



SWISS PARKOUR ASSOCIATION

PROJECT SUMMARY: PARKOURPEDIA

Parkourpedia is a free online platform that provides structured access to parkour knowledge. In alignment with the pedagogical model developed within Jugend+Sport (J+S), it supports both coaches and teachers delivering structured sessions or individuals learning parkour independently.

The project was initiated by Yann Daout, J+S Parkour expert and sports teacher, who developed the platform and created the initial content base. At its current stage, Parkourpedia is available in French and already includes **93 movement forms and 26 training forms**. The initial development phase was financially supported by the parkour club Parkour Lausanne. To make the platform accessible and usable for a broader audience, further developments are planned.

We rely on your support to bring this next phase to life!

Check out the current platform: [PARKOURPEDIA](#)

WHO BENEFITS

Parkour community	Strengthening shared knowledge and supporting the long-term development of the discipline.
Coaches	Ready-to-use content for planning and delivering structured training
Sports teachers	Accessible entry points and teaching material for school contexts
Individuals	Clear guidance to start and progress in parkour independently

DEVELOPMENT PLAN

1. Translation	All core content accessible in multiple languages (FR, EN, DE)
2. Parkour Starter Pack	Structured set of introductory materials for teaching parkour, including an introduction to parkour, core movement forms and games, obstacle usage, and ready-to-use lesson plans.
3. Progressions	Structured progressions for core movement forms, including exercises, movement breakdowns and technical guidance with pictures and videos, as well as tips for indoor and outdoor equipment usage.

TIMELINE

April	Project setup and crowdfunding preparation
May	Crowdfunding campaign → SUPPORT US IN THIS STAGE
June/July	Development and rolling release of content
August	Completion and full release

Parkourpedia will be continuously expanded and improved beyond the initial development phase.

FUNDING

To bring Parkourpedia to the next level, we aim to raise **CHF 5,500**. The crowdfunding campaign will launch in early May on the [I Believe in You](#) platform.

OVERVIEW

SHORT-DESCRIPTION

Parkourpedia is a free online platform that provides structured access to parkour knowledge – including techniques, exercises, games and training programmes. It supports both individuals learning parkour independently and teachers delivering structured training. The project was initiated by Yann Daout, who developed the platform and created the initial content base. At its current stage, Parkourpedia already includes 93 movement forms and 26 training forms, supported in part by Parkour Lausanne. Building on this foundation, the next phase focuses on expanding accessibility, usability and structured learning through targeted development.

PURPOSE OF THE PLATFORM

Parkour is a diverse and multifaceted discipline that goes far beyond a collection of techniques. It includes not only movement skills, but also the development of realistic self-assessment, respect, creativity and flow. Despite this complexity, access to structured and high-quality learning resources remains limited. Parkourpedia addresses this gap by providing an open and structured knowledge base that supports both skill development and broader competencies, making parkour more accessible, teachable and sustainable.

WHO BENEFITS & HOW

Parkourpedia is designed to create value for different user groups:

Parkour community	Strengthening shared knowledge and supporting the long-term development of the discipline.
Coaches	Ready-to-use content for planning and delivering structured training
Sports teachers	Accessible entry points and teaching material for school contexts
Individuals (self-learning)	Clear guidance to start and progress in parkour independently

LONG-TERM VISION

Parkourpedia aims to become a central knowledge platform for parkour – continuously evolving with the community, integrating new movement forms and contributing to the quality and accessibility of parkour education.

PROJECT-DETAILS

CONTENT STRUCTURE

J+S-Based Framework:

The platform is structured in alignment with the pedagogical model developed within Jugend+Sport (J+S).

11 Characteristic Forms

At its core, the content is organised according to 11 characteristic forms, which aim to represent parkour in a holistic and practice-oriented way.

Movement Forms

Movement forms describe specific parkour techniques and movements, including their variations and underlying requirements.

Training Forms

Training forms consist of games, exercises, progressions, and training setups that provide practical ways to learn, practice and teach the Characteristic Forms.

This dual structure enables users not only to understand techniques, but also to integrate them into meaningful training and teaching contexts.

DIDACTIC APPROACH

Parkourpedia follows a didactic approach that combines technique-oriented learning with exploratory and experience-based learning. It encourages individual progression, creativity and problem-solving, while maintaining a structured framework that supports safe and effective skill development.

ACCESS & PHILOSOPHY

- Open and freely accessible resources
 - Low-threshold entry into parkour
 - Suitable for both self-directed learning and structured teaching
 - Community-oriented knowledge sharing
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TECHNICAL SETUP

The platform is implemented as a website with its repository hosted on GitHub, following an open-source approach. This allows for continuous development, transparency, and potential community contributions. The content is written in open file formats and not locked in any specific software. The website is generated from these text files using Build Awesome (11ty), a static site generator. The content is under a CC BY-NA-SA license, with the aim of enabling open use and adaptation of the content.

DEVELOPMENT PLAN

The planned development phase focuses on three core areas that are essential for accessibility, usability, and structured learning.

1. **Translation:** All content accessible across multiple languages (FR, DE, EN).
2. **Parkour Starter Pack:** Practical entry points for coaches and sports teachers.
3. **Progressions:** Structured pathways for skill development.

