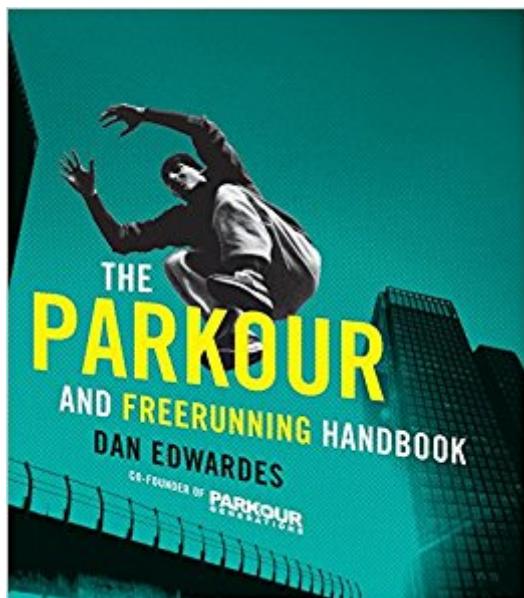


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# The Parkour And Freerunning Handbook



## Synopsis

The Parkour and Freerunning Handbook is a comprehensive, fully illustrated, four-color guide to parkour and free-running techniques, philosophy, and culture from Dan Edwardes of Parkour Generations, Britainâ™s leading free-running association. An It Books paperback original, this essential handbook offers a jump-by-jump guide to parkour, aimed at building the confidence of the novice to become a confident and inventive free-runner. The first book of its kind, The Parkour and Freerunning Handbook is the only guide the fledgling traceur will ever need to get jumping.

## Book Information

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## Customer Reviews

No, I'm not planning on taking up a new activity that would likely land me in the hospital within a week (if not sooner). But I \*do\* find the videos of parkour fascinating. When I saw the book The Parkour and Freerunning Handbook by Dan Edwardes show up at my local library, I figured it was worth a quick read just to find out more about the sport. This is the perfect book for someone curious about parkour and how practitioners are able to leap and dive over obstacles with ease. And if you were actually interested in getting started, there's enough information here to learn the basics while getting a solid grounding in how to keep from killing yourself in the process. I think what surprised me most is that it's really more of a philosophy and life attitude, akin to something you might find within the martial arts. It combines play, lifestyle, discipline, and methodology. Those who are serious about parkour start to view it as the foundation of all movement, the ability to flow with the environment and use the body to overcome barriers that normally block our paths. I can easily see how it could become the basis of an entire fitness regimen, as it combines strength, flexibility,

and cardiovascular activities into a single sport. That's probably why the videos you see of parkour always seem to have people who look incredibly fit and ripped. The Parkour and Freerunning Handbook was a quick read for what I was looking to get out of it, and it will change the way I view parkour videos from here on out. The "wow" factor will remain, but it will also be joined by a solid appreciation of what it takes to get to that level. Disclosure: Obtained From: Library Payment: Borrowed

This is from the Parkour Generations folks who have a number of videos and educational programs online. They've taught everyone from school children to Hollywood stuntmen and stuntwomen. The book is thin, but has good photographs and a solid step-by-step technique building program. The core stance on the book is practice, practice, and practice with an eye towards grace and silent, smooth execution of technique. This could be a good motivational book for someone new to Parkour or freerunning, but it's hard to imagine pushing too far into this without good instructors as well.

Brilliant guidebook for those interested in starting to train. Explains perfectly the history, various movements, and philosophy of parkour. It even throws in fitness training suggestions as well. Incorporating great photography and surprisingly helpful tutorials, this is the definitive guidebook for fledgling traceurs.

Anyone having an interest in Parkour should find this book beneficial. As other reviewers note, the bulk of this book talks about the sport of Parkour and how to prepare, practice and progress in the skill. The back of this book contains basic moves with step by step pictures and descriptions. Perhaps the best piece of advice gained from this book is that Parkour is not a strict set of moves but rather a chance to be creative and find the best way for "you" to move through space. Learn the basics to protect yourself from injury and then enjoy the journey expanding your abilities from point A to point B. This book also makes a great conversation piece if left on the coffee table.

It was awesome, but after I tried one of the tricks...it was a massive fail. No thanks. Still a good book though. I had fun learning the thinking process of what goes into parkour but I am not athletic enough.

This book seemed to me to be more of a picture book with a bit of facts thrown in to spice it up a

little. I expected more detail within but I guess I should have read the title when it said handbook it didn't mean book. A quick read. Very easy to skim through. Its worth looking over if you are just beginning parkour and want some basics.

i bought that book to learn parkour is nice for beginners and intermediate but he teach you about parkour and how it came from amazing book and the last chapter is tutorial illustrated technics and jumps its cheap and worth the price

I love this book because it talks about the movements themselves and gives a bit of very basic instruction as well as some background on the discipline itself. The author is actually a friend of mine and I love his writings (he has blogs too on the Parkour Generations website, check them out!).

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