Stephen Tan

Mr. Cohen & Ms. McCracken

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<div align="center">Klexos: Parkour, Freerunning, Gymnastics</div>

Standing on top a five-foot box before a six-foot gap eyeing thick blue crash mats below, I'm terrified. I've watched others in the class stride across this distance with ease. It's a simple feat that can be completed in a matter of seconds. My peers cheered with encouraging words which is sometimes all that's needed to overcome new obstacles. I leaped into the air, clearing the gap, and landing with grace. I was never in danger, nor was anyone else.

What made this goal unachievable was not that it required a good physical fitness, but proper mental perspective. At heart, parkour is the art of moving efficiently through an environment. It is not about performing flips, clearing roof gaps, or other dangerous stunts. We're not daredevils or hooligans. Spectators don't see practitioners jumping the same gap thousands of times on the ground, conditioning, stretching, and taking the necessary progressions in preparation of overcome obstacles. Parkour comes with a prominent philosophical and training methodology aspect which is nonexistent in other sports and activities. I'm making the most of my life and parkour has helped me to develop a mindset I'm very proud of. I am the sum of all my training. I'm not doing anything anyone can't do. I'm simply brushing aside the human desire to do nothing and investing time into my development. The purpose of my senior project was to further my parkour, freerunning, social, teaching, programming, and video skills.

My first objective was to move up one level in parkour (Green to Red Band) and

gymnastics (level one to level two). I am passionate about parkour and the benefits it brings that I am inclined to invest in myself now to be able to continue this practice into the future. In pursuit of this goal I attended parkour, freerunning, gymnastics, and conditioning classes at Urban Evolution' (UE) Alexandria gym on a regular basis, at least three times a week for the past year.

Although to the public parkour seems dangerous, I have never been injured while practicing parkour, asides from minor scuffs. In the past year it has been very rare for me to fall unexpectedly. One instance was striding on rails, where my foot had slipped off the rail. However, because of the training and practice I've dedicated to being safe I naturally bailed safely to the ground in seemingly a rehearsed scenario walking out unscathed. When the unexpected does occur, the question "Why am I doing this?" comes to mind. Like any other physical activity, I acknowledge that there is a risk to practicing parkour. I continue because I know it's easy to get comfortable with the way things are. I don't intend on conforming to mediocrity.

I've studied UE's parkour and gymnastics level up requirements and focused my training at the gym to achieve these set requirements ("Gymnastics"; ""LevelUp": Urban"). Attaining UE's Red band is difficult. As of March 20, 2017, only twenty-two people have attained UE's Red Band. Challenges left for me to overcome are physical rather than mental. One physical challenge I still cannot perform is "toes to bar," where I must dead hang from a bar and using my core to flex to bring my legs up and toes to the bar I'm hanging from. What's preventing me from performing this move is poor flexibility in my hip flexors, lower back, and upper back (Reavy). I plan to take the Red Band test for parkour on April 2017 (""LevelUp": Urban").

My second objective was to receive instruction guiding me toward becoming a UE Certified Parkour Instructor. I intend to become a parkour instructor to have the opportunity to share what I have learned from parkour. Urban Evolution has their own instructor certification tests that are tailored to their business. The "Assistant Parkour Instructor Certification Test" consists of a multiple choice, fill in the blank and free response was written test and a practical examination consisting of three portions where I make corrections, progressions/regressions, and teach a skill to instructors (Urban Evolution).

In October 2016, as part of UE's instructor training program, I became an Assistant Parkour Instructor in Training, also known as a Shadow. As a member of UE's workforce, many company documents were made available to me which guided me to becoming an Assistant Instructor. Additionally, as a Shadow, I observed and assisted in multiple Intro to Parkour and White Band Parkour classes. Additionally, most Sundays at three pm I have attended mandatory Parkour Instructor in Training Seminars where a lead instructor goes over the skills and information required to become an Assistant Parkour Instructor.

I took Urban Evolution's Assistant Parkour Instructor Certification test on March 11, 2017, and am confidently waiting for the results. From this objective, I have improved my ability to instruct children and adults kids, social skills, presentation skills, teaching skills. These skills will undoubtedly serve me well in life.

My third objective was to learn the fundamentals of human anatomy and kinetics. This knowledge is crucial to becoming an Assistant Parkour Instructor. To pass the assistant exam, I would need to know this information. I studied company documents available to me, where I learned the fundamentals of human anatomy, kinetics, and the history of parkour ("Table of

Contents"). While training, I would attempt to determine which muscles were being used and which bones were being put under tension. Prior to my scheduled March exam, I created personal flashcards to review information I would need to know to be an Assistant Parkour Instructor using Quizlet, an online flashcard creator ("Quizlet").

When working with students and as an athlete, it is useful to know anatomy and kinetics to prevent and quickly assess injuries. Additionally, understanding the human body and how it works has promoted my personal health and strength. No longer do I stay up at night.

My fourth objective was to create a mobile application that promotes parkour and its philosophies. For as long as I remember it has always been a goal for me to learn to program and understand how computers work. Because of this goal, I have produced three applications: "Wakefield High School News" application for Android, "Wakefield High School News" application for iOS, and "Aptitude Parkour and Dance" application for Android.

