle, not down. Try to straighten your highest leg.

Your leg push and arm pull is one smooth motion. The aim is to get your chest above the top of the obstacle.

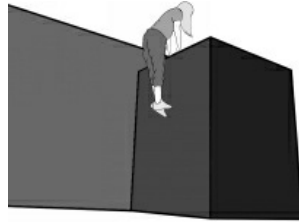
As your chest comes over you need to transition from your hands hanging to your hands on top. For most people this is the hardest part of the climb-up.



Using the momentum from the push/pull quickly take the weight off your hands and 'pop' them on top of the obstacle so that your palms are on it.

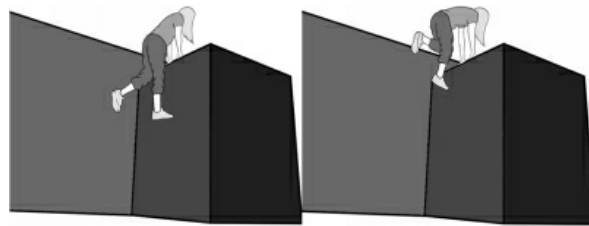
The more you can push against the obstacle and the more momentum you have the easier it will be.

Once your hands are on top, push up. Keep your chest forward so you don't fall back.

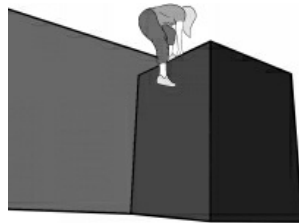


To make things a little easier you can do the transition one arm at a time and then progress to doing them together when you're ready.

To stand on the obstacle use one of your feet to kick out a little so you can bring your other foot up on top.

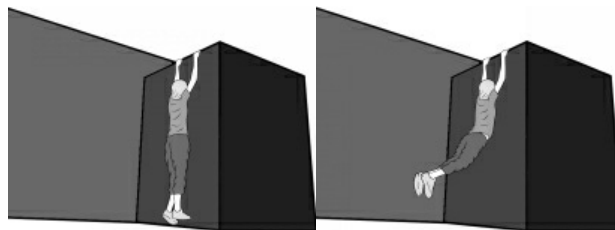


Avoid using your elbows and knees to help you.



Alternatively you can do the wall pop-up to stand.

Once you can do the wall climb-up try doing it from a static hang. Push your body against the obstacle a little to help pop your hips back.



As your legs swing back in, place one foot on the wall and then get your other leg as high as possible so you can transition into the wall climb-up.



Correct technique is what will get you on top of an obstacle but having more strength will make it easier, especially when doing it from a static hang. Some useful exercises to help build strength are:

- **Dips.** With your hands in front of your chest to mimic the climb-up, as opposed to being out to your sides.
- **Pull ups.** Standard pull-ups. Not to be confused with chin-ups.
- **Reverse climb-ups.** Start from on top of the wall and slowly lower yourself down by reversing the climb-up action.
- **Super-burpees.** The ultimate all-round conditioning exercise.
- **Traversing.** Hang off an obstacle and traverse around it.

Eventually you can progress to doing a one-armed wall climb-up from a static hang.

## Vertical Wall Run

Use the vertical wall run to get up tall obstacles.

To practice the vertical wall run you can use any obstacle that is tall enough. You don't have to be able to reach the top to practice but if you can it means you can also practice your wall climb (or other techniques) at the same time. Small wall runs may also be used as part of a wall pop-up.

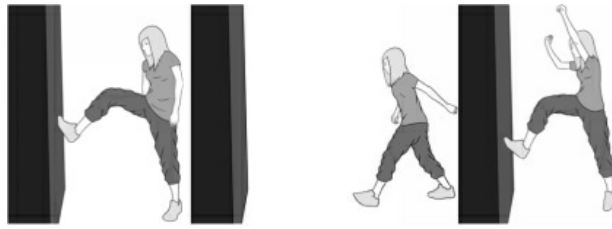
Initially you will have to get familiar with your steps so you have the right spacing when approaching the obstacle. After a while this becomes intuitive.

Find a spot where you are comfortable with your leg resting on the obstacle at about hip height. Not too close where you're pushing in and not too far away where you are stretching to reach.

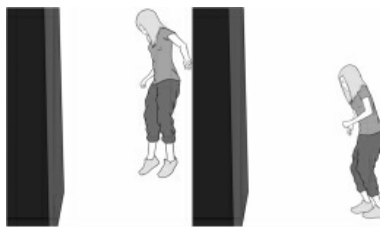
Once you have found that space you can start to get comfortable with stepping a foot onto the obstacle and jumping off it. Don't worry about gaining height yet.

Use your strong leg against the obstacle first as that is the one that's going to

have the most impact. Eventually you will want to practice on both sides.

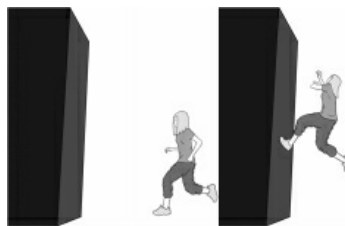


As your foot hits the obstacle push into it in an upward motion. The aim is to get your center of gravity to go up. Do not apply too much downward pressure as it will cause you to slip. Run into the obstacle and “bounce” up off it.

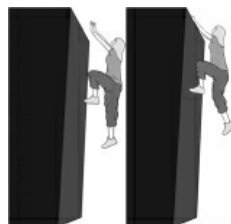


Once you are comfortable add some speed so you can get more height. Don't go too fast too soon otherwise you might just slam into the obstacle.

Jump and plant your foot as high as you can then quickly kick off. If you are too slow to kick off you will lose power.



If the obstacle is small you can try grabbing onto the edge. If not just touch it as high as you can, keeping in mind that the higher you go the longer the drop back down.

