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Parkour: The Complete Guide To Parkour and Freerunning For Beginners

Jason Jones

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Parkour - The Complete Guide To Parkour and Freerunning For Beginners

Would you like to know more about Parkour? So you've seen some videos on YouTube where these guys are running across rooftops, bounding from one building to the next in a style you might only have seen before in the movies. Their movements are fluent and they seem to have no fear of trying to jump a 10 foot gap between buildings while doing a couple fancy tricks here and there, and this has been peaking your curiosity to no end. How do they do that? Parkour is a sport that requires extreme mental focus and physical strength, but it is also a sport that anyone can learn. You don’t need any special equipment to get started, but that doesn't mean it’s easy to do. The aim of this book is get a complete beginner up and running (pun intended!) in the basic elements of Parkour. This book will help to give you the confidence and basic skills you need to start participating in the sport.

Here's a Preview of what's inside

- Introduction to Parkour
- What Makes Parkour Different from Free Running?
- How to Safely Learn Parkour
- Parkour Equipment and Gear
- Pakour Balances
- Long Range Movement
- Parkour Landings
- Parkour Jumping
- Parkour Vaults
- Conditioning Your Body For Parkour
- Advanced Techniques
- Parkour Resources
- and much more!

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