My programming works begun with my older brother sending me a Udacity mobile development courses for Android ("Udacity") in August 2016. As of March 20, I have taken six courses focused on developing applications on the Android platform and two courses focused on developing applications on the iOS platform for Apple Devices.

While creating the mobile applications, on several instances I have referred to Android Developer Documentation, iOS Developer Documentation, Application Programmable Interface Documentation, source code on GitHub, and the community on Stack Overflow. Through this journey, I learned Java, xml, fundamentals of Gradle, swift, storyboard, and C++.

The first application idea I pursued was a school push notification system, which was suggested by Ms. Maitland. After exploring how I could create this application it evolved into a

news spreading application which collected Facebook and twitter feeds of Wakefield High school members. Finally, because there were many repeats in Facebook and twitter posts I decided to just leverage Twitter for current school information.

Receiving money for an android developer account and permission from the school, "Wakefield High School News" was published on the Android market on September 6, 2016. The "Wakefield High School News" application to help Arlington community members keep up with Wakefield High School events. The "Wakefield High School News" application condenses news from Twitter and makes it available to a broader audience. The application also has a user interface in French and Spanish.

To create the "Wakefield High School News" application on the iOS platform for Apple devices, I have spoken on many occasions with Dr. Willmore, Ms. Maitland, and Ms. Nagurka, a Secondary STEM Specialist. For the IOS version of the Wakefield application, I have received a MacBook from Arlington Public Schools. I received permission to publish the Wakefield iOS application from Dr. Willmore on February 3, 2017, and money from Wakefield High School on March 20, 2017, to purchase an Apple Developer Account. The application is currently set to launch early April 2017, on iOS.

Utilizing the Wakefield Android application as a base, I produced my second Android application named "Aptitude" which is now available on the Google Play Market as of December 7, 2016. Aptitude is a mobile guide to parkour, freerunning, hip-hop dancing, and breakdancing. The purpose of Aptitude is to show people that they are capable of anything, facilitate the learning of physical skills, and motivate people to live a healthy lifestyle. Aptitude has useful parkour, freerunning, breakdancing, and hip-hop dancing tutorials made by prominent

athletes that have given me their consent to use their content in the mobile application.

With now a developer account purchased under my name by the school, I'm able to publish I can publish applications on both android and iOS, including the "Aptitude" application. Though this objective I learned to use Android Studio (Java and xml) and X-code (C++, Storyboard, and Swift) to create and publish mobile applications for both Android and IOS mobile devices accounting for 99.3% (Q3 2016) ("Smartphone OS Market") of mobile devices. The ability to create a product out of thin air and have it pushed to millions of people at the touch of a button is amazing.

My final objective was to produce videos to promote parkour, its philosophy, and its benefits. I'm passionate that parkour can change people's lives for the better and I wish to help bring this practice to more people. I kickstarted this project by creating a video touring the UE's Alexandria facility using my 2013 Moto X Cellphone and Windows Movie Maker. The video turned out amazing and unique to previous videos created by UE. I pitched my video to UE and enlisted me as one of the freelance video producer they may contact. Since then I have produced five published videos for Urban Evolution, for which I am paid. My videos can be found on YouTube. In each video, you can notice the improvement in quality and video production skills.

With access to UE's equipment including GoPro and DSLR cameras and compensation for Adobe Creative Cloud Application software license I could experiment and videos. I used namely Adobe Premiere Pro, Adobe After Effects, and Adobe Photoshop.

I learned how to use Adobe Premiere Pro, After Effects, and Photoshop primarily through trial and error, personal experience. To create specific advanced video techniques, I referred to online resources such as Video Copilot, Chunga, Luxury Leaks, etc. to guide me through the

process of replication techniques such as the luma fade transition and how to use masks ("Video CoPilot"; "Chung Dha"; "Luxury Leaks"). From this online research and personal experience, I have learned how to deconstruct, replicate, and incorporate video techniques I see in videos into my own personal video projects. In my opinion, the most difficult part of producing a video is finding the perfect song for a video. In addition to finding that song, I must make sure I'm not violating any copyrights. For me, this means finding good music that fits the mood of the video listed under a Creative Commons License. In one instance I had an argument on what equipment to invest on. I want a GoPro Stabilizer. However, the owner wanted to invest in a decent DSLR. I learned that, working for a company, you must follow orders.

This project was satisfying for me because I set high goals and I reached them. Instead of going home a sitting on a couch, I am always working toward achieving a goal. To do nothing is easy, and my heart breaks a little more every time I do. By reaching the objectives set forth by me, the truth in many philosophies became a reality for me. This showed me how to use my time wisely and has taught me how to progress my life. The knowledge I acquired positively influences my lifestyle.

Completing this project was anything but a breeze, on many occasions I had thoughts of giving up. I have asked myself why I am doing what I'm doing. On many occasions things didn't go as plan. I learned that I take on too many tasks to complete with the time I have. I remember the time I couldn't do a parkour roll, or the time I couldn't program, or a time I couldn't produce videos.

Through this project, I've learned how to learn. Through the process of becoming a teacher my social skills have improved my network of communications. Through the social

aspect of learning and teaching, I will be better prepared to conquer similar social events in my life outside parkour. By programming, I learned skills that have opened the doors to the opportunity to reach and positively impact people globally. By producing videos, I learned skills that can and have used to promote events and topics I believe in. I am learning skills that allow me to be a unique and valuable individual.

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