



# The Parkour and Free-running Handbook

By Dan Edwardes, Parkour Generations

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Parkour and Free-running Handbook, Dan Edwardes, Parkour Generations, The Parkour & Freerunning Handbook is your guide to a defining and exciting movement of our age. Combining the core elements of running, jumping and climbing with the discipline of the martial artist, freerunning, or parkour, is more than simply an elegant, non-competitive sport. It's an art form - a philosophy promoting fitness, imagination, community spirit and ethical, healthy living. This essential freerunning handbook offers a jump-by-jump guide to take you from parkour novice to confident and inventive traceur. With standout features on fitness and training, how to avoid injuries and tips for using the urban environment around you, this is more than just a user's manual. It's everything you need to become part of this urban revolution.



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