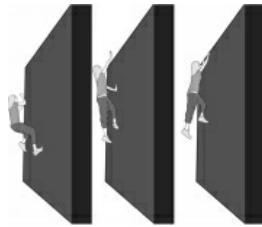


After some practice you will be able to recognize how to react according to the obstacle such as approach speed, when to jump, how high to plant your foot, etc.



Throwing your arms up will give you more reach, as will leading with one arm.

Leaving your hand on the obstacle can be useful to give you a little extra push up as well as to prevent yourself from slamming into it.



## Wall Pop-Up

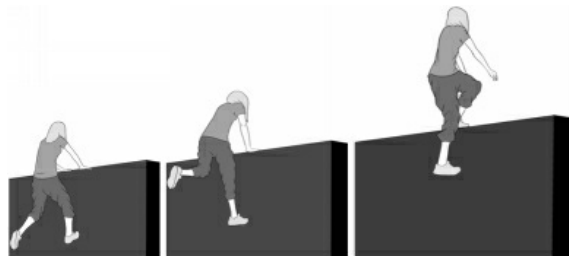
The wall pop-up is used to quickly get over or on top of obstacles which are too high to vault over but low enough that you do not feel the need to use the wall climb-up.

It can also be used in conjunction with the wall climb, i.e., once you are in the “up” position of the wall climb, use the pop vault to get on top of the wall.

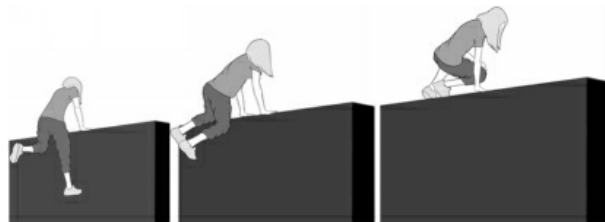
When first learning the wall pop-up do it on an obstacle that is just a little difficult for you to kong vault over.

The first progression for the wall pop-up is to do it with a crane landing.

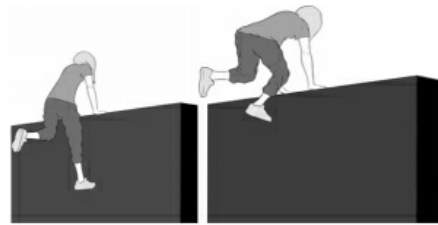
Do a vertical wall run but because the obstacle is low instead of having to hang off it just use your arms give you a little bit of a boost up and then land in a crane landing. A powerful kick off the wall is essential.



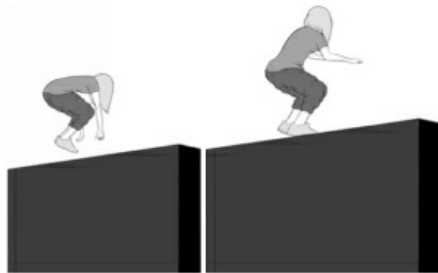
Once you can do that try bringing both feet up to the side.



Finally, you can do the full wall pop-up by bringing both your feet up to land on top of the obstacle.



The movement is like a kong vault.



### **Corner Wall Run**

The corner wall run is when you use two walls in a corner to gain extra height. It is like doing a tic-tac off one wall to gain height on the second wall which you then continue to “run” up.

Before attempting the corner wall run you should be proficient with the vertical wall run as well as the tic-tac.

First get comfortable with doing the tic-tac off one wall and then pushing off the other. You will need to be quick to react with your feet.

Decide which wall you want to hit first. If it is on your left side you will use your left foot to come into it, and if it's on your right side you will use your right foot to come into it.

Come in at about a 45 ° angle and place your foot at about hip level to tic-tac from the first wall into the second.



Use your other foot to push back on the second wall (again at about hip level) and then come down to land using a safety tap.



Your arms/hands can help you push on the wall or you can throw them up for more vertical momentum.

Test with the angle you come in on the first wall so you can get the best push off it.

Continue to practice this gradually adding more speed so you can get more height. Also apply basic wall run techniques for more vertical lift.

When you're ready add in the wall run on the second wall so you can reach the top of the obstacle.

Foot placement and explosiveness is the key. You need lots of power and the right angle into the first tic-tac so you can get more momentum off the second step to continue the wall run.



The above pictures show moving from the left wall to the right and then back to the left to grab the top of the obstacle. An alternative would be to tic-tac off the right wall then do a standard vertical wall run up the left wall to grab the top.

## Bar Techniques

This section covers techniques which are predominantly associated with the bar and have not been covered in previous sections.

### Straight Underbar

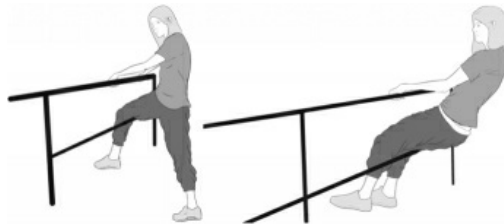
The straight underbar allows you to smoothly pass under and/or between bars or other obstacles, e.g., under a ledge.

When first learning the straight underbar you want to progress very slowly. If you go too fast too soon you will probably end up getting injured.

Find an obstacle with a good-sized gap to pass through. Going from low to high will be easier than going from high to low as it will give you more control with your feet on the other side.

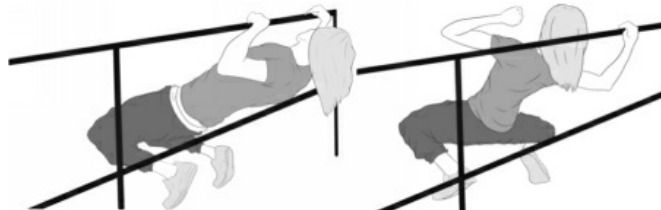
When doing the underbar your feet lead the body and your hands grab the obstacle to help control your body as you go through.

Stand next to the bar and stick one leg through, and then the other.



Slowly work your body through. Use this slow speed to become familiar with the distance between your body parts and the obstacle as you go through.