TRANSLATION	Goal	Provide multilingual access to all core content.
	Target Users	<ul style="list-style-type: none"> → Parkour community → Sports teachers → Coaches working with entry-level groups
	Scope	<ul style="list-style-type: none"> → Translation of all core content into English and German → Alignment of terminology across languages → Consistent structure and readability
	Relevance	<ul style="list-style-type: none"> → Enables access for a broader user base → Supports use in multilingual contexts (e.g. Switzerland) → Increases relevance for schools, organisations and individuals
STARTER PACK	Goal	Develop a structured and accessible entry point into teaching parkour.
	Target Users	<ul style="list-style-type: none"> → Sports teachers → Coaches working with entry-level groups
	Scope	<ul style="list-style-type: none"> → Introduction to parkour (history, principles and context) → Different styles/learning outcomes of parkour (not only techniques...) → Guidance on using indoor equipment for parkour → Core techniques w/ picture(s) + link to pkpedia progressions → Core games/training forms + link to pkpedia pages → Ready-to-use lesson plans
	Relevance	<ul style="list-style-type: none"> → Directly applicable in training and school settings → Simple structure and clear progression → Focus on accessibility and low entry barriers
PROGRESSIONS	Goal	Develop structured progressions for core movement forms.
	Target Users	<ul style="list-style-type: none"> → Coaches → Sports teachers → Individuals learning parkour
	Scope	<ul style="list-style-type: none"> → Definition of selected core movement forms → Development of step-by-step progressions, movement breakdown and technical guidance for each movement w/ pictures and videos → Exercises supporting different progression stages → Tips for equipment setups (indoors) and spot/obstacle usage (outdoors)
	Relevance	<ul style="list-style-type: none"> → Supports safe and structured skill development → Improves clarity and quality of teaching → Enables systematic progression across different skill levels

TIMELINE

APRIL

Project Setup

- Finalisation of project setup
 - Preparation of crowdfunding campaign
 - Structuring and pre-development of project components
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MAY

Crowdfunding → ***YOUR SUPPORT IS NEEDED IN THIS STAGE***

- Launch and execution of crowdfunding campaign
 - Community activation and fundraising
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JUNE/
JULY

Development

- Implementation of core project components:
 - Translation
 - Parkour Starter Pack
 - Progressions
 - Continuous publication of completed content (rolling release)
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AUGUST

Completion & Release

- Finalisation of all planned development steps
 - Full release of core content (latest by end of August)
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POST-LAUNCH – FUTURE DEVELOPMENT & MAINTENANCE

- Continuous updates and expansion of content
 - Integration of feedback and practical testing
 - Further development depending on available resources
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STRATEGIC OUTLOOK

- The project remains independent in its initial phase
 - Evaluation of long-term integration into SPKA structures is ongoing
 - Further development depends on funding outcomes:
 - Expansion of movement forms and training forms
 - Improved content connections and structure
 - Additional Starter Packs and features
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FUNDING

The SPKA network provides access to some of the most experienced parkour practitioners and coaches in Switzerland, enabling a high-quality implementation of the project.

The overall budget is based on the estimated workload required to develop the three core areas of the project. While the effort is estimated, the implementation of the defined project scope is ensured upon reaching the funding target.

The crowdfunding campaign will be launched in early May on the [I Believe In You](#) platform.

WE COUNT ON YOUR SUPPORT TO MAKE THIS PROJECT POSSIBLE!

PROJECT COSTS

Translations (1)

EN	8 hours à 35.-	CHF	280.00
DE	12 hours + 2 hours setting up à 35.-	CHF	490.00
		CHF	770.00

Parkour Starter Pack (2)

Project Management	4h à 35/h	CHF	140.00
Setting up Content (Meetings)	4 Experts for 4h à 35.- (Meetings)	CHF	560.00
Adding Content (Games)	4 Experts for 2h à 35.- (Content)	CHF	280.00
Creating/Filming Content	1 Day 2 People à 400.-	CHF	800.00
Video editing	4h à 35.-/h	CHF	140.00
Setting up Website	1 Person for 4h à 35.-	CHF	140.00
Infrastructure	rent of a gym	CHF	200.00
Translation	4h à 35/h	CHF	140.00
		CHF	2'120.00

Progressions (3)

Project Management	4h à 35/h	CHF	140.00
Setting up Content (Meetings)	4 Experts for 3h à 35.- (Meetings)	CHF	420.00
Creating/Filming Content	1 Day 2 People à 400.-	CHF	800.00
Video editing	4h à 35.-/h	CHF	140.00
Setting up Website	1 Person for 4h à 35.-	CHF	140.00
Infrastructure	rent of a gym	CHF	200.00
Translation	2h à 35/h	CHF	70.00
		CHF	1'910.00

Fundraising & Marketing

Fundraising Management	15h à 55/h	CHF	825.00
Marketing	6h à 35/h	CHF	210.00
Total		CHF	1'035.00

Subtotal (1)

		CHF	5'835.00
SPKA project support (Fundraising & Marketing)		CHF	-1'035.00

Subtotal (2)

Fees on crowdfunding platform	12% of the total amount collected	CHF	654.55
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TOTAL PROJECT COSTS

		CHF	5'454.55
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Further funding will be used for additional developments of the platform