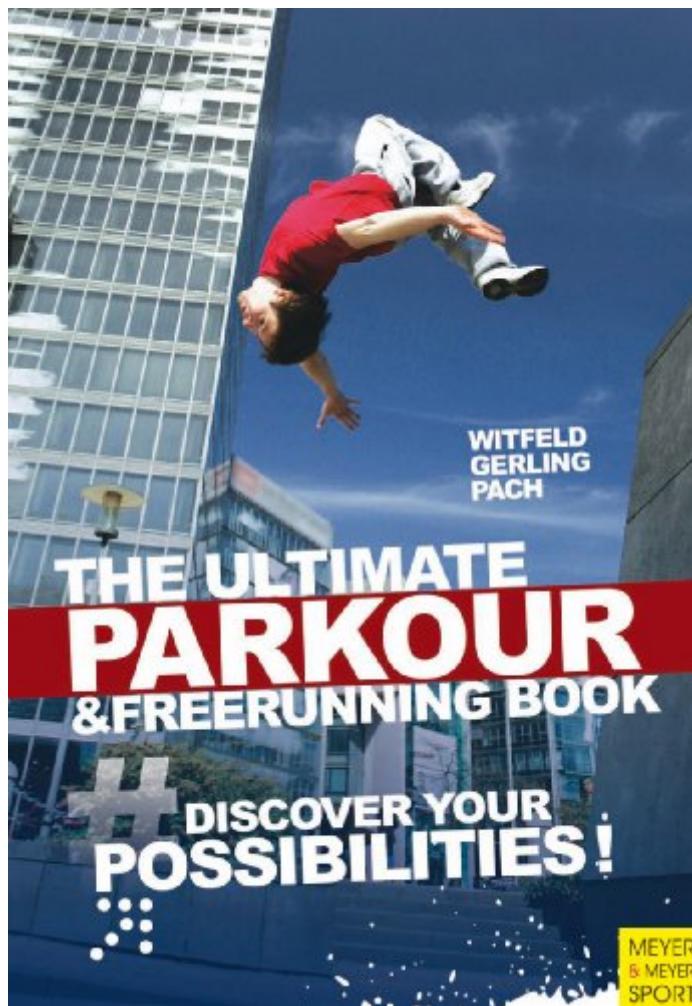


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# The Ultimate Parkour & Freerunning Book



## **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**

File Size: 28556 KB

Print Length: 309 pages

Publisher: Meyer Meyer Sports; Reprint edition (September 18, 2012)

Publication Date: September 18, 2012

Language: English

ASIN: B009DOFCN4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,069,291 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Skateboarding #87 in Books > Sports & Outdoors > Individual Sports > Skateboarding #242 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Extreme Sports

## **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 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.

Even though finding a coach or a proper gym is better. this book is a very deep and comprehensive guide on parkour. Like a previous reviewer said, if you are stuck in the middle of nowhere with no coaches or gyms.... this is for you. It is definitely aimed more towards beginners.... however, even advanced parkour practitioners can find some very useful information. For example, the book goes in depth with how the physics of movement works when doing vaults or working the muscle. The exercises provided are mostly "master it yourself" type of exercises. This is a good thing as none of the techniques provided are overly advanced. All in all, this is a very solid buy (especially if you are a beginner)

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 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 context 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 then 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.

This is the best Parkour book I've found to date. I preview everything I buy by borrowing it from libraries before purchase so I don't spend money on things that I don't like or don't work for me. This book takes you from beginning stage Parkour and free-running to advanced and expert techniques and gives you online resources to continue your training. I'm still only a beginner but I'm sure one day with the training in this book I'll be on the same level as David Belle and Sebastian Foucan (neither of whom are pictured but obviously they're mentioned.)

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