

Parkour

Sam Fury

Parkour Joe Greek,2015-07-15 Welcome to the exciting, dynamic world of parkour! This acrobatic and athletic discipline that makes ordinary—though highly coordinated and graceful—people appear to be superheroes has caused 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 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 always emphasized in the text, as are "do not try this at home" cautions to the reader.

Extreme Parkour Virginia Loh-Hagan,2016-01-01 Extreme Parkour presents 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 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 readers along. A table of contents, glossary with simplified pronunciations, and index all enhance achievement and comprehension.

Parkour iMinds,2014-05-14 Learn about the sport of Parkour with iMinds insightful knowledge series. If there was only one way to describe parkour, it would be to call it a sport. Parkour involves the task of overcoming obstacles, both physical and mental. But not everybody is in agreement with what parkour is truly about. What we do know is that parkour originated in France where it is sometimes referred to as l'art du déplacement meaning the art of displacement. The basic principle of parkour is to use only the human body to move from point A to point B in the most efficient, direct and fluid way possible. iMinds brings targeted knowledge to your eReading device with short information segments to whet your mental appetite and broaden your mind.

Extreme Parkour Challenges Karen Latchana Kenney,2021-01-01 Parkour is all about overcoming obstacles, and winning a parkour competition requires strength and creativity. Readers will dive deep into the world of parkour and how athletes face their fears.

Extreme Parkour Monique Vescia,2019-12-15 Practitioners of the art of movement known as parkour 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 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 moves, equipment, and terminology. Dynamic sidebars in each chapter take a deeper dive, profiling famous athletes and the discipline's impact on popular culture.

Parkour and the City Jeffrey L. Kidder,2017-04-20 In the increasingly popular sport of parkour, athletes run, jump, climb, flip, and vault through city 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 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 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 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 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" ethos normally associated with extreme sports.

Parkour Dan Edwardes, 2009 The world is an obstacle course in Parkour. Watch as talented athletes scale walls and leap from ledges. Learn all about this exhilarating extreme sport through wonderful color photographs and engaging text.

The Parkour Legacy Ryan Gallet, Jay Francis Mistretta, 2011-08 The Parkour Legacy is a story for teens. Utilizing the skills of parkour, Xtreme PK Motion plot a course toward 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 discipline of training the mind and body to overcome obstacles.

Parkour Lily Loye, 2020-08-01 A thrilling overview of parkour, from the sport's early history to the top events and athletes of today. Engaging text and vibrant photos grab and hold readers' interest, and QR Codes in each chapter link to book-specific videos, activities, and more. Features include a table of contents, fun facts, Making Connections questions, a glossary, an infographic, and an index. Aligned to Common Core Standards and correlated to state standards. DiscoverRoo is an imprint of Pop!, a division of ABD0.

The Parkour Code Jay Francis Mistretta, 2010-07-06 The Parkour Code is a modern fictional novel for young adults. Six high school seniors, known as the X squad, seek adventure by locating hot spots around their city. These Parkour athletic performers each have a unique ability. They display their talent during an event or jam session. Their overall objective is to free flow at the world's largest Parkour facility. *Parkour is the discipline of training the mind and body to overcome obstacles **A freerunner utilizes landscape to perform movement through its structure. By incorporating moves from parkour, an athlete adds creative vaults, tricks, and street stunts over and around obstacles

Parkour Demi Jackson, 2015-07-15 As a sport, parkour has only been around since the 1980s. However, it promotes a frame of mind often encouraged by snowboarders, skateboarders, and other extreme sports enthusiasts: see your environment differently and use it. Parkour athletes use their sport to get around doing anything but walking! Reader learns how parkour developed and also how it's practiced around the world. Full-color photographs showcase different moves, styles, and events. Readers are sure to be inspired by the free-spirited daredevils of parkour, highlighted by a playful layout and exciting fact boxes.

