

Create Your Own Parkour Course

LEVEL 3

1

IT DOESN'T HAVE TO BE FANCY

use objects in your house as obstacles or go to a playground. Keep it simple :)



FEELING STUCK?

2

If you're unsure on how to start do some research. Maybe look at some parkour videos, that can help spark some ideas!

3

MUST DO...

You must use 3 moves from Level 2 in your course.

4

RECORD YOURSELF

Record yourself completing your Parkour course. Ask a friend or parent/guardian to help you.

5

SUBMIT! SUBMIT!

Submit your video by filling out this [wufoo form](#)! This will give you a chance to be featured on the USAGSO webpage and/or USAGSO social media!

HELPFUL TIP:

THERE IS NO WRONG WAY OR RIGHT WAY TO CREATE YOUR COURSE! JUST HAVE FUN AND BE CREATIVE!