

Read PDF Basic Parkour Basic
Parkour And Freerunning
Handbook

Basic Parkour Basic
Parkour And
Freerunning
Handbook

For ninja fans everywhere,

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this action-packed adventure series brings five unlikely friends together to compete in the first-ever Junior Ninja competition. Izzy, Ty, Kevin, JJ, and Mackenzie don't have a lot in common. But they

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have all seen the reality TV
obstacle competition
National Ninja Champion.
When news breaks that
there's going to be a kids'
version of the show—and
tryouts are just a few miles

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away—all five find themselves drawn to the obstacle course at Fit Kidz Gym. Before they know it, they've become a team—training together and helping one another

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overcome all kinds of obstacles as they compete for the title of Junior Ninja Champion. With lots of heart and edge-of-your-seat excitement, Junior Ninja Champion packs in the

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action of the competition along with all the ups and downs on the journey to making it. Who will secure a spot in the finals, and who will be named Junior Ninja Champion? Look for the

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sequel coming in January
2019!

To understand play, we need
a bottom-up phenomenology
of play. This phenomenology
highlights the paradox that it
is the players who play the

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game, but it is also the game which makes us players. Yet what is it that plays us, when we play? Do we play the game, or does the game play us? These questions concern the relation between the

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playing subject and play as something larger than the individual – play as craft, play as rhythm, play between normality and otherness, even play as religion, as a sense of

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spiritual play between self and other. This goes deeper than the welfare-political or educational intention to make people play or play more, or to advise individuals to play in a

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correct and useful way. Exploring topics such as identity, otherness, and disability, as well as activities including skiing, yoga, dance and street sport, this interdisciplinary

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study continues the work of the late Henning Eichberg and sheds new light on the questions that play at the borders of philosophy, anthropology, and the sociology of sport and

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leisure. Play in Philosophy and Social Thought is a fascinating resource for students of philosophy of sport, cultural studies, sport sciences and anthropological studies. It is also a thought-

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provoking read for sport and play philosophers, sociologists, anthropologists, cultural studies scholars, and practitioners working with play.

Master the Art of Movement

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Most of us never truly get the chance to feel free in our environments, we never get to experience the amazing skill and abilities that our bodies inherently have. We don't often push our own

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limits. Free running changes all of this. Parkour is an art of movement that has its roots in France. It is a practice that demands a high level of discipline. Free running does not view

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objects in the urban environment as buildings, sidewalks, and railings; it views these objects as opportunities. In training in free running, one is able to increase their physical

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abilities dramatically, from flexibility to strength to agility. Free running is the ultimate exercise. And the best part is that doing it is incredibly fun. Noted free runner Zach Rucker guides

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you through the amazing world of free running, teaching you how to train to be a free runner as well as running through the basic moves and a few of the more advanced moves. Learning

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about the benefits of free running has never been easier!

The Parkour Legacy is a story for teens. Utilizing the skills of parkour, Xtreme PK Motion plot a course toward

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a novel venture. For them, this time, change is inevitable. In order to find your way, sometimes you must lose your path. When you do, don't forget to leave a legacy! *Parkour is the

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discipline of training the
mind and body to overcome
obstacles.

Parkour

Extreme Parkour Challenges

Play in Philosophy and Social

Thought

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Paris and the Parasite
Strength, Dignity,
Community

Parkour, the art of displacement,
or freerunning—whatever the
name, this new discipline born in
the Paris suburbs is rapidly being

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adopted by people throughout the world. Not satisfied to suffer through urban life, these athletic artists or artistic athletes want to thrive in it, all the while earning dignity by daringly reappropriating three

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fundamental motor skills:
running, jumping, and climbing.
Vincent Thibault explores the
philosophical and spiritual
aspects of the art of movement
and offers ideas on health,
sports, urban living, and the

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relationship between the body and the environment. Reflecting on the culture of effort, he also avoids the misguided notion that depicts parkour as just another of those elitist extreme sports, instead providing a thoughtful,

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lyrical adventure into martial arts and chivalry in an urban setting. Are you looking for a notebook or diary? Then today is your lucky day. Your perhaps new journal contains 110 lined pages and a great logo. Enough space to

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write down all your notes,
important ideas and other
important thoughts. Perfect as a
gift for men, women and
children. Mother, father and kids
can also enjoy this beautiful
notebook for Christmas or

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birthday. For more paperbacks of this kind click on the author's name!

