



Lawrence Rook

LONDON, ENGLAND

AGE
30

HEIGHT
180 cm / 5'11"

LOCATION
London, England

DISCIPLINES
Parkour / Freerunning

A London-based parkour athlete and performer with over 15 years of experience in parkour, freerunning, martial arts, and gymnastics. His recent international work includes a five-month tour with Holiday on Ice: Horizons , where he delivered over 160 live shows across 17 cities, captivating 450,000 spectators with choreographed parkour and stunt sequences on ice.

MOVEMENT STYLE

Lawrence Rook is known for his powerful and fluid parkour style, blending parkour with martial arts, tricking, and gymnastics. His movement combines agility, strength, and creative energy, allowing him to deliver dynamic performances across both stage and screen. Whether navigating complex environments or choreographed sequences, Lawrence brings intensity, control, and adaptability to every performance.

EXPERIENCE

15+ years of parkour and freerunning training Parkour and gymnastics coach with certifications Stunt performer in films, live shows, and TV appearances Performed with Holiday on Ice: Horizons on a global arena tour Integrated acrobatics, parkour, and cycling into choreographed stage routines Background in martial arts, tricking, and gymnastics

PROFESSIONAL CREDITS

Stunt zombie in Storrer's Dying Light POV project Featured athlete in Breach: Enter The Breach documentary Live performances with the Savage Skills stunt team Competitor in World Chase Tag for RUN LDN Performed in the All Stars Volleyball Half-Time Show with Sky TV

