FIG PARKOUR TABLE OF TRICKS 2026

score	Swing Moves	score	Wall Moves	score	Acrobatics Moves	score	PK Basics
0.4	Pole Swing	1.1	Wallspin / Reverse Wallspin	0.8	Cartwheel	0.1	Stride, Drop, Roll, Precision Jump, Safety Vault
0.8	Swing 180 / Kip	1.2	Wall backhandspring / Wall flare	0.9	Macaco		
1	(Straddle) Sole circle	1.3	Wall Backflip	1	Gumbi / Fronthandspring	0.2	Plyo, Speed Vault
1.3	Swing Gainer	1.9	Angel Drop	1.1	Backhandspring	0.3	Tic Tac, Lazy Vault, Thief, Vault
1.5	Giant / Swing Frontflip	2	Palm Backflip / Palm Sideflip / Ginger	1.2	Frisbee / Butterfly	0.4	Side Vault
1.6	Swing Sideflip	2.1	Wall Inward Frontflip / Wall inward Sideflip	1.4	Cheat Gainer / Aerial	0.5	Pop Vault, Splat, Gate Vault
1.8	Swing Frontflip 180	2.2	Pimp Backflip / Raiden	1.5	Backflip / Frontflip / Webster / Sideflip	0.6	Wallrun, Arm Jump, Underbar, Tap Swing
2.0	Swing Gainer 360	2.3	Wall Cork / Gaet Pimp Backflip	1.7	Caster Gainer / Caster Frontflip		
2.2	Swing Gainer 540	2.4	Wall Backflip 360	1.8	A-180 / B-360	0.7	Kong Vault, Turn Vault, Rail Flare (Italian Job)
2.5	Swing Frontflip 360	2.5	Devil drop	1.9	Front 180		
2.7	Swing Castaway Backflip	2.6	Castaway Backflip / Raiden 180	2	Gainer / Arabian / Tunnel Flip	0.8	Reverse Vault, Dash Vault
2.8	Swing Counter Sideflip / Kip 180 Gainer	2.7	Hang Cast Backflip / Hang Gainer	2.1	Running Gainer / Raiz	0.9	Pistol Spin, Palmspin
2.9	Swing Counter Frontflip		Wall Gainer / Trapdoor Wall Flip	2.2	Backflip 360 / A-360	1	Kash Vault
	Swing Gainer 720 (2 twist)	2.8	Pop Castaway Backflip / Gargoyle Gainer	2.3	Cork / Dark Arabian	1.1	Climb up
3	Geinger	3.1	Gaet Pimp Backflip 360	2.4	Backflip 540 / Frontflip 360 / Sideflip 360 / Kroc	1.2	Dyno
3.2	Straddle Sole circle Gainer	3.3	Handstand Castaway Backflip	2.5	Looser Frontflip / A-540 / Looser Sideflip	1.5	360 Precision
3.3	Swing Gainer 900 (2.5 twist)	3.5	Wall Double Cork / Wall inward Sideflip 360	2.8	Gainer 360	1.6	Dong vault
3.6	Swing Double Gainer	3.6	Palm Backflip 360	2.9	Frontflip 540 / Looser Frontflip 180 / B-720	1.8	Double Kong Vault
3.8	Swing Castaway Backflip 360	3.7	Wall Backflip 720 (2 twist)	3.1	Backflip 720 (2 twist)		
4.5	Swing Double Gainer 360	3.8	Wall Gainer 360 / Castaway Backflip 360	3.2	A-720 / Roll Bomb		
4.8	Swing Gainer 1080 (3 twist)	5	Gaet Pimp Backflip 720 (2 twist)	3.3	Double Cork		
4.9	Swing Double Frontflip	5.5	Palm Backflip 720 (2 twist)	3.5	Backflip 900 (2.5 twist) / Kong Gainer		
5.0	Swing Double Sideflip	5.6	Wall Gainer 720 (2 twist)	3.7	Double kroc / Frontflip 720 / Sideflip 720		
5.5	Swing Castaway BF Regrab	5.9	Gaet Pimp Double Backflip	4.1	Sitting dash Gainer / Gainer double cork		
5.5	Swing Gainer 1260 (3.5 twist)	6	Castaway Backflip 720 (2 twist)	4.3	Frontflip 900 (2.5 twist) / Cast Gainer		
5.8	Swing Castaway Backflip 720		Wall Triple Cork	4.4	Macaco-in / Tsukahara / Cartahara		
5.8	Swing Double Gainer 720 (2 twist)	6.2	Wall Double Backflip	4.5	Gainer 720 (2 twist) / Handstand Gainer / Double Sideflip		
6.8	Swing Castaway Double BF	6.3	Wall Backflip 1080 (3 twist)	4.8	Double Frisbee / Double Pistol Frisbee		
6.9	Swing Gainer 1440 (4 twist)	7	Double Palm Flip	5	Caster Double Gainer / 360 Kong Gainer		
7.3	Swing Triple Gainer	7.3	Wall Gainer 1080 (3 twist)	5.1	Backflip 1080 (3 twist) / Kong Gainer 360		
7.5	Swing Double Gainer 1080 (Miller)	7.5	Castaway Double Backflip	5.3	Double Backflip		
				5.4	Triple Cork / Tsukahara 360 / Double Frontflip		
				5.5	Double Gainer / Front Half-In Back-Out		
				5.7	Backflip 1260 (3.5 twist)		
				5.9	Double Backflip 360 / Cork-in Backflip		
				6	Triple kroc		
				6.2	Frontflip 1080 (3 twist)		
				6.3	Inward Tsukahara		
				6.5	Gainer 1080 (3 twist)		
				7.1	Backflip 1440 (4 twist)		
				7.3	Double Backflip 720		
				7.5	Quad Cork		