
Interviewer

So I can see how loud you are. What did you eat for breakfast this morning? I'm serious I want to see how loud you are. What did you eat?

04:58:59

04:59:02

Athlete

I don't know nothing like I haven't ate at all.

04:59:06

Interviewer

What did you do when you got up?

04:59:08

Athlete

Well take a shower. I brush my teeth. And I got ready.

04:59:10

Interviewer

Ok. Tell me about when you first started training parkour, you know, what it is like, how hard it was just things like that and say and start the phrase just say, "when I first started parkour" and just...

04:59:17

Athlete

Well when I first started doing parkour that was five years ago. Shoud I say that?

04:59:31

Interviewer

That's fine.

04:59:36

Athlete

I started doing... when I first started doing parkour it was five years ago and I was doing just some small little jumps. Watching videos of others and blowing my mind that some people can jump so far and do all these awesome tricks but like through all these years doing it I became even better than them. And like all the. I realized that there's no limits. All limits are inside your head. So.

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04:59:57

05:00:05

Interviewer

That's good. Tell me about like when you were first learning what was hard? What were your struggles? What were you discouraged? Tell me what you were thinking. 05:00:07
05:00:12

Athlete

So when I when I first started it like... Let me think of something. Hold on. 05:00:18

Interviewer

Tell me this first. Tell me that, like you're from Bosnia, so you can say that's what people when they hear your accent they'll say OK whatever and just tell me you know about being... Did you start when you were in Bosnia? 05:00:27
05:00:39

Athlete

Can I say like when I was in Bosnia they didn't have a lot of opportunities. Once I came here.... 05:00:40
05:00:45

Interviewer

Yes, that's perfect. 05:00:46

Athlete

Well when I was in Bosnia I started doing parkour and I had a lot of struggle learning stuff and we didn't have gyms or nothing but since I moved here to the United States I discovered Above All, and Above All help me a lot with learning my flips, progressed a lot and coming to the point where I wanted to be. 05:00:56

Interviewer

That's awesome. Tell me how... tell me about training indoors with pads and all that. Is it helpful? What does it help you do? 05:01:19
05:01:26

Athlete

Well training indoors is a lot more helpful just because I can try things 05:01:29
with no... Indoor is a lot more easier for me to train because with knowing 05:01:39
that I cannot get injured and I can try those things and once I learned the
feeling on how to flips feel then I can bring that outside and I have less
difficulty doing it.

Interviewer

That's awesome. Tell me about what are some of your goals for yourself 05:01:56
in parkour? And like what are the goals that you've set? And you've 05:02:02
already like reach them and then what are some things that you want to
do what you are learning still? Tell me about like a goal that you had, that 05:02:11
you wanted to be able to do, that you've already accomplished in parkour.
And then tell me about a goal where you see yourself or what you want to 05:02:18
reach, like a level you know — just talk about your goals with parker.
Maybe like, "when I first started I had a very simple goal of blank, but now 05:02:34
that I'm you know...".

Athlete

I when I first started I had a goal of doing double side to sides, that was 05:02:44
like one of the biggest things I always wanted to do. Above All gave me 05:02:52
the opportunity to try a double sides on trampoline into foam pit. Later on 05:02:58
I started doing them outside and I was really happy. Now I'm trying to do 05:03:03
double backflips and I've been practicing a lot at Above All.

Interviewer

Tell me about where do you see yourself? Is there a goal like Red Bull or 05:03:14
you know world championships or anything like that in the future that you
want to reach?

Athlete

Well I always wanted to go to Red Bull Art of Motion, which is the biggest parkour and freerunning event. Always wanted to go to Red Bull Art of Motion which is the biggest parkour and freerunning event in the world which has people around the world who are competing against each other. But it's not as much as a competition as much as it's how hard can you push yourself. How how much can you take on your body and break those limits?

Interviewer

That's perfect. I like what you were saying right there. So talk a little bit about in your mind, when you're approaching parkour like what your mindset and what I mean most people think it's just crazy but why do you do it? Why do you love it? Talk about what goes on in your mind when you do parker.

Athlete

The only reason I love Parkour is just because it helps me with everyday life is it makes me break my mental blocks which is things that I want to do, but I'm kind of scared of. But parkour helps me with breaking that limit and go further beyond that. So is usually when I'm trying to do really hard trick, I would like just calm down my body picture myself breathe in breathe out three times and just go for it with with meaning towards me accomplish what I'm doing.

Interviewer

That's awesome. What is that feeling like when you see it and then like you have to overcome the mental block and then eventually you convince yourself and you land — you stick the trick that you didn't think you could do. What's that like?

Athlete

Well once you decide what you're going to do and once you start running 05:05:21
into it it's scary but you just gotta go and push. And once you push it's 05:05:33
the best feeling in the world. You get happy. You get really proud of 05:05:35
yourself because you just break that wall that was right there and you can
go break another one.

Interviewer

That was perfect. Say this phrase one time. Just say, "once you land it 05:05:46
you feel...".

Athlete

So once you jump and you land you get this feeling of... So once you land 05:06:03
it is a big relief knowing that you just broke that wall and you can always
use the same feeling for another harder flip or another harder jump to
remind yourself that you can do it.

Interviewer

Awesome. Just one little thing for this video... Describe a little bit the 05:06:40
process of how you progressed through a stunt like the run up and then
like you don't do it completely but you feel you know the small motions
that go into it. Just talk a little bit about that. 05:06:56

Athlete

Well progression is the main key towards success. I will usually start if I'm 05:06:57
trying to do a big jump I would keep jumping closer and closer to it. And 05:07:09
then once I would just stop for a minute calm my body down and just go
for it. So once you go for it there's no changing your mind. You get a go 05:07:16
for it and you will succeed.

Interviewer

Perfect. That leads me into the last thing, like what you just said at the 05:07:22
end. OK. If there's a younger kid who's been watching all these videos 05:07:26
and they want to be a parkour athlete what's your message to like kids
who love parkour and want to do it, but you know they're not capable yet.
What do you what do you want to say to them? 05:07:40

Athlete

Well my message to all the future athletes and future kids that are 05:07:42
passion for parkour is to be safe, but to be in control of their own body
which is... let me think about this. So my message for all future athletes 05:07:57
and future kids trying to have. My message for all the future athletes and 05:08:12
for all the future kids that have passion for parkour is to be safe and to be
in control of their bodies. Not going too hard but also not going to soft. 05:08:22
Be in between. And also the best way to learn is to go somewhere safe 05:08:25
where you can start having the feelings so what you're doing. That way 05:08:35
once you get outside you know actually what you're doing and you can
just go for it.

Interviewer

That's awesome. OK last statement. Say my name's Armin Smyilovich. I'm 05:08:39
19 years old and I train parkour at Above All. Just a statement that kind of 05:08:56
summarizes who you are what you do. And just once. 05:08:59

Athlete

My name is Armin Smyilovich. I'm 19 year old. I've been doing parkour 05:09:02
and free running for five years now. I've been in some competitions. Right 05:09:08
now I've been training a lot at Above All because it gives me a big
opportunity of succeeding and I can...

Interviewer

It's OK it's OK. Let's just make a statement. It's simple.

05:09:24

Athlete

My name is Armley Smajlovic I'm 19 years old and I train parkour at Above
All.

05:09:38

Interviewer

Perfect.

05:09:43