

TRICK GUIDE

REWARDS AND LEVELS >>>



DISCOVER THE HOME OF
FREESTYLE

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**SO YOU'RE READY TO TAKE
YOUR FREESTYLE TO A NEW LEVEL HUH?!**

Here's a list of tricks to get you on your way. You'll also be able to get some cool prizes as you smash through the list. Don't forget to ask our hosts for tips and help if you get stuck.

**GOOD LUCK AND DON'T FORGET
TO HAVE FUN!**



I'M A FREESTYLER PINK

CRITERIA _____

FREESTYLER 1 & WALL RUNNING 1

REWARDS _____

• **WRISTBAND**



FREESTYLER 1

Single Jump

Tuck- Straddle - Pike

½ And Full Twist

Knee Drop

Seat Drop

Back Drop

Chest Drop

Seat ½ Turn To Seat

Seat Drop To Knee Drop

Seat Drop To Chest Drop

Chest Drop To Seat Drop

Handstand

Handstand To Roll

Back Roll

Routine

WALL RUNNING 1

Back Drop

Back Drop Return To Feet

Continuous Back Drops

Back Drop From Padding

To Wall

Back Drop With Run

4 Points Face Stall



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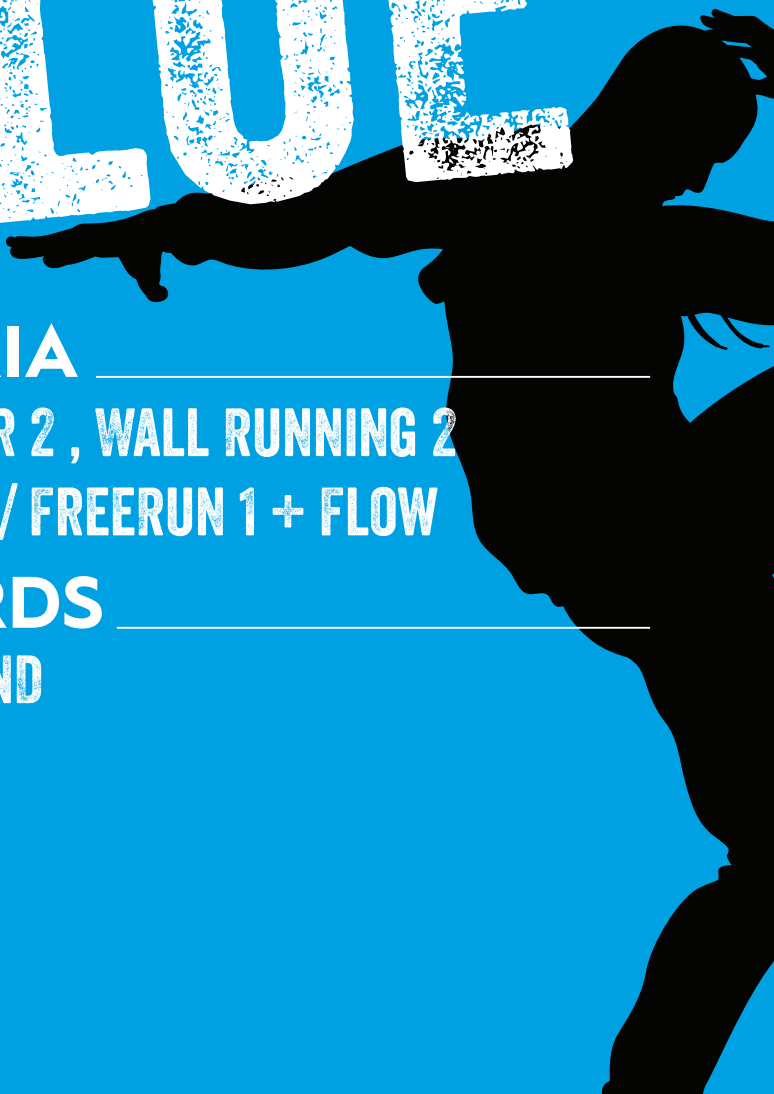
I'M A FREESTYLER BLUE

