

UPANOV

urban exploration

UPANOV



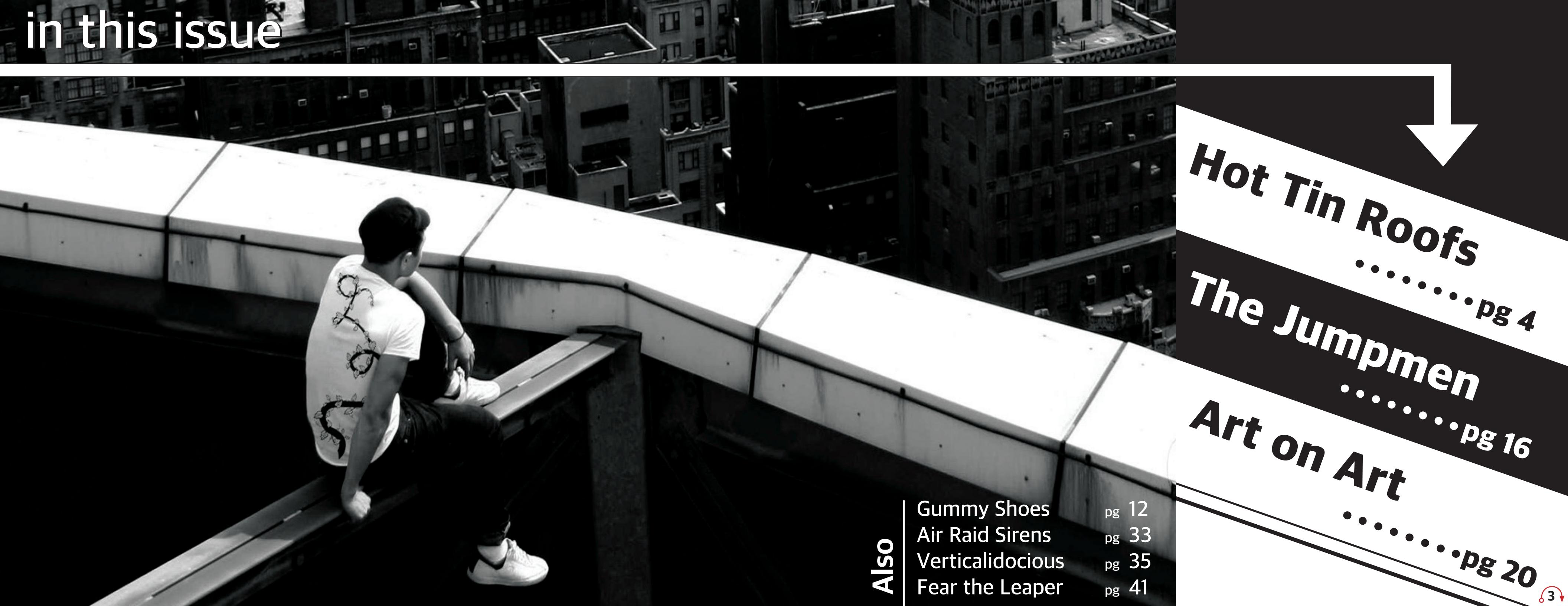
The Jumpmen  
eat · sleep · jump



**Hot Tin Roofs**  
Jackson city, Mississippi

Art on Art  
design in motion

in this issue



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Also



RECORD  
EDITION  
DROODLES

#

## THE LOOP

Jackson is the capital and since 1944 the largest city of the State of Mississippi. Located south of the Yazoo River, it is considered to be at the southern border of the Mississippi Delta[4] and is one of two county seats of Hinds County, with the city of Raymond.

The city, the anchor for its metro area, is named after Andrew Jackson, who was honored for his role in the Battle of New Orleans and later was elected as US president. The current slogan for the city is "Jackson, Mississippi: City with Soul." It has had numerous musicians prominent in blues, gospel and jazz.

## THE STRIP

Segregation and disfranchisement of African Americans gradually ended after the Civil Rights Movement gained passage of the Civil Rights Act of 1964 and Voting Rights Act of 1965. In June 1966, Jackson was the terminus of the James Meredith March, organized by James Meredith, the first African American to enroll.

The march, which began in Memphis, Tennessee, was an attempt to garner support for full implementation of civil rights in practice, following the legislation. It was accompanied by a new drive to register African Americans to vote in Mississippi.

