



Taylor Carpenter

O'AHU, HAWAI'I / USA-BASED

AGE

27

HEIGHT

165 cm / 5'5"

LOCATION

O'ahu, Hawai'i / USA-based

DISCIPLINES

Parkour / Freerunning

A professional parkour athlete, coach, and content creator from Hawai'i. With a presence on both the competition circuit and in global media, she has become a leading figure in the parkour community through her performances, teaching, and creative outreach.

MOVEMENT STYLE

Taylor's movement is dynamic, versatile, and intentional. Known for her clean execution, speed, and confidence under pressure, she brings a high-performance edge to both her creative and competitive work. Taylor's grounded yet expressive style reflects her deep connection to resilience, adaptability, and purpose in motion.

EXPERIENCE

10+ years of parkour and movement training Coach and mentor with Apex Movement Public speaker and TEDx presenter Podium finishes at major competitions including Red Bull AI Andalus and SPL Parkour World Championships Athlete and MVP in World Chase Tag as a Pan-American champion

PROFESSIONAL CREDITS

