

## **THE ULTIMATE PARKOUR AND FREERUNNING BOOK**



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### **Parkour Wikipedia**

Parkour (French: ) is a training discipline using movement that developed from military obstacle course training. Practitioners aim to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible.

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### **Ryan Doyle Wikipedia**

Ryan Doyle (born 22 September 1984) is a freerunner, martial artist, coach, and actor from Liverpool, England, and is a founding athlete of the World Freerunning and Parkour Federation

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### **Ultimate Ninja UK**

Ultimate Ninja UK is the Ultimate Ninja Warrior Experience for budding ninjas from 8 years old, adults looking for a new fitness challenge or to improve their OCR performance and the perfect training ground for the elite Ninja competitors seen on TV.

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### **Parkour for Beginners The Ultimate Guide The Art of**

Parkour is a great way to make new friends. Parkour is a social sport. It's typically done in groups, and the parkour community is very friendly and supportive.

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### **Essential Parkour Training Basic Parkour Strength and**

Essential Parkour Training: Basic Parkour Strength and Movement (Survival Fitness Book 2) Kindle Edition

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### **Ultimate Ninja Athlete Association Mud Run OCR**

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Once you've become comfortable with the basic dribble, the next thing you'll want to learn is how to crossover dribble a basketball. The crossover is one of the most effective and entertaining moves in basketball when executed correctly, and it will make you much more difficult to guard.

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### **Dying Light Cheats Codes Cheat Codes Walkthrough Guide**

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