"The world of sport offers a deep - and often-overlooked - source for the study of deviance and its development. Deviance and

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Social Control in Sport challenges preconceived understandings regarding the relationship of deviance and sport and offers a conceptual framework for future work in a variety of sociological subfields."

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"Drawing on their research in criminology and deviance in the discipline of sociology, Michael Atkinson and Kevin Young provide a textured understanding of sport-related deviance through the application of various

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approaches to deviance in a sport context. Using extended case studies, the authors examine the subject of deviance through examples that are popular, understudied, or emerging." "The text explains

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how forms of wanted and unwanted rule violation are produced by and mediated through social contexts in and around sport. By considering networks of social relationships and how they produce, define,

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and police rule violation and rule violators, Deviance and Social Control in Sport offers a nuanced and integrated explanation of sport deviance that accounts for the behaviors and practices of both individuals and

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teams."--BOOK JACKET.

"...The Parkour Road Map is a detailed guide to Parkour history, culture, and technique from the experience of a professional parkour athlete. Gathering information from the world's best

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Parkour athletes and coaches,
The Parkour Roadmap is an
indispensable tool for
practitioners of all levels."--from
Amazon.com.

The Parkour Club

A Beginner's Guide on Training

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in Parkour and Free Running
Essential Parkour Training
The Parkour and Freerunning
Handbook

Breaking the Jump
Teach Yourself Parkour!

This is a beginner's

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parkour training manual like no other. Essential parkour techniques are those which are safe to use on a whim. Like if you were running away from someone in an

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unfamiliar area. There are no fancy free-running movements in these parkour lessons. It starts with beginner parkour movement and parkour strength

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training. Then it progresses to harder parkour techniques. Learn parkour the safe way, because this is a comprehensive beginners training manual! Get it

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now. Step-by-Step
Parkour Training
Essential Parkour
Training is a
progressive parkour
training manual. This is
very important for

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safety and building confidence. * Each parkour lesson uses progressive parkour training steps. *

Written in simple language and accompanied

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with easy to follow
pictures where needed.
This parkour book is
split into 6 sections
according to the type of
movement: * Safety.
Parkour is not a

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dangerous activity as long as you progress slowly. Do not take unnecessary risks, and learn the correct parkour safety techniques. * Warm-ups

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and Conditioning. Using basic parkour exercises such as balance and quadrupedal movement. * Running and Jumping. Parkour techniques to get you over or between

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obstacles without touching them. This section also includes explanations of parkour games and runs. *

Vaults. The essential vaults needed to

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overcome any medium sized obstacle. Includes the safety vault, speed vault, kong vault, reverse vault, and more.

* Wall Movement. Cat hangs, wall runs, and

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other movements to use when negotiating obstacles too big to vault. * Bar Movement. Bar focused movements that are not in previous sections. Includes

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laches, underbars, muscle-ups, etc. It covers all the parkour skills you need to get from one point to another as fast as possible! Parkour for

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Kids, Adults, Male, and
Female * A basic parkour
workout is a fun and
challenging way to keep
fit. * See the world
around you in a new
light. * Increase your

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imagination. * Overcome
fear. * Build
confidence. Limited Time
Only... Get your copy of
Essential Parkour
Training today and you
will also receive: *Free

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SF Nonfiction Books new
releases *Exclusive
discount offers
*Downloadable sample
chapters *Bonus content
... and more! Discover the
most useful parkour

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techniques to get you
out of danger, because
this is a training
manual like no other!
Get it now.

"Freerunning is the
cultural phenomenon that

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exploded into the public's consciousness with Mike Christie's Channel 4 documentaries Jump London and Jump Britain. In Freerunning: Find Your Way, Sebastien

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Foucan, the founder of the art, shares his philosophies and shows how the values behind freerunning can be applied to your daily life. With electrifying

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photography of Sebastien
in action, this book is
packed with
inspirational ideas to
help you find your true
path and get the most
out of your life."--Back

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cover.

