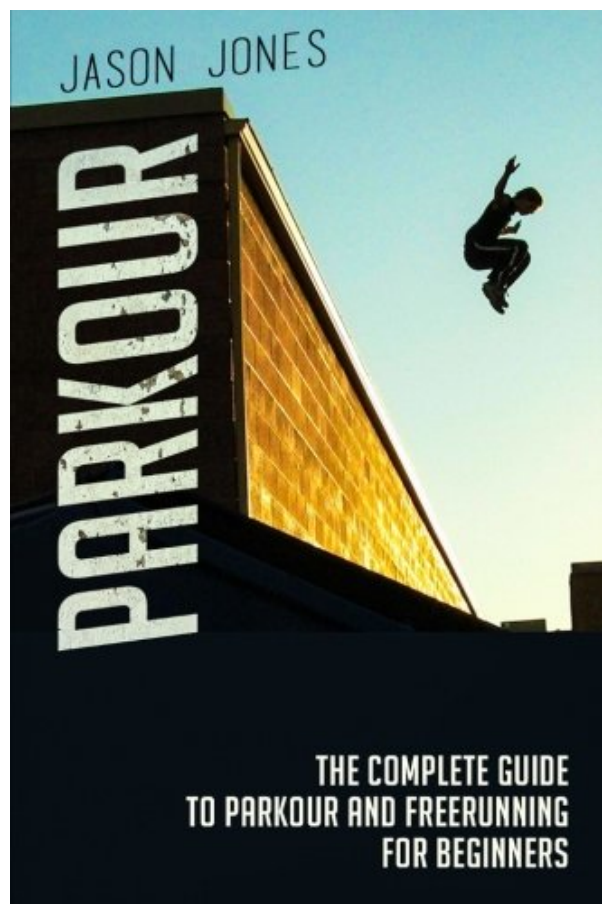
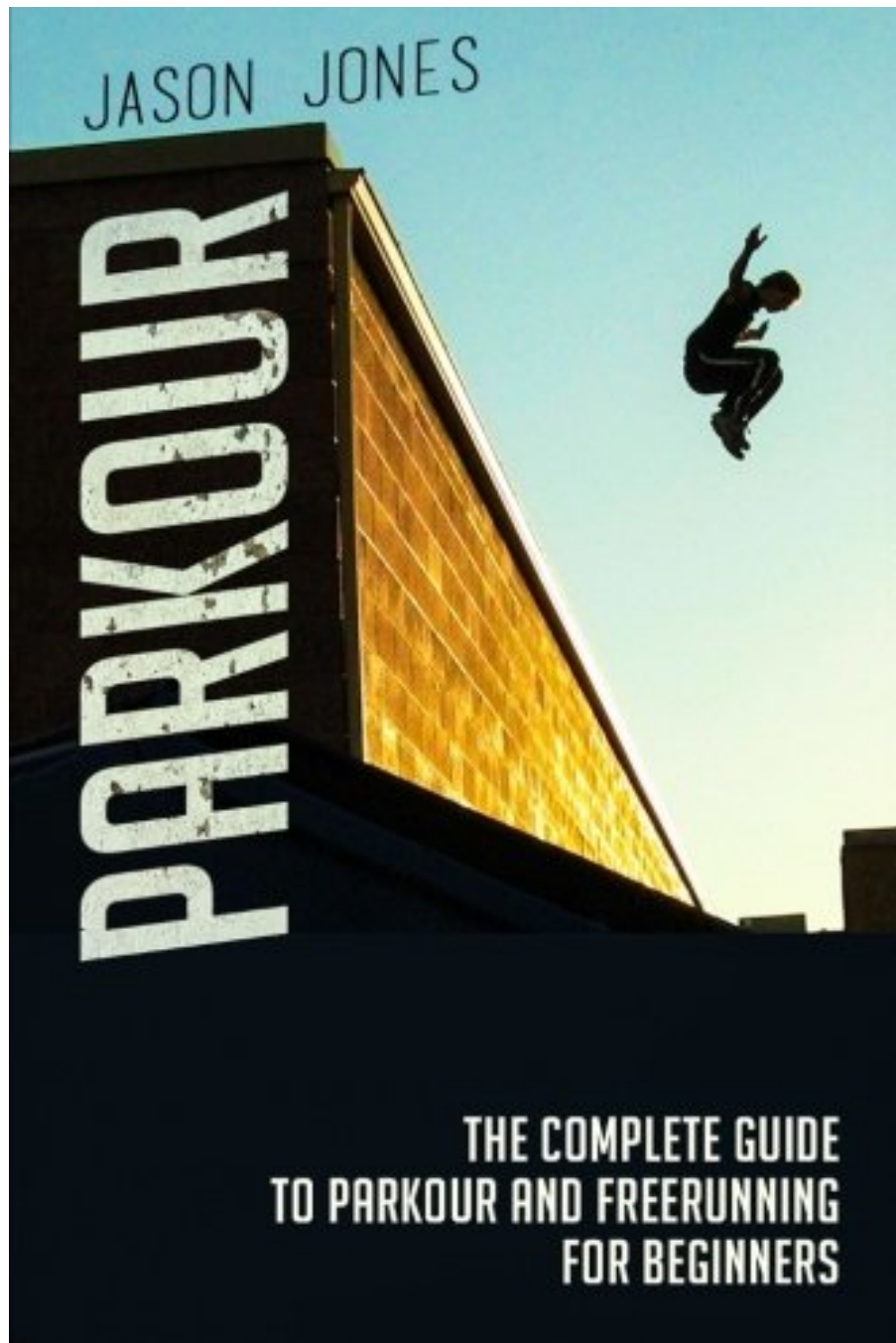


