

***parkour*uk**

Draft outline of Parkour UK Framework

March 2025

Updated March 2026

This Parkour UK Framework document is currently in development. The final version will be available in September 2026.

Rationale

Parkour UK have developed a framework for the sport for a number of inter-related reasons:

1. To provide underwriters in the insurance market with a clearer understanding of the sport, 'what it is' and 'what it is not' and help the future insurability of parkour.
2. To develop a 'grading/badge' system which supports the growth of the sport, thus helping business development.
3. To develop a curriculum which will underpin the syllabus for each level of our coaching courses.
4. Challenges performed in competition can be linked to the documented competency of the athlete taking part, thus ensuring safe and effective delivery offset challenges.

Bringing Together the Community

On February 17th and 18th, Parkour UK met as a team, along with a cross section of the UK parkour community, including:

- Business owners
- Level 1 and Level 2 Parkour UK qualified coaches
- Coaches with alternate parkour qualifications
- Professional parkour athletes
- Professional sports people from other sports
- Parkour tutors
- Parkour performers

Bringing Together the Community

Over the two days the groups as one, and in smaller breakout groups, discussed the need, benefits and potential disadvantages of creating a framework and curriculum for the sport.

Having such a variety of different outlooks in the room meant that we were able to draw up the broadest outline for a framework, while still staying true to the essence and culture of parkour.

On the following slides you will see what the first draft of our proposed framework looks like.

Proposed Framework

Our framework will consist of the following 6 areas:

- Technical
- Terminology
- Spirit of Parkour
- Skills of Parkour
- Risk Management
- Supplementary/General Prep

Technical Framework

Our technical framework will cover the families of movement patterns most often used within parkour. Parkour is a young and ever evolving sport and new ways of movement are being continually explored. However, we believe that these new movements will all sit under the following configuration of movement:

Physical: Eg: acrobatics, traditional movement, such as quadrupedal movement, jumping

Performative: Vertical swinging, Zima style, rotating movements

Locomotive: Vaulting, rolling, climbing, laches (swings)

Links to and examples of movements

Physical:

https://we.tl/t-WxOQ9co6Md?utm_campaign=TRN_TDL_05&utm_source=sendgrid&utm_medium=email&trk=TRN_TDL_05

Performative:

Zima style:

https://www.instagram.com/reel/C4appKBonbJ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

https://we.tl/t-UYctC50W7Q?utm_campaign=TRN_TDL_05&utm_source=sendgrid&utm_medium=email&trk=TRN_TDL_05

Locomotive: https://we.tl/t-RTCJYrpC3Y?utm_campaign=TRN_TDL_05&utm_source=sendgrid&utm_medium=email&trk=TRN_TDL_05

Terminology Framework

This section of the framework will breakdown and define the language and terminology used in the sport relating to movement and coaching.

For example:

A stick - Sticking a landing refers to landing a technique such as a flip or precision in a specific spot without stepping forwards or backwards.

A pre – A precision movement that involves landing in a specific place and balancing.

Spirit of Parkour Framework

The 'spirit' of parkour references not only its historical roots, but the culture and community which practitioners of the sport value. These include:

Self Improvement

Personal progression
Adaptability

Community

Respect
Integrity
Altruism
Support

Trust

In your technique
In your judgement
(Risk assessment)
Bravery
Courage

Play

Creativity
Challenge

Skills of Parkour Framework

The 'skills' of parkour reference what can be 'built' by bringing together the movements, so they are more than just techniques.

These include:

Foot Placement
Accuracy
Speed
Commitment

Fear
Management
Adaptability
Improvisation
Ambidexterity

Flow
Discovery/Exploration
Creativity
Control

Ukemi (The art of falling)
Moving with limitations
Economy of movement
Spatial awareness
Silent movement
Teamwork

Risk Assessment Framework

An important part of parkour practice both in training as an individual practitioner and when coaching the sport is risk management.

From the outset, practitioners are taught to risk assess their own capabilities and their environment and this is continued throughout their parkour journey.

In addition, we will be creating a framework for member gyms/facilities and coaches to adhere, covering such fundamentals as safeguarding, facility and equipment safety, policies and procedures, health and safety, qualifications etc.

Supplementary Framework

We are working on a supplementary framework to include qualifications and CPD training for strength and conditioning, which at the moment is covered in classes at a preparatory level only.

Some gyms/facilities/coaches also include some movements in their practice that will require additional qualifications to teach, such as advanced gymnastic skills. We are in the process of exploring whether these additional skills form part of our Level 2 and 3 qualification or whether they will become an additional supplementary qualification.

Ariel and circus skills such as those listed below are NOT part of the parkour framework and would require a separate qualification and insurance cover :

Trapeze	Aerial cradle	Cloud swing	Aerial Rope
Spanish Web	Aerial silks	Aerial straps	Aerial hoop
Chinese pole	Shibari		