Discover How To Train
Yourself in the 6 Most
Useful Physical
Activities in Terms of
Escape/Survival and
Increasing General

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Fitness. 3+ books in 1
makes Survival Fitness
the only physical
training book you will
ever need! Survival
Fitness contains all the
information from; Learn

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Parkour by Sam Fury
Basic Swimming by Sam
Fury Basic Rock Climbing
by Sam Fury And adds to
it... Basic riding skills
Professional techniques
to improve your running

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speed Hiking techniques to ensure you can safely cover long distances on foot if needed It also includes a special strength, stretch, warm-up and cool down routine

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which has been specifically designed as a quick workout to increase cardiovascular fitness, whole body strength, flexibility, explosiveness, co-

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ordination and balance. This routine requires no special equipment and relies only on your own bodyweight. You'll also gain exclusive access to bonus materials that

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cannot be found anywhere
else; Access to
Instructional Videos
Common Training Injuries
Report Calming the Mind
Report Get your copy of
Survival Fitness today!

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If parkour reinvents the world into a playground, parkour strength training reimagines benches, tree trunks, and scaffolding into novel yet useful

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training tools to maintain and upgrade your physical performance. Improving deceptively basic skills such as crawling, jumping, vaulting, and

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climbing will greatly improve your potential to face and overcome future challenges of the physical, technical, and mental variety. Before you focus on thrusting

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around heavy metal
objects and/or friendly
Homo sapiens for sport,
first consider a safer,
bodyweight approach to
improved athleticism.
Building a better

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movement foundation with
Beginner's Parkour
Strength Training is
both an engaging and
proven method to
optimize your physical
abilities.

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Freerunning Handbook
Parkour and Freerunning
Parkour Roadmap
Deviance and Social
Control in Sport
Parkour and the Art Du

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Displacement

The social consequences of anti-parasitic urbanism, as efforts to expunge supposedly biological parasites penalize those viewed as social parasites. According to French philosopher Michel

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Serres, ordered systems are founded on the pathologization of parasites, which can never be fully expelled. In Paris and the Parasite, Macs Smith extends Serres's approach to Paris as a mediatic city, asking what

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organisms, people, and forms of interference constitute its parasites. Drawing on French poststructuralist theory and philosophy, media theory, the philosophy of science, and an array of literary and cultural sources, he examines Paris

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and its parasites from the early nineteenth century to today, focusing on the contemporary city. In so doing, he reveals the social consequences of anti-parasitic urbanism.

In Parkour Strength Training,

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**you will learn how to: -
Accelerate your athletic
development with three
fundamental bodyweight
exercises - Promote the
flexibility and mobility
necessary for safe obstacle-
based fitness - Prepare and**

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condition your joints to avoid injuries - Train safely outdoors - Remedy the common faults and errors that plague parkour newcomers - Incorporate ground-based exercises, such as quadrupedal movement,

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bounding, and jumping into your workouts - Use low obstacles such as benches, handrails, and walls for full-body strength training - Fly over barriers using three basic vaults - Mount, traverse, and overcome head-high walls

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and bar structures - Master proper climb-up technique using many supplemental exercises - Design an effective strength training program - Combine skill-based drills and games to become a more well-rounded practitioner -

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Dominate obstacle courses
One of the creators of parkour
showcases his skills from the
opening sequence of the
James Bond film "Casino
Royale" and Madonna's music
video "Jump" in one hundred
action photographs and offers

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**a new perspective on how to
move through the urban
landscape.**

**Would you like to know more
about parkour? So you've seen
some videos on youtube where
these guys are running across
rooftops, bounding from one**

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building to the next in a style you might only have seen before in the movies. Their movements are fluent and they seem to have no fear of trying to jump a 10 foot gap between buildings while doing a couple fancy tricks here and

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**there, and this has been
peaking your curiosity to no
end. How do they do that?
Here's a preview of what's
inside ntroduction to parkour
What makes parkour different
from free running? How to
safely learn parkour Parkour**

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**equipment and gear Parkour
balances Long range
movement Parkour landings
Parkour jumping Parkour is
not a sport. It is not a
competition. Parkour is a way
of life and a philosophy. When
you set your mind to practice**

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parkour, every part of your life improves. This short book is a combination of a how-to, and a catalyst to change your mindset. Parkour involves the task of overcoming obstacles, both physical and mental.
Survival Fitness

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Discover your possibilities
Strength Training Books
Parkour Strength Training for
Beginners
The Ultimate Beginner's
Guide to Parkour

Introduces the extreme sport
parkour where the goal is to move

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over and around obstacles in an urban environment without stopping.

