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Basic Parkour: Basic Parkour and Freerunning Handbook

By Sam Fury

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Shumona Mallick (illustrator). 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How Easy it is For You to Start Learning Parkour and Freerunning! Basic Parkour: Basic Parkour and Freerunning Handbook will teach you all the basics you need to learn parkour. Learning Parkour is not as hard as it looks, and it is also a fun and exciting way to keep super fit. All you need to do is learn a few basic parkour skills and then practice. Note: Survival Fitness by Sam Fury contains all the information in Basic Parkour plus a whole lot more! Inside Basic Parkour * Learn the core skills needed for parkour training. * Easy to follow step by step instructions that anyone can follow - No prior knowledge or experience of parkour and freerunning needed! * Simple and clear pictures so you can easily see exactly what you have to do to perform these basic parkour techniques. Basic Parkour Covers the Following Parkour and Freerunning Techniques * How to gain superior balance. * How to land safely with minimal impact to your body. * Correct rolling...



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger