



Announcement – New Limited-Time Parkour Title from Barkour Canine Fitness!

To celebrate fall and our favorite spooky season, Barkour Canine Fitness is offering a limited-time Parkour-track title called “Fall into Fall” that is available only until the end of 2024. This title celebrates fall colors (red, orange, yellow, brown), Halloween colors (orange, black, purple, green), and outdoor themes and textures (wood, plant, rock). Complete the exercise requirements via video to earn a title certificate and fall-themed title charm (shipping included in continental US only). Price is \$20 and additional rules regarding the exercises, video requirements, and submission can be found at barkourcaninefitness.com under “Rules and Regulations.”

Exercise Requirements:

- 1) **2 Feet On** a pumpkin (real or artificial) for 5 seconds**
- 2) **Under** something primarily* red that is head height or lower
- 3) **4 Feet On** something primarily* yellow for 5 seconds, no height or width restrictions**
- 4) **Balance** on something primarily* brown – dog walks across an obstacle at least two body lengths long, no height or width restrictions**
- 5) **Around** a tree – dog must travel at least two body lengths away and make a 180-degree turn around in either direction before returning to the handler (bonus if the tree has fall-colored leaves)
- 6) **Through** two rocks – dog must pass between two rocks at least half the dog’s body length long that are no wider than twice the dog’s shoulder width apart
- 7) **4 Feet On** a rock at least wrist height for 5 seconds**
- 8) **In** something with four sides that is primarily* orange or black
- 9) **Balance** on a log – dog walks across an obstacle at least two body lengths long, no height or width restrictions**
- 10) **2 Feet On** something primarily* purple for 5 seconds, no height restrictions**
- 11) **Creativity** with something primarily* green – dog performs three different behaviors on a single new green obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds, and it must be one unedited video sequence.
- 12) **Two Obstacle Sequence** with two primarily* black obstacles – dog performs two different behaviors on two new black obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds, and it must be one unedited video sequence.
- 13) **Fall into Fall Picture** (optional) – Take a picture of your dog(s) with a fall-themed background or décor

*Primarily is defined as more than 50%.

**Please be cognizant of your dog’s growth plates if they are under 18 months old and prevent injury by limiting 4 Feet On and Balance exercises to no higher than wrist height, and 2 Feet On exercises to no higher than elbow height.