

parkoured

The past tense of parkour is parkoured

Table Of Contents:

- [parkoured](#)
- [The Forms of Parkour](#)
- [Conjugate Parkour](#)
- [Parkour in Present Simple \(Indefinite\) Tense](#)
- [Parkour in Present Continuous \(Progressive\) Tense](#)
- [Parkour in Present Perfect Tense](#)
- [Parkour in Present Perfect Continuous Tense](#)
- [Parkour in Past Simple \(Indefinite\) Tense](#)
- [Parkour in Past Continuous \(Progressive\) Tense](#)
- [Parkour in Past Perfect Tense](#)
- [Parkour in Past Perfect Continuous Tense](#)
- [Parkour in Future Simple \(Indefinite\) Tense](#)
- [Parkour in Future Continuous \(Progressive\) Tense](#)
- [Parkour in Future Perfect Tense](#)
- [Parkour in Future Perfect Continuous Tense](#)

The Forms of Parkour

| | |
|--------------------|---------------------------|
| Infinitive | to parkour |
| Present Tense | parkour / parkours |
| Past Tense | parkoured |
| Present Participle | parkouring |
| Past Participle | parkoured |

Conjugate Parkour

Parkour in Present Simple (Indefinite) Tense

Singular

Plural

I **parkour**

We **parkour**

You **parkour**

You **parkour**

He/She/It **parkours**

They **parkour**

Parkour in Present Continuous (Progressive) Tense

Singular

Plural

I **am parkouring**

We **are parkouring**

You **are parkouring**

You **are parkouring**

He/She/It **is parkouring**

They **are parkouring**

Parkour in Present Perfect Tense

Singular

Plural

I **have parkoured**

We **have parkoured**

You **have parkoured**

You **have parkoured**

He/She/It **has parkoured**

They **have parkoured**

Parkour in Present Perfect Continuous Tense

Singular

Plural

I **have been parkouring**

We **have been parkouring**

You **have been parkouring**

You **have been parkouring**

He/She/It **has been parkouring**

They **have been parkouring**

Parkour in Past Simple (Indefinite) Tense

Singular

Plural

I **parkoured**

We **parkoured**

You **parkoured**

You **parkoured**

He/She/It **parkoured**

They **parkoured**

Parkour in Past Continuous (Progressive) Tense

Singular

Plural

I was parkouring We were parkouring
You were parkouring You were parkouring
He/She/It was parkouring They were parkouring

Parkour in Past Perfect Tense

Singular

Plural

I had parkoured We had parkoured
You had parkoured You had parkoured
He/She/It had parkoured They had parkoured

Parkour in Past Perfect Continuous Tense

Singular

Plural

I had been parkouring We had been parkouring
You had been parkouring You had been parkouring
He/She/It had been parkouring They had been parkouring

Parkour in Future Simple (Indefinite) Tense

Singular

Plural

I will parkour We will parkour
You will parkour You will parkour
He/She/It will parkour They will parkour

Parkour in Future Continuous (Progressive) Tense

Singular

Plural

I will be parkouring We will be parkouring
You will be parkouring You will be parkouring
He/She/It will be parkouring They will be parkouring

Parkour in Future Perfect Tense

Singular

Plural

I will have parkoured

We will have parkoured

You will have parkoured

You will have parkoured

He/She/It will have parkoured

They will have parkoured

Parkour in Future Perfect Continuous Tense

Singular

Plural

I will have been parkouring

We will have been parkouring

You will have been parkouring

You will have been parkouring

He/She/It will have been parkouring

They will have been parkouring