A health-positive series that showcases exciting competitions for thrill-seekers.

Danny is a freelance IT

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specialist—that is, a hacker. He and his pal Omar are both skilled at parkour, or freerunning, a discipline designed to enable practitioners to travel between any two points regardless of obstacles. This is fortunate, because they're off on an

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adventure that's filled with obstacles, from locked doors to gangs of hostile pursuers. Together they follow a cryptic clue, find a missing map, figure out how to get to Timbuktu without buying a plane ticket, and join the life-and-death

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treasure hunt, exchanging wisecracks and solving the puzzle one step at a time. An exotic setting and gripping suspense, as well as an absorbing introduction to parkour, make this thriller a genuine page-turner.

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Your Ultimate Functional Fitness Program! Survival Fitness is self-training in the 5 most useful activities for escaping danger. Teach yourself parkour, climbing, swimming, riding, and hiking. It also has a simple daily routine to keep

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your mind and body in optimal health with minimal effort. Start training in Survival Fitness today, because you'll get fit while learning life-saving skills. Get it now.

Everyone Knows You Need to Exercise to Stay Healthy Keep fit

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and get life-saving skills at the same time. * 100% bodyweight exercises * Give yourself the best chance for escaping dangerous situations * Reap all the general benefits of good health * Never get bored of "the same old routine" *

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Save money on gym fees, personal trainers, and expensive equipment
Here is a taste of what's included in
Survival Fitness: Daily Health and
Fitness * Simple breathing
exercises to increase your vitality *
The only 2 conditioning exercises

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you need to keep your body limber
and strong * A 15-minute full body
yoga routine for flexibility and
strength * The easiest meditation
method for a clear and calm mind
Parkour * Safety training *
Conditioning * Balance training *

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Running and jumping skills *
Vaulting over objects * Climbing
over walls * Negotiating bar
obstacles * Parkour games
Climbing * Fundamental climbing
principles * Holds and grips * Foot
techniques * Crack climbing

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Swimming * Techniques and drills to improve your swimming speed * Swimming ultra-long distance a survival situation * How to do a very efficient stroke developed by the US Navy Seals * A full training guide for how to do a 50-meter

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underwater swim * Essential water
rescue skills Riding * Fundamental
riding skills * Basic and advanced
riding drills * Techniques for uphill
and downhill riding * Negotiating
obstacles safely Hiking * General
hiking tips * Hiking with a pack *

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Specific hiking techniques for
different terrains and weather
Limited Time Only... Get your copy
of Survival Fitness today and you
will also receive: * Free SF
Nonfiction Books new releases *
Exclusive discount offers *

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Downloadable sample chapters *
Bonus content ... and more! This is
the last fitness manual you'll ever
need, because it is functional
training at its best. Get it now.
The Parkour Legacy
Parkour Training For Beginners

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Junior Ninja Champion

Discover Your Possibilities

Overcome Obstacles for Fun and
Fitness

If parkour reinvents the world into a
playground, parkour strength
training reimagines benches, tree

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trunks, and scaffolding into novel yet useful training tools to maintain and upgrade your physical performance. Improving at deceptively basic skills such as crawling, jumping, vaulting, and climbing will greatly improve your

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potential to face and overcome future challenges of the physical, technical, and mental variety. Before you focus on thrusting around heavy metal objects and/or friendly Homo sapiens for sport, first consider a safer, bodyweight approach to

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improved athleticism. Building a better movement foundation with parkour strength exercises is both an engaging and proven method to optimize your physical abilities. Here are nine of the best ParkourStrength movements for

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For the upgraded version of this training manual please search for: Essential Parkour Training by Sam Fury. Teach Yourself Basic Parkour! Parkour is not as hard as it looks. All you need to do is learn a

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few beginner parkour exercises and practice. Sam Fury's Basic Parkour will teach you all the basics you need to learn parkour. Discover how to teach yourself basic parkour, because it is a fun way to keep fit while learning lifesaving skills. Get

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it now. Parkour Made Easy * Learn the core skills needed for parkour training * Easy to follow step by step instructions that anyone can follow * No prior experience of parkour needed * Simple and clear pictures so you can see exactly how

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to do these basic parkour techniques
Basic Parkour Lessons Include *

- * How to gain superior balance
- * How to land with minimal impact on your body
- * Correct rolling techniques
- * Pinpoint jumping precision
- * The best ways get up, over, and between

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walls * Fundamental parkour techniques such as vaults, cat passes, and underbars ... and more! Limited Time Only... Get your copy of Basic Parkour today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive

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discount offers * Downloadable
sample chapters * Bonus content ☐
and more! Start teaching yourself
parkour today, because this no-
nonsense training manual has all the
moves you need. Get it now.

