

# bitdice

The shoulder roll is by far the most complicated movement in all of Parkour. It's extremely difficult to learn properly and it will likely take years, from practice to perfect!

Categories Of South East Movement - Fight or Flight Academy Fight or Flight Academy

4/10/22 ; 7-categories-1of parkour (mov&#233;m).

parkour games - Pocket Tactic,

acctica a : roblox:

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