Give extra attention to your back and head as they are most likely to hit. Be very careful you do not hit your head.



Once you are comfortable gradually get faster and faster. Also try to get straighter with your body, as opposed to side on.

Lead with your feet, lean back a little, and reach forward to grab the bar with your hands so you can pull yourself through.

Lay back as you pull so your upper torso and head can pass through. Direct

your legs upwards.



You can swing your legs slightly to the side if needed to avoid hitting your knees or shins.

Next try different variations. Practice high to low, low to high, smaller gaps, more speed, coming from the side, gap jump to underbar, etc.



When you're doing gap jumps to underbars aim with your feet similar to the way you would with a precision jump. Aim them through the gap so the rest of your body will follow along the same path.



Don't lean back too much and as soon as you grab the bar control the rest of your body through.



**Note:** When you are going under (not between) something about chest to head height doing the underbar is usually unnecessary, but you should still use your hand on the obstacle above you as a guide so that you don't hit your head.

## **Lache**

The lache is used to swing off a bar (or branch, or anything else you can swing from) and then land in precision, crane, cat, or grab onto another bar (lache to lache).

Knowing how to lache properly will allow you to propel yourself a much greater distance from the bar.

### **The Swing**

The most important part of every lache is swinging. Don't just try to swing with your legs. You need to use your shoulders, chest, torso, etc.

Start in a stationary hang on the bar. Get your feet behind you and curve your spine backwards.



Bend your knees to your chest and then push your feet out and up. Keep your arms straight. This is a flowing movement done in an explosive manner.



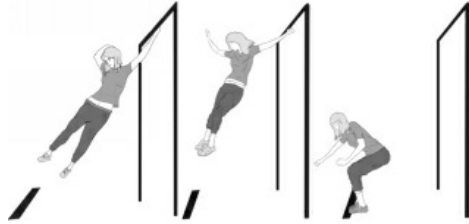
### **Lache to Precision**

Once you have the correct swing technique you can attempt the lache to precision. If you don't know how to precision jump yet learn that first.

Like with any precision jump you need to know where you want to land. Choose any spot (line, crack, etc.) on the ground that you are confident to reach.

You also need to be able to see that landing spot as you release your hands. To do this you need to release your hands one at a time.

As your body goes forward release one of your hands and keep it in front of your eyes. When you gain enough speed release your second hand and keep your eyes on the line that you're going to land on.



This arm releasing technique stays the same no matter how far you want to go or what type of lache you are doing. Always release one hand first, then the other.

To precision further you just need to get more momentum in the swing.

### **Lache to Lache**

For the lache to lache instead of focusing on a landing point you need to focus on the next bar you will grab onto.

To do continuous lache to lache you need to grab the next bar with your legs behind you so you maintain enough speed for the next swing.

Start to swing and release your first hand as your legs go in front of you.



As you release your second hand swing your legs behind you.



Then catch the bar.



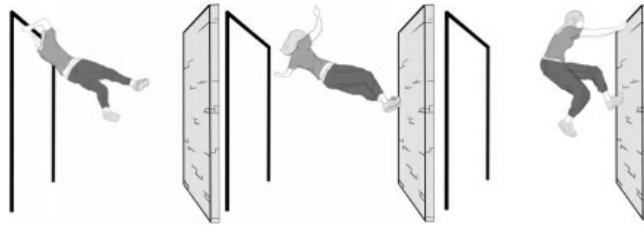
Your legs swing forward again and then you repeat the movement, lache to lache to lache.

## **Lache to Cat Leap**

The lache to cat leap is a combination of the lache to precision and the lache to lache. It is lache to precision because you have to land on the wall with your legs and it is lache to lache because you will have to grab something with your arms.

If you do not know how to cat leap to cat hang yet learn that first.

The arm release is the same. One hand first then the other. Keep your legs in front of you the whole time so you can absorb the impact as you land in cat.



## **Monkey Traverse**

The monkey traverse (a.k.a. the sloth shimmy) is used to get across long distance obstacles that you can hang off. It is safer than cat-walking on the bar and also works on rope.

Hang below the obstacle suspended by your hands and with both feet crossed over the rope. Your right hand is in front of your left hand and your left foot is in front of your right foot.



Keep a slight bend in your arms and engage your core for the whole time you're traversing.

Start to move your left hand in front of your right hand.



As your left hand takes grip move your right foot in front of your left. Do not



slide your feet. Lift them. This will prevent friction burns.



Ensure your feet land ahead of each other and not on top, otherwise you will get “tangled up”.



Continue this motion.

## **Muscle-Ups**

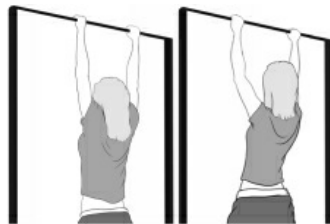
Muscle-ups are used to get on top of higher obstacles where a wall climb-up cannot be used, e.g., an overhanging ledge.

You will need to be proficient at the wall climb-up before attempting the muscle up for both technique and conditioning.

The muscle up is quite a physically demanding exercise. Progressing gradually is the key to success.

Start with the hanging knee to elbow leg raise.

Hang off the bar and pull yourself up slightly to retract your shoulder blades. This helps keep you stable while doing the exercise.



Keep your core tight and swing forward a little bit. As your body starts to swing back thrust your knees to your chest.

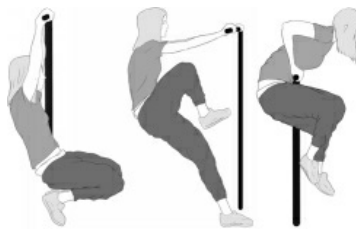


Next you need to learn how to use the momentum from the hanging knee to elbow raise to pull yourself over the bar.