CRITERIA _____

FREESTYLER 2 , WALL RUNNING 2
& PARKOUR/ FREERUN 1 + FLOW

REWARDS _____

- WRISTBAND
- MERCH



FREESTYLER 2

Full Twist And 1½ Twist

½ Turn Seat Drop

Back Drop To ½ Turn To Feet

½ Turn Back Drop

Chest Drop To ½ Turn To Feet

Back Drop To Chest Drop

Chest Drop To Back Drop

Pull Over

Knee To Front Roll

Cartwheel

Dive Roll

Routine

WALL RUNNING 2

360 Wall Spin

Back To Chest Drop

Drop In From Sitting

Drop In From Standing Top Of The Wall

1 Leg Onto The Wall



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PARKOUR, FREE RUNNING 1

Roll

Back Roll

Balance

Skin The Cat

Safety Vault

Speed Vault

Lazy Vault

Tic Tac

Precision

Catwalk

Diving Roll

Handstand

FLOW MOVEMENT

Precision - Roll

Vaults - Roll - Climb Up

Tic Tac - Precision

Balance - CatWalk - Turn - CatWalk - Balance

XPARK PASS



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I'M A FREESTYLER YELLOW

A black silhouette of a person in a parkour pose, with one arm raised and hand flat against the letter 'O' in the word 'YELLOW'. The person is wearing a cap and is positioned on the right side of the page, partially overlapping the text.

CRITERIA

FREESTYLER 3 & 4, WALL RUNNING 3,
PARKOUR/ FREERUN 2 + FLOW

REWARDS

- WRISTBAND
- MERCH
- MVP 10

FREESTYLER 3

Seat Roller
Twist to Back Drop
 $\frac{3}{4}$ Front Sault
 $\frac{3}{4}$ Back Sault
Wall Running (360)
Wall Running (Drop in)

Front Flip
Back Flip
Roundoff – Rebound
Handspring
Routine

FREESTYLER 4

Cradle (Back)
Cruise (Front)
Kaboom
Barani
Barani Ball Out (Baby)
Cody

Full Twist Front Flip
Wall Running (Plunge)
Wall Running (Handstand)
Roundoff, Handspring –
Straight Jump

WALL RUNNING 3

Drop In
Corner Transfer
Continuous Pull Over
Plunge
Handstand
1 Arm Hand Plunge
Air
Full Twist On Top
Side Drop
 $\frac{3}{4}$ Front
Front And Back Roll From Top
2 Legs Into The Wall



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PARKOUR, FREE RUNNING 2

Platform Roll
Cat Leap
Kong
Turn Vault
Dash Vault
Palm Spin
vvv
Lache To Flat

Underbar
Handstand

FLOW MOVEMENT

Climb Up – Jump Off – Roll
Cat Leap To Climb Up
Cat Leap – Back To Precision
Kong – Precision
Underbar – Turn Vault – Lazy Vault
Lazy Vault – Palm Spin
XPARK RUN



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I'M A FREESTYLER BLACK



CRITERIA _____

FREESTYLER 5 & 6, WALL RUNNING 4,
PARKOUR/ FREERUN 3 + FLOW

REWARDS _____

- WRISTBAND
- MERCH
- MVP 20

FREESTYLER 5

Full Twist Back Flip

Rudy

$\frac{3}{4}$ Front – Full Twist Front Flip

1 $\frac{3}{4}$ Front Flip – Barani Ball Out

Double Front Flip

Double Back Flip

Wall Running ($\frac{3}{4}$ Front Flip)

Wall Running

(Both Legs onto the Wall)

FREESTYLER 6

Double $\frac{1}{2}$

$\frac{3}{4}$ Front Flip – Rudy Ball Out

1 $\frac{3}{4}$ Front Flip – Double Front Flip

Barani Back Flip

$\frac{1}{2}$ In $\frac{1}{2}$ Out

Rudy Out

Wall Running (Pull Over)

Wall Running (Back Flip Wall)

WALL RUNNING 4

Handstand To Chest Drop

360 Side

Flips

Handstand To $\frac{3}{4}$ Front

Cody

1 $\frac{3}{4}$ Front

Barani Top Of The Wall



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PARKOUR, FREE RUNNING 3

Cast Vault
Bar Kip Up
Lache
Double Kong
Wall Spin
Webster
Front Flip
Back Flip

FLOW MOVEMENT

Cast Bar Vault – Roll
Pull Over – Lache
Kip Up – Lache
Roll – Kong – Precision – Palm Down
Precision – Front Flip
Back Roll – Handstand – Vaults
XPARK FREESTYLE RUN



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