

**FLIP&TWIST**

**Parkour**



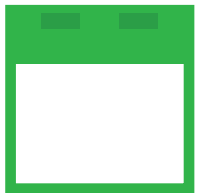
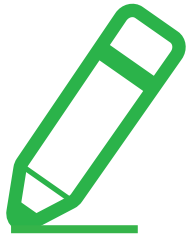
**Passport**

**Beginner**

1

# My Passport

This passport belongs to:



**Beginner**

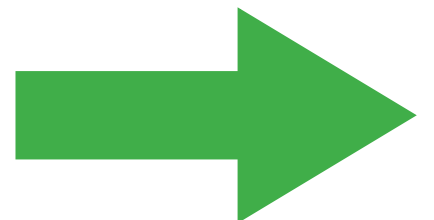
# **SKILLS**

**1. Floor**

**2. Vault**

**3. Wall**

**4. Bar**





## Final Score:

### Rolls

### My Score

### Required

Front Roll

<b>5</b>
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Back Roll

<b>4</b>
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Dive Roll

<b>4</b>
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Impact Roll

<b>4</b>
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Cartwheel

<b>4</b>
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Q.P. Movement

<b>5</b>
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## Beginner