



Pacific Northwest Parkour Clinic

April 19 & 20

April 19

3–8pm

\$35

Mt. Baker Gymnastics, Burlington, WA
Instructors: Tyson Cecka and Rafe Kelley

Focus: Hands-on focused instruction of basics of running, jumping, rolling, climbing, vaulting, quadrupedal movement, wall passes, tic-tacs and bar work. How to warm up and basics of conditioning for parkour and how to incorporate play and games into parkour practice.

April 20

Free if you came the first day

Noon–whenever
Bellingham, WA
Instructor: Rafe Kelley

Focus: Basics of Methode Naturelle training, having fun on the beach or in the woods, cliff diving, mucking about, etc.

Please bring athletic clothes & shoes, a towel, a snack for the lunch break, and a change of clothes for dinner afterwards if people want to go out and eat together.

Rafe Kelley is a founding member of Washington's Parkour community, the Vice Chair of the Pacific Northwest Parkour Association, and a respected member of the national and international Parkour community. In addition to his Parkour experience, Rafe has 8-years of gymnastics experience, and 10-years of martial arts training.

Tyson Cecka heads up the Pacific Northwest Parkour Association, is one of the founders of the Washington and Oregon Parkour scenes, a member of the high-profile group of professional Traceurs called The Tribe, and has appeared in commercials for K-Swiss, Snickers, and Mervyns and performed at the Taurus World Stunt Awards.

For more information or to make reservations contact Rafe Kelley at 360-441-5825 or rafe.kelley@gmail.com, or Tyson Cecka at 360-513-8289 or parkour@tysoncecka.com.