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Parkour - The Complete Guide To Parkour and Freerunning For Beginners Would you like to know more about Parkour? So you've seen some videos on YouTube where these guys are running across rooftops, bounding from one building to the next in a style you 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 there, and this has been peaking your curiosity to no end. How do they do that? Parkour is a sport that requires extreme mental focus and physical strength, but it is also a sport that anyone can learn. You don't need any special equipment to get started, but that doesn't mean it's easy to do. The aim of this book is get a complete beginner up and running (pun intended!) in the basic elements of Parkour. This book will help to give you the confidence and basic skills you need to start participating in the sport. Here's a Preview of what's inside

- Introduction to Parkour
- What Makes Parkour Different from Free Running?
- How to Safely Learn Parkour
- Parkour Equipment and Gear
- Parkour Balances
- Long Range Movement
- Parkour Landings
- Parkour Jumping
- Parkour Vaults
- Conditioning Your Body For Parkour
- Advanced Techniques
- Parkour Resources
- and much more!

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- 44 pages

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Reading it is pretty much like an adventure!

By Nilah M

This is a sport that is certainly challenging for me, and new as well. The author has done a great job of sharing the origins of these activities, as well as the difference between parkour and freerunning. I thought they were the same till I read the book. There is a detailed analysis of the benefits of engaging in this sport and how it build crucial skills of courage, resilience, self-discipline etc. I also liked how the author has described the variety of movements, and I was most intrigues cat balancing. It is also complete with safety measures, which is what makes this book holistic!

0 of 0 people found the following review helpful.

a complete guide on parkour

By Ken Pierce

Parkour and Free Running came to be popular sport it is today. This book had explained well this kind of sport which we can usually see on YouTube or even on the streets. It was a fantastic sport but I don't have the courage to do it for it is extreme and dangerous if not handle properly. I had fun reading this book!

0 of 0 people found the following review helpful.

super helpful!

By Sean Atkins

ive been prticing parkoir and freeruninmg for 3 years now and this book opened me up to a whole new world of the sport's history and culture. I recomend this cool book to annyone who is up to the chalenge. Thanks

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