Describes the discipline of parkour,

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including its history, moves, and uses in the military, movies, and everyday life.

Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Pages: 25.

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Chapters: Jump, Jump City: Seattle,
Free running, Parkour in popular
culture, District 13, Ultimate
Parkour Challenge, David Belle,
Vault, Worldwide jam, District 13:
Ultimatum, Last Ones Standing,
Urban Freeflow, Timeline of

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parkour, Sebastien Foucan, Wallflip,
Cyril Raffaelli, Damien Walters,
Timothy Shieff, Yamakasi,
Raymond Belle, Sanki King, Jump
Britain, Jerome Ben Aoues, Jump
London, Jump Westminster.
Excerpt: Parkour (sometimes

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abbreviated PK) is the non-competitive sport originating in France of traversing mainly urban landscapes by running, climbing and jumping. Participants run along a route, attempting to navigate obstacles in the most efficient way

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possible, using only their bodies.

Skills such as vaulting, rolling, swinging and wall scaling are employed. Parkour can be practiced anywhere, but areas dense with obstacles are preferable and it is most commonly practiced in urban

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areas. A practitioner of parkour is called a "traceur," which is most likely derived from Parisian slang "tracer" which means "to hurry" or "to move quickly." In proper French, traceur is an adjective qualifying something that leaves a

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trace or a trail behind it. In practice, a traceur may use several different names interchangeably for parkour, including "freerunning" or "l'art du déplacement," even though these terms refer to distinct parts of the discipline. While parkour and l'art

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du displacement aim to enable the practitioner to move quickly and creatively past obstacles, freerunning includes the use of tricking moves such as aerial rotations and spins. (see below). A basic parkour moveTwo primary

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characteristics of parkour are efficiency and speed. Traceurs take the most direct path through an obstacle as rapidly as that route can be traversed safely. Developing one's level of spatial awareness is often used to aid development in...

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The Ultimate Fitness Plan for
Escape, Evasion, and Survival
Parkour Notebook

Find Your Way

Jump, Jump City

Basic Parkour Strength and
Movement

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So you've seen some videos on YouTube where these guys are running across rooftops, bounding from one building to the next in a style you might only have seen before in the movies. Their movements are fluent and

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they seem to have no fear of trying to jump a 10-foot gap between buildings while doing a couple fancy tricks here and there, and this has been peaking your curiosity to no end. How do they do that? The aim of this book

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*is to get a complete
beginner up and running in
the basic elements of
parkour.*

*Introduces the sport of
parkour, or freerunning,
which combines the core
elements of running,*

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jumping, climbing, and other physical movements with the goal of moving the body over and around obstacles in an urban environment without stopping.

Practitioners of the art of movement known as parkour

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display strength, skill, and grace as they climb and leap over every urban obstacle in their path. Parkour is a physically demanding discipline that almost anyone of any means can practice with proper

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instruction and when safety measures are taken. This riveting book examines the origins of parkour and its global appeal. An engrossing narrative and exciting pictures introduce the reader to basic parkour

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moves, equipment, and terminology. Dynamic sidebars in each chapter take a deeper dive, profiling famous athletes and the discipline's impact on popular culture. Discover Everything You Need

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*to Learn Essential Parkour!
FREE BONUSES FOR A LIMITED
TIME ONLY: If you download
this book TODAY, you will
receive: Access to all the
latest Survive Travel
publications FREE! Bonus
chapter the amazing Survival*

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*Fitness Plan Super Burpee -
An extremely efficient
exercise which acts as a
warm-up, light stretch, and
full body muscle
conditioning workout all in
one. Bonus chapter 15 minute
whole body yoga routine to*

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stretch and strengthen your body. Essential parkour movements are those which, with basic parkour training, would be relatively safe to use on a whim, i.e., if you were running away from someone in an unfamiliar

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area. There are no "fancy" freerunning movements in this parkour training book. It is pure parkour movement and parkour strength training! Essential Parkour Training Includes ... everything you need to