Start the hanging knee to elbow leg raise as normal. At the height of your back swing pull yourself forward and thrust your knees to your chest whilst allowing your wrists to rotate over the bar.

Allowing your wrists to rotate over the bar is very important.

It will help if you have access to a lower bar to practice the movement. If not then just keep it in mind when doing the muscle up.



Now you can put everything together to do the muscle up. It is important to utilize everything learnt so far. Remember to keep your core tight.

In addition to retracting your shoulder blades pull your arms forward a little bit when pulling yourself over the bar.



You can use some chalk to get extra grip, although you probably won't have this luxury in "real life" scenarios.

Get some momentum and then thrust your knees to your chest.



As you do so ensure your wrists are loosened and then at the right moment pull yourself up over the bar. Push yourself up until your arms are fully extended.



If this was an obstacle you would bring your foot up and stand just like in the wall-climb.

If you want to do multiple muscle-ups you can use the momentum you gain when lowering yourself down to go into the next repetition.

Once you have built more strength try to do the muscle up with less and less swing until you can do it from a dead hang.

You will also need to practice doing muscle-ups over hanging ledges, i.e., where there is no wall for your feet to push against. To do this you need to adjust your technique a little since you don't have a bar for your wrist to rotate over. Use the "pop" hand movement you use when doing a wall climb-up.

## Bonus Chapters

The following two bonus chapters are extracts from the book **Daily Health and Fitness** by Sam Fury.

[SurviveTravel.com/Daily-Health](http://SurviveTravel.com/Daily-Health)

### SFP Yoga Stretch Routine

Using the SFP Yoga Cool-down means not only do you get a great stretching session but you also reap all the other benefits of yoga such as balance, calmness of the mind, coordination, core strength, development of chi, flexibility, etc.

This yoga cool-down is approximately 15 minutes long if you stay in each pose for 1.5 to 2 minutes each, *\*not including transitional poses*. It is designed to stretch the whole body.

The longer you stay in each pose for the more beneficial it will be, so if you want to go longer than 15 minutes, do.

*\*Other than the first time they appear in the sequence, table and staff poses are transitional. When doing a 15-minute routine just stay in them for a few seconds.*

Whilst doing this routine it is important to use conscious breathing.

A good idea is to figure out how many full breaths you take in two minutes and then count them as a guide of time whilst doing the sequence.

Although all the poses used in this yoga cool-down routine are considered to be of a basic level, when first starting you may find some of them challenging. Adjust them to your comfort level and build your way up to them. Hold each pose where you can feel a good stretch but not pain.

You will probably notice your breath shorten if you try to force your body too much. When this happens just back off a little and re-focus on your breathing.

If you do find yourself in a painful position back out of it slowly to avoid injury.

At the end of this chapter is a “quick list” of the poses which you can print out/photocopy for easy reference.

### Mountain

**Avoid if you have a shoulder injury.**

Stand with your feet parallel and either together or hip width apart.

Spread your toes wide and balance your weight evenly and central over each foot.

Pull up your kneecaps and tense your thighs. Keep your legs straight but do not lock your knees.

Ensure your hips are directly over your ankles.

As you inhale lengthen your spine so that the crown of your head goes straight up towards the sky.

When you exhale drop your shoulders and lengthen your finger-tips towards the ground whilst still extending your head upwards.

At the same time gently direct your chest straight ahead.

While continuing to lengthen though your finger-tips inhale and bring your arms up above your head to reach for the sky, palms facing each other.

As you exhale relax your shoulders but continue to lengthen your crown and fingers to the sky.

An alternative position is to interlace your fingers with your index fingers pointing up.



When you are ready exhale as you bring your palms together in front of your chest in a prayer position.

Take a breath and on the exhale allow your hands to drop to your sides.



## **Standing Back Bend**

**Avoid if you have a back, hip, and/or neck injury .**

As you breathe in place the palms of your hands on your lower back (sacrum) with your fingers pointing to the ground.

Squeeze your buttocks and thighs tight, pull up your knee caps, and press into your feet.

Exhale as you press your hips forward to arch your back.

You can either look straight ahead or allow your head to drop all the way back.

Increase the stretch by walking your hands down the back of your legs.



When you are ready slowly come back to a standing position with your hands by your sides.

## **Crescent Moon**

**Avoid if you have a back, hip, and/or shoulder injury .**

While inhaling adopt mountain pose with your fingers interlaced and your index fingers pointing to the sky.

As you exhale press your left hip out to the side and arch to your right.

Keep your body strong and lengthened.

Inhale as you return to the position with your fingers interlaced and your index fingers pointing to the sky. Repeat it on your other side.



## **Standing Forward Fold**

**Avoid if you have a back, hip, leg, and/or shoulder injury .**

Exhale and bring your head to your knees with your palms flat on the floor.

Stretch your spine by pulling your head down while pushing your hips up.

Bend your knees if you need to but continuously aim to be able to do it with straight legs.

Press your belly into your thighs when inhaling.

For a deeper stretch hold the back of your calves and pull your head closer to your legs.



## **Table**

**Avoid if you have a knee and/or wrist injury .**

As you inhale place your hands and knees on the floor with your palms directly underneath your shoulders and fingers facing forwards.

Ensure your knees are shoulder width apart and your feet are directly behind them with the tops of your feet and toes on the floor.

Look at the ground between your hands and press down into your palms.

Have your back flat and exhale while lengthening your spine by pressing the crown of your head forward and your tailbone back.



## **Threading the Needle**

**Avoid if you have a knee, neck, and/or shoulder injury .**

As you exhale slide your right hand between your left knee and left hand until your right shoulder and the side of your head are resting on the floor.

Inhale and reach towards the sky with your left hand.

Find where you get the deepest stretch and stay there. Reach out through your fingers.



When ready, exhale as you bring your hand back to the floor and then inhale to readopt table pose.

Repeat for your left side.

