



## The Parkour & Freerunning Handbook

By Dan Edwardes

HarperCollins Publishers Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Parkour & Freerunning Handbook, Dan Edwardes, Join the movementCombining the core elements of running, jumping, and climbing with the discipline of the martial artist, the grace of the gymnast, and the virtuosity of the skateboarder, parkour--or freerunning--is more than simply an elegant noncompetitive sport. It's an art form, a philosophy promoting fitness, imagination, community spirit, and ethical, healthy living. The Parkour and FreeRunning Handbook is your guide to becoming part of this urban revolution. With standout features on fitness and training, global cityscapes and using the space of the urban environment, and tips on how to avoid mistakes and injuries, this is more than just a user's manual. It explores the techniques, culture, clothes, and community of freerunning, showing just what it takes to hit those handstands, kong vaults, and wall hops. This essential handbook is the only guide the fledgling traceur will ever need to get jumping!.



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### Reviews

*This is the finest book i have got study right up until now. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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*This is the finest book i have read until now. It is filled with wisdom and knowledge You can expect to like just how the author compose this ebook.*

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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. Product Identifiers. Publisher. Ebury Publishing. ISBN-10. 0753519682. ISBN-13. 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, Britain'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. The Par... The Ultimate Parkour & Freerunning Book: Discover Your Possibilities! Ilona Gerling. 4.2 out of 5 stars 23.Â The book covers all basic aspects of the disciplines of Parkour and Freerunning, how to get into the right mindset, how to structure your training, breakdown of basic skills and how to progress. Advanced aspects such as nutrition and science are excluded from the book so it is geared up for beginners primarily, that said, even those with years of experience in the disciplines should have a glance at it.

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. Product Identifiers. Publisher.Â The Parkour & Freerunning Handbook by Dan Edwardes, Parkour Generations (Paperback, 2009). 2 product ratingsAbout this product. Brand new: lowest price. It's an art form, a philosophy promoting fitness, imagination, community spirit, and ethical, healthy living. The Parkour and FreeRunning Handbook is your guide to becoming part of this urban revolution. With standout features on fitness and training, global cityscapes and using the space of the urban environment, and tips on how to avoid mistakes and injuries, this is more than just a user's manual. It explores the techniques, culture, clothes, and community of freerunning, showing just what it takes to hit those handstands, kong vaults, and wall hops. This essential handbook is the