

TRICK GUIDE

REWARDS AND LEVELS >>>



DISCOVER THE HOME OF
FREESTYLE

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FREESTYLE

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

I'M A FREESTYLER BLUE

A black silhouette of a person in a dynamic, parkour-like pose, possibly a wall run or a jump, positioned on the right side of the image. The person's arms are extended forward, and their legs are bent, suggesting movement. The silhouette is set against a solid blue background.

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






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**



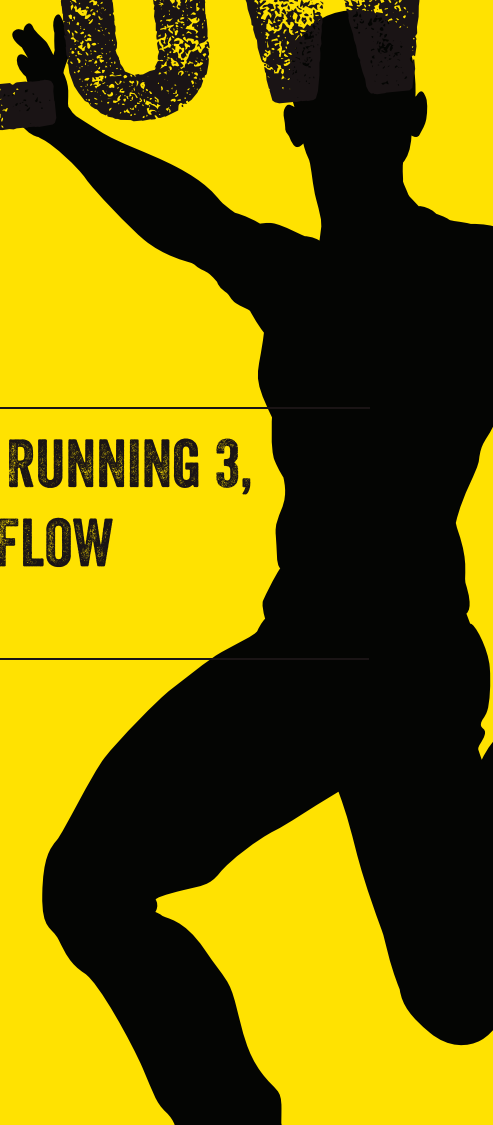
I'M A FREESTYLER YELLOW

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



PARKOUR, FREE RUNNING 2

Platform Roll

Cat Leap

Kong

Turn Vault

Dash Vault

Palm Spin

v v v

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



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



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

