



Noa Diorgina Man

NETHERLANDS

AGE

19

HEIGHT

173 cm / 5'7"

LOCATION

Netherlands

DISCIPLINES

Parkour / Freerunning

A Dutch parkour athlete and stunt performer with over eight years of professional experience. Known globally for her creativity, athleticism, and competitive excellence, she has become one of the most accomplished female figures in the sport today.

MOVEMENT STYLE

Noa Diorgina Man is renowned for her athleticism, versatility, and creative flow in parkour. She blends precision, power, and fluid movement, pushing boundaries both in competitive settings and live performances. Her unique approach combines adaptability with artistic creativity, making her a standout athlete in every arena she enters.

EXPERIENCE

8+ years as a professional parkour athlete Led multiple workshops, teaching specialised parkour techniques Versatile stunt performer with experience across diverse productions Performed in numerous live shows with high-impact movement Represented the Netherlands in Parkour and Freerunning at the World Cups Two-time medalist at the World Games Multiple-time world champion in parkour Sponsored by Red Bull and adidas

PROFESSIONAL CREDITS

Two-time World Games medalist Multiple-time world championship titleholder National representative for the Netherlands in global competition Workshop leader and mentor to up-and-coming athletes Brand ambassador for Red Bull and adidas

