

SQL result

```
Host: internal-db.93589.gridserver.com
Database: db93589_bpk
Generation Time: May 24, 2011 at 03:58 PM
Generated by: phpMyAdmin 2.11.11.3 / MySQL 5.1.55-rel12.6
SQL query: SELECT * FROM `articles` ORDER BY `articles`.`tme` ASC LIMIT 0,30 ;
Rows: 9
```

[illegible]

							aren’t just a group of hooligans climbing on things. Remember three main guidelines: respect yourself, res wreaking havoc? Taking the road of good publicity is more than a one man job, every traceur out there needs to s
19	1	Canadian Parkour	A Need for Unity	1306267605	1	Modest Eyes Photography	<h3>By Matthew Talbot-Turner</h3> <p>I started playing hockey when I was 11 years old. It was easy to get into. The conversation went something&n &ndash; &ldquo;Okay&rdquo;

The next week I found myself enrolled in skating lessons and I was on l&rsquo;m guessing most of you knew that.

Let&rsquo;s fast-forward 13 years. At that point I was 24 y

Nowhere in the video did it mention the words &ldquo;free running&rdquo; or &ldquo;Parkour&rdq awkward conversations I had on a forum. Needless to say, I didn&rsquo;t get the information I wanted. Months we train with those same people. But let&rsquo;s look back and compare the two situations. From the time I decided 6 months!

I don&rsquo;t think much about my situation was unique. I now teach Parkour at a local gy (insert name here) I never would have known where to go.&rdquo; So how is it that anyone, at any age, can pick t helped in the past, I asked my dad that very question. &ldquo;Hockey was easy, it has an association.&rdquo; he a Dana White (current president of the UFC)&rdquo; he said. &ldquo;Someone to go out and bang the tambourin people that are doing just that.

I quickly found out that the community in Canada sees the need for ur &ldquo;Unity helps communities&hellip; understand there are runners close by. Unity will bring light to the sma many and allow [Parkour] to reach people it may not have.&rdquo;

That being said, some people beli &ldquo;foundational stuff in Canada,&rdquo; as he puts it. &ldquo;There are a lot of people who like to throw th [Parkour] but they don&rsquo;t know what the name is. They don&rsquo;t know how to go about it.&rdquo; A ui</p>
20	1	Tyler Harder	Saskatchewan Traceur	1306267616	1		<h3>By Frankie Skripal</h3> <p>For some people, finding a passion in their life with a sense of fulfillment comes naturally. For others, there ar practicing Parkour for many years. Since he was a child he&rsquo;s been climbing, scaling and running, he just h After watching movies like District 13 and Casino Royal, he was instantly hooked. In the spring of 2008, Harder c think I would have ever picked it up if Marc had not started that class&rdquo; he explains.

Some of Hi in high school, he rarely watched anything other than movies showcasing Parkour. For Harder, the great thing abo breaking thing.&rdquo; When Harder started this journey, there wasn&rsquo;t a lot happening in his community. basics, was the Kong Vault. Harder says he always gets compliments when he performs his Double Kongs. His insy explains.

In Harder&rsquo;s opinion, the Parkour scene in Saskatoon is missing a sense of harmony. T gym in Saskatoon is also in need of some equipment so Harder focuses on conditioning in the meantime. If he cot master his Kong Gainer. &ldquo;I&rsquo;ve landed a couple of them so a couple more sessions and I should have
Harder hopes to see the future of Parkour grow to the point where there will always be someone to jam with. the media on this extreme sport, &ldquo;a lot of people still don&rsquo;t understand what we are doing&rdquo; l through some rough times and brought him into a community where he was accepted for who he is. For Tyler Han</p>
21	1	Marc	Manitoba Traceur	1306267632	1		<h3>By Frankie Skripal</h3> <p>Creative, innovative and confident are good places to begin when describing how Marc &ldquo;Selbz&rdqu fear and is eager to try the next best thing.

When people ask Marc when he started doing Parkour, he li that he could do the splits by the time he was seven.

Selby says one of the greatest inspirations in his Chicken, he knew he found his passion. Like most traceurs, he had no idea what this was, so to him it was simply &ldquo;street stunts&rdquo; when he was 13. Eventually he found out about Winnipeg Parkour (WPK). When he like an older brother to Selby. He was another huge influence in Marc&rsquo;s training. To this day, McCorister Selby goes for it.

As a recent high school graduate, Marc has already accomplished a lot, both with Pai Fantastic Gymnastics.

After practicing in Winnipeg for a few years, Marc traveled to Saskatoon where become an affiliate of WFPF (World Free Running and Parkour Federation) and with such an honour comes commr from a Russian style and are very similar to movements of Shade Zlat (recent addition to the Urban Freeflow team shops, has a Native American celebration circle with rocks and beams that point towards constellations called the recommends jamming downtown, at the University of Manitoba and Fantastic Gymnastics. &nbsp;

Se always be a welcoming community but doesn&rsquo;t see much more growth happening. &ldquo;Winnipeg has explains.

