

## Unit 11 — English for Parkour

### Agility

The capacity to move quickly and easily with coordination.

"Agility allows a traceur to change direction swiftly."

### Balance

The ability to remain steady, especially during challenging movements.

"Maintaining balance is crucial when traversing narrow ledges."

### Cat leap

A move where the traceur leaps towards an obstacle and grabs it to pull themselves up.

"A perfect cat leap allowed her to grab the ledge smoothly."

### Core strength

Muscular strength in the central part of the body, crucial for stability.

"Improving core strength greatly enhanced her overall performance."

### Discipline

A systematic practice or branch of training.

"Parkour requires discipline to refine each movement."

### Flow

The smooth and continuous movement throughout a parkour run.

"Her flow between obstacles was remarkably seamless."

### Free running

A style of parkour that incorporates acrobatic movements and tricks.

"Free running adds an artistic element to traditional parkour."

### Grip

The strength of holding onto an object or surface.

"A strong grip is necessary when climbing or performing a cat leap."

### Landing

The act of coming down onto a surface after a jump.

"Proper landing technique is essential to absorb impact safely."

**Momentum**

The force that helps maintain motion during movement.

"Using momentum, he leapt across a wide gap."

**Obstacle**

Any barrier or object that impedes the path during a run.

"Benches and rails act as common obstacles in the parkour course."

**Parkour**

A discipline of moving rapidly and efficiently through obstacles in urban areas.

"Parkour challenges both the body and mind."

**Precision jump**

A jump that focuses on landing accurately on a small target.

"She executed a precision jump onto a narrow ledge."

**Roll**

A movement performed immediately after landing to reduce impact forces.

"He executed a forward roll after his jump to protect his knees."

**Technique**

A specific method used to perform a movement correctly.

"Learning proper technique reduces the risk of injury."

**Traceur**

A person who practices parkour.

"The traceur trained for hours to master each movement."

**Training**

The process of practicing to improve skills and performance.

"Consistent training is key to mastering parkour techniques."

**Urban**

Relating to a city environment, where parkour is often practiced.

"The urban landscape offers diverse obstacles for training."

**Vault**

A movement where a traceur uses their hands to propel over an obstacle.

"The traceur performed a quick vault to clear the wall."

**Wall run**

Running up and along a vertical wall to gain height.

"He used a wall run to reach the rooftop effortlessly."