

Parkour

Ryan Gallet, Jay Francis Mistretta

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 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.

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.

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.

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 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 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.

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 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.

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

Basic Parkour Sam Fury,2019-08-12 Teach Yourself Basic Parkour! Parkour is not as 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 yourself parkour today, because it is a fun way to keep fit while learning lifesaving skills! Get it now!

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

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-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 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.

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

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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'.

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 Charles Perrière, David Belle, 2014-05-20 Un esprit serein dans un corps fonctionnel, telle est la devise

de ce manuel pédagogique, qui a pour ambition de mettre à disposition du grand public et des professionnels du sport un savoir-faire et une expérience unique en matière d'apprentissage du Parkour, apparu en 1990 et plus largement connu grâce au film Yamakasi de Luc Besson sorti en 2001. La méthode développée par les auteurs s'appuie sur plus de 20 ans d'expérience et sur l'expertise de professionnels du sport et de la santé. Elle s'adapte au plus grand nombre pour un apprentissage maîtrisé et dans les meilleures conditions de sécurité. Au-delà de l'activité physique propre, ce manuel permet à chacun de profiter des bénéfices de la pratique du Parkour tant sur le plan physique que mental. Plus qu'un sport, le Parkour est un art : l'art du déplacement.

Ciné Parkour Julie Angel, 2011 Cin Parkour is a cinematic and theoretical contribution to the understanding of the practice of parkour. It is the result of Julie Angel's six-year PhD film and research adventures into the exciting, challenging, fascinating and at times contradictory world of parkour. Its aim is to understand the essence of the everyday of parkour as experienced by those who were involved in creating it.

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