

# Hi-Power

Coaching

Parkour, Movement, Life

## Parkour, Movement & Life Skills Course Overview:

Parkour is a training discipline where practitioners aim to get from one point to another in an urban or natural environment, in the most efficient way possible.

Parkour's fundamental movements include running, jumping, climbing, swinging, vaulting and rolling. These movements are then modified, to create the most suitable path for the environment and situation encountered.

Parkour builds self-discipline, concentration and physical preparation, and many people see it as a non-combative martial art.

New students are taught from the earliest stage the fundamentals of landing, force absorption, balance, and proper movement patterns. These are taught in depth by your highly experienced Instructors.

***Darran's coaching methodology employs not just improving young people's movement skills, balance and body awareness, but also their communication skills, self-confidence and emotional regulation; through breathwork, games and positive-attitude reinforcement interactions with Coaches.***

***Practitioners find that skills learned in Parkour class have a vast carryover to one's life outside of sport.***

While the media sometimes confuses other sports with parkour and mislabels it as reckless or dangerous, in fact; it is quite the opposite. Safety, inclusivity and self-improvement are the cornerstones of Parkour.

**Your Instructor:** is one of the highest qualified and most experienced parkour coaches in Australia !

Darran passed multiple tuition courses and taking: skill, theory and coaching exams from internationally recognised number one parkour coaching company, Parkour Generations of London. Darran has qualifications in mobility coaching, slackline instructing and breathwork coaching also.

Darran has been practicing the sport for over 16 years and has both taught and practiced in many countries around the world; teaching to people of all ages and abilities, in online settings, large groups and one on one tuition.

Darran is an experienced medical first aider, as well as an avid mental health first aider. He holds a WWC card as well as several Department of Education; working with vulnerable people clearances and Trainings.

Darran has previously worked in Engineering, and has worked with the likes of Rio Tinto, FMG, Intel, and Merck and currently works with the West Australian Department of Education. Darran brings the same level of professionalism and safety focus learned in these positions, to his current and future roles as Australia's premier Parkour coach.

Darran Power  
*Hi-Power Coaching*