## Upward Dog

**Avoid if you have an arm, back, hip, and/or shoulder injury, and/or have had recent abdominal surgery, and/or are pregnant.**

***Note:** If you did SFP Super-Burpees prior to this yoga routine then you can omit upward dog and downward dog poses.*

Drop your hips forward towards the ground as you press your palms down into the floor.

Press your chest forward and drop your shoulders down and back. Push the crown of your head towards the ceiling.

As you inhale press the tops of your feet into the ground to lift your legs off the floor. Only the tops of your feet and your hands touch the ground. Press all your toenails firmly into the floor.



## Downward Dog

**Avoid if you have an arm, back, hip, and/or shoulder injury, and/or unmediated high blood pressure.**

***Note:** If you did SFP Super-Burpees prior to this yoga routine then you can omit upward dog and downward dog poses.*

Inhale as you tuck your toes so you are on the balls of your feet. Keep your palms shoulder width apart and spread your fingers apart with your middle fingers facing forward.



Press into your hands and lift your hips towards the sky.

Push your hips up and back. Your chest goes towards your thighs. Have straight arms but do not lock your elbows.

Keep your spine straight as you lift up through your tailbone.

Stretch the back of your legs by pressing your heels to the floor. Keep your back flat. Your legs are straight (knees not locked) or with a small bend at the knees.

Let your head dangle freely.



When you are ready move back into table pose.

## **Low Warrior**

**Avoid if you have an ankle, arm, hip, and/or shoulder injury .**

Step your right foot forward placing it in-between your hands. Your knee is directly over your ankle.

Ensure your left knee and left and right feet are firm on the ground and then place your hands on your right knee.

Straighten your arms and bring your torso back. Do not lock your elbows.

Relax your shoulders and stick your chest out by bringing your shoulder blades towards each other.

As you inhale raise your arms over your head with your palms facing each other and arch your back as you look up to the sky.

If this is difficult then you can keep your hands on your bent knee.



When ready exhale as you bring your palms back to the floor on either side of your right foot.

## Half Prayer Twist

**Avoid if you have a back, hip, knee, and/or shoulder injury .**

As you inhale bring your torso up and place your hands together in a prayer position.

Put your right elbow on the outside of your left knee and use your arms to press your right shoulder up and back. Feel it twist your upper back.

Ensure your palms remain in the center of your chest with your fingers pointing towards your throat.

You can either look straight ahead or up towards the sky.



When ready exhale as you bring your palms back to the floor on either side of your right foot.

## Half Pyramid

**Avoid if you have a knee and/or leg injury .**

While still exhaling straighten your right leg as you press your hips back towards your left heel.

Round your spine and lift your toes to the sky as you push your forehead to your right knee.

Walk your hands back towards you to support your torso.

Relax your elbows, face, neck, and shoulders.



When ready inhale and bend your right knee back over your ankle and then exhale and bring your right knee back into table position.

**\*\*\*Do low warrior, half prayer twist, and half pyramid on your left side\*\*\***

## Extended Dog Pose

**Avoid if you have an arm, back, knee, and/or shoulder injury.**

As you inhale push your tailbone towards the sky then exhale and lower your forehead to the floor by sliding your hands forward. Ensure you keep your hips lifted over your knees.

Arch the middle of your back by allowing your chest to sink towards the floor.

Deepen the stretch by straightening your arms, lifting your elbows off the floor, and bringing your hips back. Try not to let your hands slide while you do this.

Place your chin on the ground to stretch your neck.



When ready inhale and return to the table position.

## Hero

**Avoid if you have a knee injury.**

Bring your knees together with your feet hip width apart. Sit with your bum on the ground and your heels on the outside of your hips.

If this is too difficult you can sit on your heels.

Place your hands on your knees. Your palms can face up or down.

Lengthen your torso by reaching the crown of your head to the sky.

Push your lower legs into the ground, drop your shoulders, and press your chest forward.

Relax your belly, face, jaw, and tongue.



Hero pose is an excellent pose to rest and/or for meditation. You may wish to do your JSJ mudras whilst sitting in hero pose.

## **Lion**

**Avoid if you have a face, knee, neck, and/or tongue injury.**

Bring your feet together and spread your knees as wide as you comfortably can. Sit on your heels.

Inhale and lengthen your spine by reaching the crown of your head to the sky.

Bring your palms to the floor in-between your knees with your fingers facing your body.

Arch your spine, stick your tongue out, and exhale via your mouth ferociously.

Repeat this a few times.



## **Downward Facing Frog**

**Avoid if you have a knee, hip, and/or leg injury.**

Keep your knees where they are and align your feet so that they are directly behind them, i.e. right foot behind right knee and left foot behind left knee.

Turn your feet outwards so your toes are facing away from your body.

Place your elbows, forearms, and palms flat on the floor.

Exhale as you push your hips back.



When ready bring your hips forward and place your palms under your shoulders to adopt table pose.

## Staff

Move into a seated position with your legs extended straight out in front of you.

Place your hands beside your hips with your fingers pointed forward.

Lengthen your spine by pressing your hip bones down whilst pushing the crown of your head towards the sky.

Use your arms for support as you push your chest forward and lower your shoulders.

Pull your toes towards your head as you push your heels away from you.



## Seated Forward Bend

**Avoid if you have an ankle, arm, hip, and/or shoulder injury.**

Inhale and raise your arms up to the sky with your palms facing each other. Lengthen your torso through your fingers and the crown of your head.

As you exhale bend at the hips, lowering your upper body to your legs. Grab your ankles, feet, or toes.

Push out through your heels as you pull your toes back towards you.

You can also use your arms to pull yourself closer to your legs. For those with more flexibility reach your hands in front of your feet.

If you are having difficulties bend your knees enough so you can reach your feet and place your head on your knees.



When you are ready slowly roll up your spine back into staff pose.

## Bound Angle

**Avoid if you have a hip and/or knee injury.**

Bend your legs to bring the bottoms of your feet together. Your knees bend facing out.

