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## The Parkour & Freerunning Handbook

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By Dan Edwardes

HarperCollins Publishers Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Parkour & Freerunning Handbook, Dan Edwardes, Join the movementCombining the core elements of running, jumping, and climbing with the discipline of the martial artist, the grace of the gymnast, and the virtuosity of the skateboarder, parkour--or freerunning--is more than simply an elegant noncompetitive sport. It's an art form, a philosophy promoting fitness, imagination, community spirit, and ethical, healthy living. The Parkour and FreeRunning Handbook is your guide to becoming part of this urban revolution. With standout features on fitness and training, global cityscapes and using the space of the urban environment, and tips on how to avoid mistakes and injuries, this is more than just a user's manual. It explores the techniques, culture, clothes, and community of freerunning, showing just what it takes to hit those handstands, kong vaults, and wall hops. This essential handbook is the only guide the fledgling traceur will ever need to get jumping!.



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