

Name: \_\_\_\_\_

# parkour moves/tricks

U D A S H X T V V F A H T R W W D  
U M S I S P A B V Q X B Z W D F O  
Q Z U I B N C M H R F C J D O U E  
W K G T M Y O O R B P J Q M D S M  
S B I I I X T N N I P S T T U B P  
Z L E C Z B T K K U V U L J T P R  
G F U T W U A E V E C J W A Q X E  
H N Y A K A C Y N I P S M L A P C  
S Z O C I W P R N G J U J Z E J I  
A I W K O O F Q H M E C G U V I S  
K C I K Y L F R E T T U B V K W I  
H S N F R I U F B E W P K U R B O  
Y J C B K Q L A Z Y V A U L T M N  
M O A Y K O N G V A U L T D F F J  
N V E R T I E W A L L R U N K U U  
L K L T C X N S Y I F T F G P U M  
U I G G D F S K W A L L R U N L P

vertie wall run  
kong vault  
butt spin  
tic tac  
kong

precision jump  
cat to cat  
palm spin  
monkey  
dash

butterfly kick  
lazy vault  
wall run  
kash