



REPRESENTED BY MOVEMENT MANAGEMENT

Lawrence Rook

AGE	HEIGHT	BASED IN
29	180 cm / 5'11"	London, England

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.

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

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