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*develop the ability to get
from one point to another as
efficiently as possible!
Essential Parkour Training
follows a philosophy of
progressive training which
is extremely important in
parkour for breaking through*

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*fear as well as for safety.
Each parkour lesson is
presented using progressive
parkour training steps.
Written in simple language
and accompanied with easy to
follow pictures where
needed. The parkour strength*

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training and movements in this book are split into six sections according to the type of movement: Safety. Parkour is not a dangerous activity as long as you progress slowly, do not take unnecessary risks, and learn

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the correct safety techniques. Warm-ups and Conditioning. Use fundamental parkour movements such as balance and quadrupedal movement to warm-up and condition the body for more advanced

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Handbook

*parkour skills. Running and
Jumping. Sprints, hurdles,
precision jumping and other
movements to get you over or
between obstacles without
making contact with them.
This section also includes
explanations of parkour runs*

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and games. Vaults. Nothing but the essential vaults needed to overcome any medium sized obstacle including the safety vault, speed vault, kong vault, reverse vault, and more. Wall Movement. Cat hangs,

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wall runs, wall climb-ups and other movements to use when negotiating obstacles too big to vault. Bar Movement. Bar focused movements that have not been covered in previous sections such as laches, underbars,

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muscle-ups, etc. Get your copy of Essential Parkour Training NOW and discover everything you need to master basic parkour strength and movement! Read Essential Parkour Training and build characteristics

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*transferable in all areas of
life. A basic parkour
workout is a fun and
challenging way to keep fit.
See the world around you in
a new light. Increase your
imagination. Overcome fear.
Build confidence. Parkour*

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for kids, adults, male, and female. ... and much, much more! Get your copy of Essential Parkour Training NOW and discover everything you need to master basic parkour strength and movement!

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Handbook

*The Complete Guide to
Parkour and Freerunning for
Beginners
Basic Parkour Strength and
Movement (The Complete Guide
to Parkour and Freerunning
for Beginners)
Basic Parkour*

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Handbook

*Noise, Health, and Politics
in the Media City
Parkour Endurance Training
for Beginners: a Guide to
Staying Healthy and Training
to Maintain Parkour
Endurance*

Join the movement Combining
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the core elements of running, jumping, and climbing with the discipline of the martial artist, the grace of the gymnast, and the virtuosity of the skateboarder, parkour—or freerunning—is more than

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simply an elegant
noncompetitive sport. It's
an art form, a philosophy
promoting fitness,
imagination, community
spirit, and ethical, healthy
living. The Parkour and
FreeRunning Handbook is your

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guide to becoming part of this urban revolution. With standout features on fitness and training, global cityscapes and using the space of the urban environment, and tips on how to avoid mistakes and

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injuries, this is more than just a user's manual. It explores the techniques, culture, clothes, and community of freerunning, showing just what it takes to hit those handstands, kong vaults, and wall hops.

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This essential handbook is the only guide the fledgling traceur will ever need to get jumping!

I'm talking about parkour
Yeah. That sport where you jump from buildings and vault over walls. Many men

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are drawn to parkour even if they're not entirely sure what it is. It's captivating to see someone move through an environment in ways we had previously not conceived of, and inspiring to witness the human body pushing the

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very limits of its capabilities. Plus, it just looks like so much fun and it seems like an important skill to have during the zombie apocalypse when you'll need to be able outrun a pack of vicious

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brain-eaters (depending on your theory of their bipedal capabilities, of course).

The increasing number of followers of the two movement cultures, Parkour and Freerunning, has given rise to the need for safe,

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methodical orientation,
which the reader will find
in this book. Parkour, a new
movement culture from
France, is all about moving
as efficiently as possible
between points A and B by
sprinting fluently over

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obstacles. 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

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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

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reference in English and French. History, philosophy, rules of behavior, training advice based on the latest sports science knowledge, interviews from the scene about motivations and trends, advice for schools

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and explanations of competitions and competition criteria are a few examples of the book's contents.