## THE TRIWAY

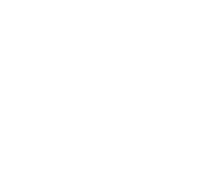
The mass demonstrations of the 1960s were initiated with the arrival of more than 300 Freedom Riders on May 24, 1961. They were arrested in Jackson for disturbing the peace after they disembarked from their interstate buses.

The interracial teams rode the buses from Washington, DC and sat together to demonstrate against segregation on public transportation, as the Constitution provides for unrestricted public transportation.

Although the Freedom Riders had intended New Orleans, Louisiana as their final destination, Jackson was the farthest.



Before...



Before...



There was...

THE

# JUMPMEN

{ **BUNNY** • **COSMO** }

Burlo

• **COSMO** • **APOLLO**

Lucaï

**APOLLO** }

Kraig

## BUNNY

Chris “Bunny” Burlo was already a veteran of the UK parkour scene when the Parkour Academy classes first started in London, and he has rarely missed a session since they began. He discovered parkour in the Channel 4 documentary Jump London and immediately threw himself into serious training.

A combination of years of football and a decade long love affair with cycling had instilled in Chris an intense devotion to keeping fit and active, even before he came to parkour and the streets of London.



meet the rest of the Jumpmen  
→ download our ipad app!

## COSMO

James is entirely a product of the Parkour Generations academy classes. Coming to his first class with nothing but the mildest of sporting experience in his past, but a strong desire to better himself, James’ focus over the next few years slowly began to shift and change until he realised that parkour had become the driving force in his life.

Finding little to no ingrained natural talent for parkour in himself, he nonetheless was amazed to discover that with hard work, dedication and discipline, he was able to achieve things that he would have never thought himself capable of. Saving him from an existence of 9 to 5 mediocrity.

## APOLLO

Gerard “Apollo” Kread was already a veteran of the UK parkour scene when the Parkour Academy classes first started in London, and he has rarely missed a session since they began. He discovered parkour in the Channel 4 documentary Jump London and immediately threw himself into serious training.

A combination of years of football and a decade-long love affair with cycling had instilled in Chris an intense devotion to keeping fit and active, even before he came to parkour. His skill, strength and determination are

inspirational to all who train with him, and he has since become an integral part of the Parkour Generations coaching and performance team.

His skill, strength and determination are inspirational to all who train with him. Those attributes lead him to a position as a Senior Coach within the Parkour Generations teaching team as well as a Board Member for Parkour UK, the National Governing Body and one of the few Level 3 qualified A.D.A.P.T coaches in the country.



Art  
on  
Art

# W

hat's the point of being fit? Have you ever asked yourself this simple question?

Many would say it's to ensure we have a long, wholesome life; some kind of biological duty to our own bodies, to stay in mint condition until we finally succumb to old age and die, leaving an unblemished corpse.



What's the point of being fit?

For me, fitness and health are just a means to a larger end – something to enable me to live as I wish, to accomplish what I want.

To face any challenge and adversity that may come my way and do my best to overcome it. Fitness isn't the goal in and of itself; it's just a tool, a part of my training which in itself is simply to allow me to follow my path for as long as I desire.

There is a powerful shift in the conventional fitness industry at the moment towards the idea of 'functional' and 'movement-based' fitness, with an emphasis on grand terms like 'multi-planar mobility' and 'functional movement screening'. Then you get shown into a gym and are put to work developing this functional movement concept.

But when do you ever use it? What's the point of all this 'functional fitness' if it never gets used for anything more than just... more fitness training? Imagine sharpening a wood-axe for days, months, years; keeping it pristine and clean and ready and never chopping any wood. Imagine having a Ferrari or a Yamaha R1; polishing it, tuning the engine, upgrading it with incredible suspension, a racing gearbox, new tyres, and never taking it out to tackle some corners.

It happens all the time in physical training circles, and never gets questioned. Why? It's the same as training for years in a martial art, becoming fast, strong, precise and never once stepping into the circle of sand to see how you do in an actual fight. After all, that's the purpose, right? That's the function.

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Many would say it's to ensure we have a long, wholesome life; some kind of biological duty to our own bodies, to stay in mint condition until we finally succumb to old age and die, leaving an unblemished corpse.

For me, fitness and health are just a means to a larger end – something to enable me to live as I wish, to accomplish what I want, to face any challenge and adversity that may come my way. To overcome it. Fitness isn't the goal in and of itself. It's just a tool, a part of my training which in itself is simply to allow me to follow my path for as long as I desire.



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