

## Percorso formativo Parkour e SF

Percorso per Tecnico Societario

| Parkour          | Area Fitness       |                    | Area Benessere     |                    |                    |
|------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Qualifica TS Pk  | Qualifica TS SF Fu | Qualifica TS SF En | Qualifica TS SF Li | Qualifica TS SF Ae | Qualifica TS SF Ki |
| MG1              | MG1                | MG1                | MG1                | MG1                | MG1                |
| MG2              | MG2                | MG2                | MG2                | MG2                | MG2                |
| MG3              | MG3                | MG3                | MG3                | MG3                | MG3                |
| MS1 Pk           | MS1 Fu             | MS1 En             | MS1 Li             | MS1 Ae             | MS1 Ki             |
| MS2 Pk           | MS2 Fu             | MS2 En             | MS2 Li             | MS2 Ae             | MS2 Ki             |
| MS3 Pk           | MS3 Fu             | MS3 En             | MS3 Li             | MS3 Ae             | MS3 Ki             |
| MS4 Pk           | MS4 Fu             | MS4 En             | MS4 Li             | MS4 Ae             | MS4 Ki             |
| Esame GAM/GAF Pk | Esame SF Fu        | Esame SF En        | Esame SF Li        | Esame SF Ae        | Esame SF Ki        |

Percorso per Tecnico Regionale

| Parkour          | Area Fitness          |              |                       |              | Area Benessere        |              |                       |              | Acrobatica Aerea  |
|------------------|-----------------------|--------------|-----------------------|--------------|-----------------------|--------------|-----------------------|--------------|-------------------|
| Qualifica TR Pk  | Qualifica TR SF Fu-Pk |              | Qualifica TR SF Fu-En |              | Qualifica TR SF Li-Ae |              | Qualifica TR SF Ae-Ki |              | TR SF AA          |
| TS Pk (*)        | TS Pk (*)             | TS SF Fu (*) | TS SF Fu (*)          | TS SF En (*) | TS SF Li (*)          | TS SF Ae (*) | TS SF Ae (*)          | TS SF Ki (*) | Tutti i TS (**)   |
| MG4              | MG4                   | MG4          | MG4                   | MG4          | MG4                   | MG4          | MG4                   | MG4          | MG4               |
| MG5              | MG5                   | MG5          | MG5                   | MG5          | MG5                   | MG5          | MG5                   | MG5          | MG5               |
| MS5 Pk           | MS5 Fitness           |              |                       |              | MS5 Benessere         |              |                       |              | MS5 AA            |
| MS6 Pk           | MS6 Fitness           |              |                       |              | MS6 Benessere         |              |                       |              | MS6 AA            |
| MS7 Pk           | MS7 Fu- PK            |              | MS7 Fu- En            |              | MS7 Li-AE             |              | MS7 Ae- Ki            |              | MS7 AA            |
| MS8 Pk           | MS8 Fu- PK            |              | MS7 Fu- En            |              | MS8 Li-AE             |              | MS8 Ae- Ki            |              | MS8 AA            |
| MR Parkour 1     | MS1 Fu                | MS1 Pk       | MS1 En                | MS1 Fu       | MS1 Ae                | MS1 Li       | MS1 Ki                | MS1 Ae       | MR AA (telo A)    |
| MR Parkour 2     | MS2 Fu                | MS2 Pk       | MS2 En                | MS2 Fu       | MS2 Ae                | MS2 Li       | MS2 Ki                | MS2 Ae       | MR AA (telo B)    |
| MR Parkour 3     | MS3 Fu                | MS3 Pk       | MS3 En                | MS3 Fu       | MS3 Ae                | MS3 Li       | MS3 Ki                | MS3 Ae       | MR AA (cerchio A) |
| MR Parkour 4     | MS4 Fu                | MS4 Pk       | MS4 En                | MS4 Fu       | MS4 Ae                | MS4 Li       | MS4 Ki                | MS4 Ae       | MR AA (cerchio B) |
| Esame GAM/GAF Pk | Esame SF Fu-Pk        |              | Esame SF Fu-Pk        |              | Esame SF Li-Ae        |              | Esame SF Ae-Ki        |              | Esame SF AA       |

(\*\*) percorso per chi proviene dalla categoria indicata

(\*) tranne TS Area Benessere (TS Li - TS Ae - TS Ki)