In the increasingly popular sport of parkour, athletes run, jump, climb, flip, and vault through city

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streetscapes, resembling urban gymnasts to passersby and awestruck spectators. In *Parkour and the City*, cultural sociologist Jeffrey L. Kidder examines the ways in which this sport involves a creative appropriation of

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urban spaces as well as a method of everyday risk-taking by a youth culture that valorizes individuals who successfully manage danger. Parkour's modern development has been tied closely to the growth of the

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internet. The sport is inevitably a YouTube phenomenon, making it exemplary of new forms of globalized communication. Parkour's dangerous stunts resonate, too, Kidder contends, with a neoliberal

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ideology that is ambivalent about risk. Moreover, as a male-dominated sport, parkour, with its glorification of strength and daring, reflects contemporary Western notions of masculinity. At the same

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time, Kidder writes, most athletes (known as “traceurs” or “freerunners”) reject a “daredevil” label, preferring a deliberate, reasoned hedging of bets with their own safety—rather than a “pushing the edge”

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ethos normally associated
with extreme sports.

Extreme Parkour

Free Running

Freerunning

The Competition Begins

Hacking Timbuktu

Extreme Parkour presents

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the thrills and spills of this intriguing extreme sport. The carefully written, considerate text will hold the readers' interest and allow for successful mastery and

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comprehension. Written with a high interest level to appeal to a more mature audience, these books maintain a lower level of complexity with clear visuals to help struggling

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readers along. A table of contents, glossary with simplified pronunciations, and index all enhance achievement and comprehension.

Welcome to the exciting,

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dynamic world of parkour!
This acrobatic and
athletic discipline that
makes ordinary—though
highly coordinated and
graceful—people appear to
be superheroes has caused

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a sensation online, as videos of practitioners running up walls, vaulting over obstacles, leaping across the roofs of buildings, and generally treating urban areas as

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their own personal
obstacle courses went
viral. Readers will learn
about parkour's roots in
France, as well as how the
sport developed and spread
worldwide. Safety is

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always emphasized in the text, as are “do not try this at home” cautions to the reader.

Parkour enthusiast Bronte Miller is back from a year in Alexandria, Egypt,

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where her father was a war correspondent. It means she misses her secret Egyptian boyfriend and is bored in her desert hometown of Richland, Washington. That is, until

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Yemen refugee Karam Saif shows up, trying awkwardly to fit into American high school life. "I can help him with that," she thinks. Handsome, attentive and an ace

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parkour athlete, Karam seems the perfect antidote to her impossible home situation and not-happening readjustment to American life. Together, they and the Parkour Club

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party-it-up around town
and revel in learning
challenging new parkour
moves. But both have
Middle Eastern secrets
that draw them ever closer
to danger, and someone

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they can't identify is
meddling with their lives.
Can they outrun the past,
or join forces and save
each other?

Teach Yourself Basic
Parkour! Parkour is not as

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hard as it looks. All you need are a few beginner parkour exercises and practice. Inside this training manual you will discover all the basics you need. Start teaching

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Handbook

yourself parkour today,
because it is a fun way to
keep fit while learning
lifesaving skills! Get it
now!

The Urban Landscape is
Your Playground

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Parkour And Freerunning
Handbook

Teaching Parkour Sports in
School Gymnastics

Defying Gravity

Parkour Strength Training

Parkour and the City

Parkour Sports combines the trend
sports of parkour, freerunning and

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parcouring. All of these disciplines are founded on moves derived from classic gymnastics skills, which makes them eminently suitable for school sports classes. The exercises are motivational and offer scope for spontaneous variation, while the moves themselves

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are creative and dynamic. Since parkour is gaining steadily in popularity outside the school arena, it is all the more important that schools provide pupils with a safe and methodical learning framework, to prepare them adequately for real-life

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urban conditions. This handbook has been conceived as a practical guide, for which reason, all the practice movements covered are illustrated with photo sequences. Sports teachers and trainers will find that the moves contained in this book are presented

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and explained in a clear and easy to understand manner and require a minimum of prior preparation. Over and above this, each move is introduced with the same systematic methodology, including warm-up exercises, a game segment, and a

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relaxation phase. The book contains a total of seventeen complete sample lessons, all of which have been tested in actual sports lessons. Additional materials are available from the Internet, at: www.parkoursport.com.17 sample lessons covering all moves

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encountered in the range of parkour disciplines 458 illustrations 33 sketches
Lined Journal for Free Running,
Parkour, Urban Sports, Jumping and
Flip Fans - Paperback, Diary Gift for
Men, Women and Children
The Ultimate Parkour & Freerunning

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Handbook
Book

Risk, Masculinity, and Meaning in a
Postmodern Sport