Unit 11 — English for Parkour

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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."