Hold onto your toes by interlacing your fingers around them.

As you inhale stretch the crown of your head up towards the sky while pushing your hips down.

Push your chest forward and relax your shoulders down.

Close your eyes and look to your third eye (behind the middle of your forehead).



As you exhale push your knees to the ground and gently pull your torso forward. Ensure to keep your chest open and back flat.

For a deeper stretch pull your forehead or chest towards your feet.



When ready return to staff pose.

## **Seated Angle**

**Avoid if you have an arm, hip, knee, and/or shoulder injury.**

As you inhale spread your legs out as wide as comfortable. Ensure your knees and toes are pointing up and reach through your fingers up to the sky.

Exhale as you lower your palms to the floor. Deepen the stretch by walking your hands forward. Stay focused on keeping your spine long.

You could also hold your big toes and use them to help pull your torso down.



When ready inhale and slowly walk your hands in as you roll back your

spine until finishing with a straight back.

## **Side Seated Angel**

**Avoid if you have a hip, leg, and/or lower back injury.**

Turn to face your right foot by twisting at your waist.

Walk your hands towards your right foot as you exhale. Try to reach your forehead to your knee and hold your right ankle or foot if you are able.

Relax your shoulders and neck and then increase the stretch by pressing your heel out while pulling your toes back towards yourself.



When ready return to the center with your back straight and then do the same thing on your left side.

Return to the staff position when ready.

## **Joyful Baby**

**Avoid if you have a leg, neck, and/or shoulder injury.**

As you inhale bring your knees to your chest.

Weave your arms through the inside of your knees and hold onto the pinkie toe side edges of your feet with your hands.

Keep your head on the ground and tuck your chin to your chest.

Push your heels up to the sky as you pull back with your arms. At the same time press the back of your neck, shoulders, sacrum, and tailbone to the floor.

Open your legs wider for a deeper hip stretch.



When you're ready exhale and slowly roll your spine back to the ground until you are lying flat again.

## **Wind Relieving**

**Avoid if you have a hernia and/or have had recent abdominal surgery.**

As you inhale bring both knees up to your chest. Hug your knees and hold onto your opposite elbows, forearms, fingers, or wrists.

Keep your head on the floor whilst tucking your chin to your chest.

Pull your knees to your chest as you press the back of your neck, shoulders, sacrum, and tailbone to the floor.

Relax your feet, hips, and legs.

Press your belly into your thighs as you inhale.



When ready exhale and relax all your limbs to the ground so you are lying flat again.

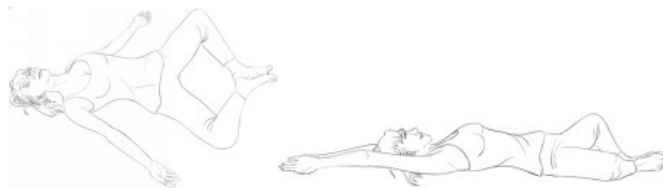
## **Supine Bound Angle**

**Avoid if you have a hip and/or shoulder injury.**

Bend your legs to bring the bottoms of your feet together. Your knees bend facing out just like in bound angle, but lying down.

Allow your knees to drop to the ground. You can rest your hands on your thighs to “encourage” them. Do not push them down.

As you inhale slide your arms on the ground over your head until your palms are together. Cross your thumbs.



When ready exhale as you return to a lying position.

## **Corpse Pose**

Lie flat on your back on the floor. You can place a pillow under your head if you want.



Keep your head straight, i.e., don't let it fall to the side.

Draw your shoulder blades down and open your chest towards your chin.

Have your arms at a comfortable distance from your body with your palms facing up. Completely relax your arms and fingers.



Lift and extend your buttocks to your heels so that your whole sacrum rests on the floor.

Keep your abdomen soft and relaxed.

Slowly stretch your legs out straight one at the time. Allow them to roll out to the side from the hips to the feet. Check that your body is in a straight line and you are resting evenly on the left and right sides.

Once you are comfortable stay perfectly still and quiet and be aware of your body relaxing deeper into the floor.

Allow your eyes to rest completely so they sink deeper towards the back of the skull. Relax your whole face and body.

Be aware of your breath, quiet and soft.

Now is the perfect time to do yoga nidra or some other meditation.

### **Yoga Cool-Down and Stretch Routine Quick-List**

Hold each pose for 1.5 to 2 minutes each except for transitional poses (those with *\*asterisks*).

1. Mountain
2. Standing backbend
3. Crescent moon
4. Standing forward fold
5. Table
6. Threading the needle left
7. *\*Table*

8. Threading the needle right
9. *\*Table*
10. Upward dog
11. Downward dog
12. *\*Table*
13. Low warrior left
14. Half prayer twist left
15. Half pyramid left
16. *\*Table*
17. Low warrior right
18. Half prayer twist right
19. Half pyramid right
20. *\*Table*
21. Extended dog
22. *\*Table*
23. Hero
24. Lion
25. Downward frog
26. Staff
27. Seated forward bend
28. *\*Staff*
29. Bound angle
30. *\*Staff*
31. Seated angle
32. Side seated angle left
33. *\*Seated angle*
34. Side seated angle right
35. *\*Seated angle*
36. *\*Staff*

- 37. Joyful baby
- 38. Wind relieving
- 39. Supine bound angle
- 40. Corpse

## **SFP Super Burpee**

The Survival Fitness Plan (SFP) super-burpee is an extremely efficient exercise which acts as a warm-up, light stretch, and full body muscle conditioning workout all in one.

When done properly and in succession they also serve to fill the body with life force as well as give a cardio-vascular work out.

Furthermore, it has been tweaked over time to give additional benefits in relation to SFP Fight and Flight activities such as parkour and self-defense.