Parkour and Freerunning Jan Witfeld, Ilona E. Gerling, Alexander Pach, 2011 Introduces the sport of parkour, or freerunning, which combines the core elements of running, jumping, climbing, and other physical movements with the goal of moving the body over and around obstacles in an urban environment without stopping

Essential Parkour Training Sam Fury, Teach Yourself Parkour! This is a beginner's 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 unfamiliar area. There are no fancy free-running movements in these parkour lessons. It starts with beginner parkour movement and parkour strength training. Then it progresses to harder parkour techniques. Learn parkour the safe way, because this is a comprehensive beginners training manual! Get it now. Step-by-Step Parkour Training Essential Parkour Training is a progressive parkour training manual. This is very important for safety and building confidence. * Each parkour lesson uses progressive parkour training steps. * Written in simple language and accompanied 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 dangerous activity as long as you progress slowly. Do not take unnecessary risks, and learn the correct parkour safety techniques. * Warm-ups and Conditioning. Using basic parkour exercises such as balance and quadrupedal movement. * Running and Jumping. Parkour techniques to get you over or between obstacles without touching them. This section also includes explanations of parkour games and runs. * Vaults. The essential vaults needed to overcome any medium sized obstacle. Includes the safety vault, speed vault, kong vault, reverse vault, and more. * Wall Movement. Cat hangs, wall runs, and other movements to use when negotiating obstacles too big to vault. * Bar Movement. Bar focused movements that are not in previous sections. Includes 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 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 imagination. * Overcome fear. * Build confidence. Limited Time Only... Get your copy of Essential Parkour Training today and you will also receive: *Free SF Nonfiction Books new releases *Exclusive discount offers *Downloadable sample chapters *Bonus content ... and more! Discover the most useful parkour techniques to get you out of danger, because this is a training manual like no other! Get it now.

The Ultimate Parkour & Freerunning Book Ilona E. Gerling,Alexander Pach,Jan Witfeld,2013-11-15 The increasing number of followers of the two movement cultures, Parkour and Freerunning, has given rise to the need for safe, 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 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 illustrations for the teaching of all basic techniques, easy-tofollow 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 behavior, 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.

Basic Parkour Sam Fury, 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 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 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 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 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 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.

Breaking the Jump Julie Angel, 2016-07 From its humble origins in the backstreets and rooftops of Paris's urban jungle, to the tops of London and New York's skyscrapers, Parkour, has become an adrenaline-fuelled implosion on the urban landscape. But more than a sport that most jaw-dropped onlookers can hardly comprehend, Parkour is an exploration of movement and a return to our body's natural ability to run, jump, hang and move with fluidity. For the first time, Julie Angel tells the story of Parkour's beginnings - the diverse, intriguing and unusual characters who went to the rooftops, hung off the stairwells and drain pipes as they trained through the night, often risking their lives and created something that has become a worldwide phenomenon. Breaking the Jump tells the unknown story behind Parkour's rise, and asks what is it that drives those who stand on the edge and think 'go'.

Essential Parkour Training Sam Fury, 2017-06-12 Discover Everything You Need 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 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 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 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 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 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 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 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 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 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, 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, 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 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 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!

Parkour Strength Training Ryan Ford, Ben Musholt, 2016 In Parkour Strength Training, 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 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, 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 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- Dominate obstacle courses

Parkour and the City Jeffrey Lowell Kidder, 2017 In the increasingly popular sport of parkour, athletes run, jump, climb, flip, and vault through city streetscapes. In Parkour and the City, Jeffrey L. Kidder examines the ways in which this internet-friendly twenty-first-century sport involves a creative appropriation of urban spaces as well as a method of everyday risk-taking by a youth culture that valorizes individuals who successfully manage danger.

Parkour n/a, 2013-07-01 Describes the discipline of parkour, including its history, moves, and uses in the military, movies, and everyday life.

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Table of Contents Parkour

1. Understanding the eBook Parkour
 - The Rise of Digital Reading Parkour
 - Advantages of eBooks Over Traditional Books
2. Identifying Parkour
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals

3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Parkour
 - User-Friendly Interface
4. Exploring eBook Recommendations from Parkour
 - Personalized Recommendations
 - Parkour User Reviews and Ratings
 - Parkour and Bestseller Lists
5. Accessing Parkour Free and Paid eBooks

- Parkour Public Domain eBooks
- Parkour eBook Subscription Services
- Parkour Budget-Friendly Options
- 6. Navigating Parkour eBook Formats
 - ePub, PDF, MOBI, and More
 - Parkour Compatibility with Devices
 - Parkour Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Parkour
 - Highlighting and Note-Taking Parkour
 - Interactive Elements Parkour
- 8. Staying Engaged with Parkour
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Parkour
- 9. Balancing eBooks and Physical Books Parkour
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Parkour
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Parkour
 - Setting Reading Goals Parkour
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Parkour
 - Fact-Checking eBook Content of Parkour
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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