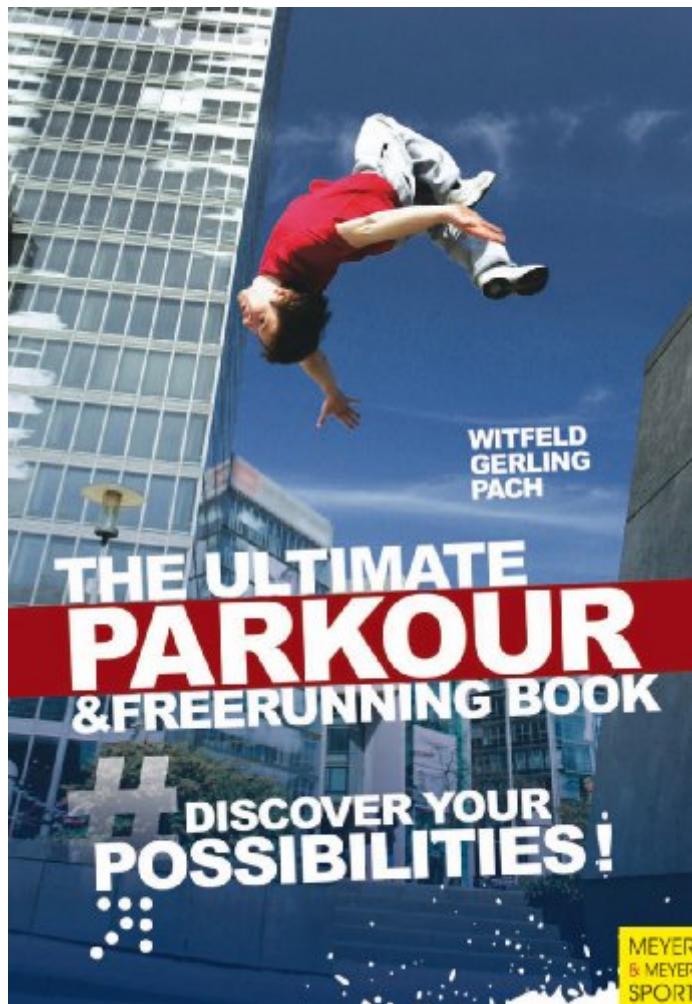


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# The Ultimate Parkour & Freerunning Book



## **Synopsis**

The sport of Freerunning has developed from it, involving developing and showing off the most creative, extreme, flowing, acrobatic moves possible on obstacles. This book contains precise illustrations for the teaching of all basic techniques, easy to follow movement breakdowns and methodical tips for indoor and outdoor training. All the most common terms from the scene are listed for reference in English and French. History, philosophy, rules of behaviour, training advice based on the latest sports science knowledge, interviews from the scene about motivations and trends, advice for schools and explanations of competitions and competition criteria are a few examples of the book's contents. The increasing number of followers of the two movement cultures, Parkour and Freerunning, have given rise to the need for safe, methodical orientation, which the reader finds in this book

## **Book Information**

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## **Customer Reviews**

I got into Parkour about a year ago and was looking for something to help supplement my training. This book was just what I needed...and more! What I absolutely loved were the detailed breakdowns - complete with pictures, descriptions and pointers - on performing specific moves. It also has a practical section for troubleshooting each move along with some of the possible fixes.

For instance, if your feet scrape the top of an obstacle during a kong vault, lower your center of gravity during approach, take off closer to the wall, etc...The book also covers some basic training habits, fitness tips and warm-up exercises. Outside of "How To" areas, other sections cover the history and origin of Parkour, how it differs from Freerunning and some interviews with some of the world's top Traceurs. There's also a neat section on setting up a Parkour education curriculum. As with any sport or martial art, nothing can take the place of actual (and consistent) practice. But every so often, it's good to get behind the physicality and approach the practice systematically and intellectually. Whether you're a beginner or a Master Traceurs, this book is the best tool around to help sharpen the mental aspect of your Parkour practice.

i started getting into parkour last year and was looking for resources to help me train. i cant spend alot of time searching for groups to train and i'm a reader. until this book came out there weren't many books available. i did get another title from parkour generations which was very good, but very short. this book has everything i want to know. there is plenty to get started with. it deals alot with the history of the sport as well as the current trends. what i was really excited about were the chapters on the rationals for teaching parkour in schools. i am an elementary p.e. teacher and started showing my kids some of the skills last year. but now that i have this book i am so much more excited to teach gymnastics and slip some parkour in there. its a great resource.

This is an amazingly comprehensive introduction to Parkour and Freerunning. While this book may not be all encompassing it is by far the best book I have found so far as an introduction and instruction manual. If you are off in a remote region and Parkour and Freerunning are still lesser known to completely unknown (if not just undesirable) then this book is a great starting point.

This book is not going to teach you parkour alone obviously, but if you know next to nothing about PK/FR its a great reference. It has step by step instructions and photographs to illustrate basic and advanced moves. It even has tips on diet and goes into the best speed and strength training for PK&FR. The only negative is that I personally do not own a kindle so the page format is different on my laptop and my phone. The book has become a 1,000+ pages instead of 300. But with the built in table of contents its much easier to navigate because i simply select the segment i would like to read and continue from there. Its for a kindle and I didn't buy a kindle so it would be unfair to give it less than 5 stars. But even so i would give it a 4&1/2, great buy.

I am looking to start training Parkour, but there aren't any instructors or really anyone who practices where I live, so I thought the next best thing would be a book. It is amazing! This book covers history of parkour, description of moves and how to execute them, training methods for all levels of PK mastery, training and nutritional information, and even a section for setting up a basic instructional routine for a class, or in my case friends! Really great instruction, and it's written in a way that is not super boring to read.

I have been interested in Parkour and Free Running for sometime and recently found the time to devote to it. So I've been searching for a guidebook to the methods, so as not to injure myself. This is THE book to get for a layman interested in the practice of either Parkour or Free Running. This book is comprehensive in it's history of Parkour and Free Running, basic exercise physiology and a break-down of the movements required for certain maneuvers. Most important of all, this book focuses on safety. Both in strength building and the actual practice of movements. Having a layman's knowledge of physiology and nutrition, I found the section covering muscles and exercise to be most educational. Especially in regard to the two-types of muscle masses and the exercises related to their use. So even if I did not expect to learn about physiology and nutrition, it covered both these subjects quite well. Both are pertinent to any form of athletic activity. So I was happy to find them there. I've yet to perform anything complex like flips or Kong-vaults, but this book is there for when I'm ready to take it to that level. :D Thanks! On another note, I would ask anyone who wishes to practice either Parkour or Free Running. Please be most careful, practice meticulously and be realistic with your limits.

The practice tutorials are VERY thorough - almost overly so. I can see it being a great guide for PE teachers, as it illustrates possible lesson plans & obstacle layout. I appreciate that the step-by-step portions are illustrated with photographs, as opposed to cheesy stick-figures (see Dan Edwardes' book). From a book-design standpoint, it's a bit cluttered (as opposed to the efficient layout of Edwardes' book), but there is a lot of content packed into it.

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