Here is a list of the main benefits gained from the SFP super-burpee:

- Balance.
- Cardiovascular workout.
- Circulation of life force.
- Coordination.
- Explosiveness.
- Improve bodily functions (digestion, respiratory, etc.).
- Flexibility.
- Muscle conditioning.
- Hang time (the ability to stay airborne).
- Striking strength and speed.
- Warm-up.

It is highly recommended to do **AT LEAST** five SFP super-burpees every morning to ready your body for the day.

One SFP super-burpee takes less than 10 seconds.

**Even if you only have one minute to spare for exercise, you have time to do SFP super-burpees!**

It is also recommended to do SFP super-burpees as a general warm-up before any vigorous exercise, such as SFP Fight and Flight training.

The SFP super-burpee is made up of five separate exercises, and each of these exercises have been specifically chosen and tweaked to get the most out of them in relation to the Survival Fitness Plan.

**Jumping Squats:** Jumping squats develop leg strength, core strength, explosiveness, soft landing skills, jumping ability, and hang-time.

**Finger-tip Push-ups:** Finger-tip push-ups increase finger strength and grip, increases striking power, and improve all over body conditioning.

**Clapping Push-ups:** Being a push-up these are great for increasing striking power and all over body conditioning. The clapping part really improves explosiveness which is awesome for speed and power. They also condition your hands for the palm heel strike which is preferred over a fist in SFP Self-Defense Training.

**Hindu Push-ups:** Hindu push-ups uses the downward dog and the upward dog (yoga poses) which are beneficial for:

- Brain (stimulates).
- Breathing (chest).
- Concentration.
- Eyesight.
- Hearing.
- Kidneys.
- Memory.
- Nervous system.
- Spine.
- Whole body strengthening.

**Brazilians:** Brazilians mainly contribute to cardiovascular workout and hip flexibility, but they also increase core strength and work the lower abdominals.

If you are unable to do a full SFP super-burpee you can build yourself up to them by doing each individual exercise separately.

Once you can do each 10 repetitions of each individual exercise you should

be strong enough to put them together into a SFP super-burpee.

**The first SFP super-burpee you do for the day (or when warming up for exercise) must be done slowly and with much purpose.**

If you try to do fast super-burpees straight away chances of injury greatly increase. By doing the first one very well it will warm-up and stretch your body. After that you can gradually increase speed with the second and third repetitions until you are going full-speed for as many reps as you can handle.

***Note:*** *If you have any injuries please leave out any part of the SFP super-burpee that may aggravate it.*

The following is a detailed explanation of how to do a full SFP super-burpee as if it is the first one.

### **Jumping Squat**

Stand straight with your feet shoulder width apart.

As you breathe in, squat down as low as you can. Keep your back straight and come up on your toes as you squat down. Put your arms out to your front. This will help you keep your back straight.



Spring up as you exhale and jump as high as you can. Tuck your legs up as high as possible on the outside of your elbows. Try to keep your back straight. This is actually a box jump.

Land as softly as you can and adopt a crouching squat position.



**Note:** If you cannot do a jumping squat you can build up to them by doing regular squats first. Just do as explained above but without the jump.

### **Finger-Tip Push-up**

From the squat position, as you inhale, place your finger-tips firmly on the

ground next to your feet and shoot both your legs behind you so you are in the standard up position of a push-up, with the exception of being on your finger-tips.

Ensure that your elbows are as close to your torso as possible and that they are facing back towards your feet. This is so you target the muscles used for striking.

Grip the floor with your fingers, as if you are trying to rip a chunk out of the ground. Keep this grip throughout the push-up.

As you inhale, lower your chest until your arms are at a 90° angle at the elbow.

Push back up as fast as possible to the up position.



### **Clapping Push-up**

Lower your chest again as you inhale.

This time, as you exhale, push-up hard enough for you to be able to get your hands off the ground and clap.



Aim to land on the palms of your hands as softly as possible and then return to the up position of the push-up.



**Note:** If you cannot do either of these push-ups, work your way up to them with normal push-ups i.e. on your hands. Next do finger-tip pushups, and then clapping pushups.

If you cannot yet do a normal push-up, work your way up to it first by just

lying on your stomach and pushing up. Push on the ground for 10 seconds and then rest. This is one rep. Do three sets of three reps every day. Eventually you will be able to do a push-up. Once you can do 10 normal push-ups, try for finger-tip pushups.

It will help to do finger strengthening exercises also. A simple and very effective one is to place your fingers tips together and push them against each-other for as long as you can. Do this every day until you can do finger-tip push-ups.



### **Hindu Pushup**

From the up position of the push-up breathe in and go into downward dog. See the yoga section for a detailed description of the downward dog.

If this is your first SFP super-burpee, spend a couple of breaths here to stretch your body. Go up on each foot to stretch your legs and really extend your upper body.



When ready, as you breathe out, sweep down in a circular arc motion into upward dog. See the yoga section for a detailed description of the upward dog.



Again, if this is your first SFP super-burpee, spend a couple of breaths here to stretch your body.

Really arch your back and look high above. Move your neck from side to side and stretch out your arms, back, and upper thighs.

When you are ready, inhale and return to the up position of the push-up.

### **Brazilians**

As you exhale bring your right knee to your left elbow and then back. Then bring your left knee to your right elbow. This is one rep of a Brazilian.



Jump your feet back into a squat and then stand up straight.



This completes one repetition of a SFP super-burpee.





## **Live Training**

Self-training is awesome, **but nothing beats live instruction!**

Come train with the creator of Survival Fitness Plan (Bert Luxing) in a customized Survival Fitness Plan training course.

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**I can be contacted via email: [admin@survivetravel.com](mailto:admin@survivetravel.com).**

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Thanks again for your support.