For the future of Canadian Parkour, Selby sees our widespread community coming together. &ldquo;moves&rdquo; being the ultimate goal. Obviously he wants to get his tricking abilities to a higher level those combinations that are completely unique. &ldquo;Maybe the &lsquo;Selbz&rsquo;?&rdquo; we ask. &ldq like he has been doing for the past few years. Continuing to be a mentor and serve as a positive role model in his c</p>
22	1	The Davis Brothers	British Columbia Traceurs	1306267648	1		<h3>By Frankie Skripal</h3> <p>If you have a brother or sister you already know there is a 50/50 chance that you and your siblings are going t they can build that bond around. And it&rsquo;s propelled them.

Jordan and Jared Davis have more in traceurs say that this sport is their way of life but with Jordan and Jared, they adapted their life into Parkour. A co both enjoy and are so passionate about. &rdquo; I wouldn&rsquo;t trade the days I&rsquo;ve gotten to train and Jared&rsquo;s first time out was actually for PKBC 2 Summer Jam in Downtown Vancouver. It was like a who best of the best. Guys like Boris Ranisavljevic, Sleks Vlasev and Rene Scavineton, who took the time to teach the health. Jordan took up things like weight lifting, bodybuilding, gymnastics and snowboarding. Jared played socc and helped with the first steps.

Both Jared and Jordan were looking for a change in their life. With Jare They now consider themselves all over strong. First steps for Jared and Jordan in Parkour? Jumping. Of course the the guys meet up with everyone every Sunday for an open session. &ldquo;Anyone can join&rdquo;. You can lea limits your creativity&rdquo; says Jordan. Pretty much anywhere in Vancouver would be their favorite place to tr where Jordan can master his dream move of a Monkey Gainer to Catleap and Jared can through down that &ldqu healthy rivalry, as comy as it sounds, they are just happy to see each other progress because they believe in each it all depends on the interest of others. Their community is working on getting a Parkour park and there has been community will be established. Jared agrees that we need unity. He thinks it is unlikely that all the provinces and sport, because it is so much more. Parkour is a way of life and &ldquo;will transcend into the way you live your li to have someone so close to you that you can bounce ideas off of&rdquo; says Jared. Not only have these two rea</p>
23	1	Dynamic Warm Ups	The Irrational Carny	1306267657	1	Patrick Chan	<h3>The Irrational Carny aka Ian Holmes</h3> <p><p>Note from the Editor&rsquo;s desk: Warning! Heeding the advice of the Irrational Carney may cause sw <p>One of the most effective practices that any athlete can develop is the habit of properly prepping their body fo active flexibility gets better, and muscles begin to fire more effectively as both the muscles themselves and the ne someone dive rolling off a building with no prep whatsoever, this just sets the stage for rolled ankles, poorly done badge-wearers had spent a few minutes getting their muscles warmed up and firing properly.</p> <p>There are three basic rules to follow when warming t 3) Be in control of your movements.</p> <p>A good warm-up preps the nervous system for the work to come. It also ensures that each joint is functioning i patterns, and dynamic muscle prep.&nbsp; The first is simply the movement of each joint through its maximal co the synovial fluids flowing.&nbsp; This is good.&nbsp; The musculature surrounding the joint should warm up,; you are doing.

Complex movements should follow your joint mobility, and consist of fun things like j working as a unit.&nbsp; Rather than isolating individual joints, you are using the body as a whole.&nbsp; You help you out.&nbsp; Your knees shouldn&rsquo;t hurt when you jump or squat, and your shoulders should not h rapidly increasing overall active flexibility, while also doing us the favor of getting the heart going.&nbsp; The r leg swings, leg circles, pull-downs, and kicks when done in a whole host of directions offer up some of the best pr from this article&rsquo;s pretty pictures you&rsquo;ll find below.

Before those of you who have actua your joints.&nbsp; To do this; work at moving all your major joints [neck, shoulders, elbows, wrists, hips, k dynamics to your movements.&nbsp; Do your leg swings, and begin the process of learning how to move with pu <h3>Leg Swings</h3> <p>You swing your leg.&nbsp; Seriously.&nbsp; That hard.&nbsp; This is a controlled but fluid movement that neither knee bends.&nbsp; Try doing them forwards, backwards, and to either side of your body.&nbsp; Once ran <h3>Squats</h3> <p>Stand with your feet slightly wider than shoulder width.&nbsp; Turn your toes out about 30 degrees. Break at</p>

							<p>Pause at the bottom and then drive yourself back into a standing position.&nbsp;The big safety cues to watch for</p> <h3>Leg Circles</h3> <p>Lie on your back.&nbsp;Keep both legs straight and then take one of them and draw the largest circle you can</p> <h3>Knee Lifts</h3> <p>These are essentially leg swings with a bent knee.&nbsp;Stand on one foot, bend your other leg and work at lifting the knee from bending.</p>
--	--	--	--	--	--	--	---