

parkoured

The past tense of parkour is parkoured

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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