**Sam Fury, Author.**

# Survival Fitness Plan Training Manuals

## Daily Health and Fitness

This is a complete body and mind workout to improve and maintain your entire being for optimal health. It contains information on:

- **Nutrition.** An easy to follow (and stick to) nutrition plan.
- **Warm-up and body conditioning exercises.** Once competent these will take you less than 15minutes a day.
- **Yoga.** Cool-down and stretch your whole body using this specially designed 15-minute yoga routine.
- **Meditation** in the form of yoga nidra.
- **Jin Shin Jyutsu.** An ancient form of touch therapy to keep your body free from energy blocks and therefore illness.

## Fight and Flight Training

When in danger you basically have two options: *Fight or Flight*.

In the Survival Fitness Plan the most useful methods of fight and flight have been chosen for regular training.

- **Parkour.** All the essential parkour skills needed to quickly overcome obstacles in your path.
- **Self-Defense.** A highly efficient and effective form of minimalist self-defense derived from a plethora of martial arts.
- **Climbing.** Focusing on essential bouldering techniques. Many of these skills transfer well into parkour.
- **Riding.** Essential mountain bike riding techniques enabling you to go as fast as possible as safely as possible.
- **Swimming.** Swimming for endurance and/or speed using the most efficient strokes.

## Escape, Evasion, and Survival

The escape, evasion, and survival skills (EES) described in the Survival Fitness Plan focus on minimalism, i.e., using little to no special equipment.

- **Escape and Evasion.** The ability to escape capture and hide

from your enemy.

- **Urban and Wilderness Survival.** Being able to live off the land in all terrains.
- **Emergency Roping.** Basic climbing skills and improvised roping techniques.
- **Water Rescue.** Life-saving water skills based on a mixture of surf life-saving and military training course competencies.

## Healing

Survival Fitness Plan Healing Methods are used for maintaining optimal health as well as the treatment of specific ailments.

- **Remote Area First Aid.** Modern medicine for use in emergency situations.
- **Acupressure.** The use of massage on specific points along the traditional energy meridians.
- **Herbal Medicine.** How to grow, prepare, and use common herbs.
- **Jin Shin Jyutsu.** An ancient form of touch therapy which works by harmonizing the body's energy flows.
- **Yoga.** Stretching, breathing, meditation, and specific sequences.

## Sustainability

The skills learned in this section will allow you to live “off the grid”.

- **Residual Income.** Creating an income stream that keeps providing even when you stop working. Escape the “rat race”.
- **Eco-Friendly Home.** Learn what's needed to make your home as eco-friendly and self-sufficient as you want. Save your money and the planet.

The information in these training manuals can be found as separate volumes in related series produced by Survive Travel.

The official SFP training manuals can also be found all in one place at:

[SurviveTravel.com/SFP-Training-Manuals](http://SurviveTravel.com/SFP-Training-Manuals)

# **Survive Travel Publications Series**

## **Escape, Evasion and Survival**

Sam Fury's **Escape, Evasion and Survival Series** covers all things to do with escaping capture, evading the enemy, and surviving in urban and wilderness environments.

Specific subjects covered include entry and exit techniques, evasive driving, hostile negotiation tactics, lock-picking, urban survival, wilderness survival, computer hacking, and many more.

[SurviveTravel.com/Escape-Evasion-and-Survival-Series](http://SurviveTravel.com/Escape-Evasion-and-Survival-Series)

## **Healing**

Books in the **Healing Series** focus on subjects related to Survival Fitness Plan healing methods including yoga, wilderness first aid, acupuncture, herbal medicines, etc.

[SurviveTravel.com/Healing-Series](http://SurviveTravel.com/Healing-Series)

## **Self-Defense**

The **Self Defense Series** has volumes on some of the martial arts that were used as a base in the creation of Survival Fitness Plan Self-Defense.

[SurviveTravel.com/Self-Defense-Series](http://SurviveTravel.com/Self-Defense-Series)

## **Survival Fitness**

The **Survival Fitness Series** created by Sam Fury contains all the publications related to the "flight" portion of fight and flight in the Survival Fitness Plan. It also contains the official SFP Fight and Flight training manual.

[SurviveTravel.com/Survival-Fitness-Series](http://SurviveTravel.com/Survival-Fitness-Series)

## **Sustainability**

The **Sustainability Series** includes all subjects to do with creating a life of self-sufficiency. It includes building a sustainable income (in an ethical manner), creating sustainable energy, and general sustainable living.

[SurviveTravel.com/Sustainability-Series](http://SurviveTravel.com/Sustainability-Series)

## **Intimacy**

Using her knowledge of massage, tantric practices, and yoga, Aventuras brings to you the adult's only **Intimacy Series** to help you increase and/or rekindle passion in your relationships.

[SurviveTravel.com/Intimacy-Series](http://SurviveTravel.com/Intimacy-Series)

## **Yoga**

Aventura's **Yoga Series** contains volumes with yoga routines specializing in achieving specific goals, e.g., increasing flexibility, therapy, weight loss, etc., and all **using only basic yoga poses** .

[SurviveTravel.com/Yoga-Series](http://SurviveTravel.com/Yoga-Series)

## **Miscellaneous**

The **remainder of Survive Travel Publications** that do not belong to any specific series.

[SurviveTravel.com/Miscellaneous-Titles-No-Series](http://SurviveTravel.com/Miscellaneous-Titles-No-Series)

## Author Bio

Sam has had an interest in self-preservation and survival (wilderness medicine, self-defense, fitness, escape and evasion, urban and wilderness survival, etc.) for as long as he can remember.

His accumulated knowledge is a result of years of formal and informal training, career related experience and general interest in survival, martial arts, the military, adventure travel, and other various outdoor pursuits.

Describing himself as a “Survivalist, Minimalist, Traveler”, Sam spends his time traveling the world taking training courses (Jeet Kune Do and Wing Chun in China, Escrima/Kali/Arnis in the Philippines, wilderness medicine in the US, parkour in Singapore, survival courses in Africa and Australia, etc.) and sharing what he learns through his books.



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