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The Ultimate Parkour & Freerunning Book

Jan Witfeld

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The sport of Freerunning has developed from it, involving developing and showing off the most creative, extreme, flowing, acrobatic moves possible on obstacles. This book contains precise illustrations for the teaching of all basic techniques, easy to follow movement breakdowns and methodical tips for indoor and outdoor training. All the most common terms from the scene are listed for reference in English and French. History, philosophy, rules of behaviour, training advice based on the latest sports science knowledge, interviews from the scene about motivations and trends, advice for schools and explanations of competitions and competition criteria are a few examples of the book's contents. The increasing number of followers of the two movement cultures, Parkour and Freerunning, have given rise to the need for safe, methodical orientation, which the reader finds in this book

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