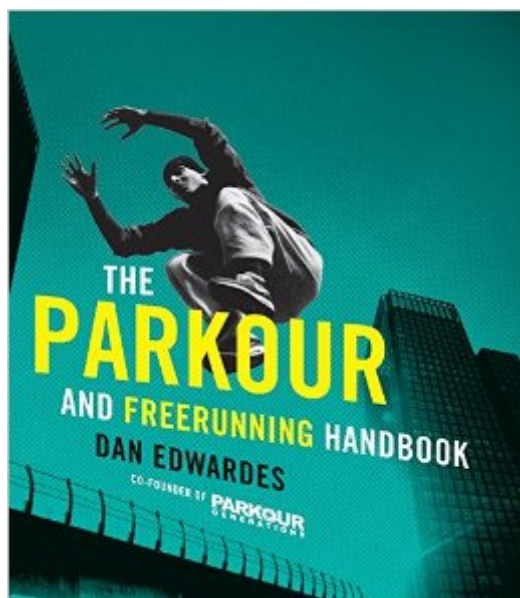


The book was found

# 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, 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.

## Book Information

Paperback: 144 pages

Publisher: Dey Street Books; 7/19/09 edition (August 18, 2009)

Language: English

ISBN-10: 0061783676

ISBN-13: 978-0061783678

Product Dimensions: 0.5 x 7.2 x 8.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (57 customer reviews)

Best Sellers Rank: #193,799 in Books (See Top 100 in Books) #73 in Books > Sports & Outdoors > Extreme Sports #393 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #2005 in Books > Sports & Outdoors > Individual Sports

## 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!).

[Download to continue reading...](#)

The Parkour and Freerunning Handbook Beginner's Handbook to Parkour and Freerunning The Ultimate Parkour & Freerunning Book Breaking the Jump: The secret story of Parkour's high flying rebellion The Entered Apprentice Handbook, The Fellow Crafts Handbook, The Higher Degrees Handbook, and The Master Mason's Handbook Minecraft: Minecraft Creations Handbook: The Minecraft Construction Handbook Specially Made for The Best Minecraft Players (minecraft secrets, minecraft handbook, minecraft construction, minecraft) Book Art Studio Handbook: Techniques and Methods for Binding Books, Creating Albums, Making Boxes and Enclosures, and More (Studio Handbook Series) The Grow Your Own Food Handbook: A Back to Basics Guide to Planting, Growing, and Harvesting Fruits and Vegetables (The Handbook Series) Dialect, Culture, and Society in Eastern Arabia: Glossary (Handbook of Oriental Studies/Handbuch Der Orientalistik) (Handbook of Oriental Studies: Section 1; The Near and Middle East) Minecraft: Minecraft Building Guide: Ultimate Blueprint Walkthrough Handbook: Creative Guide to Building Houses, Structures, and Constructions with Building ... Minecraft Houses, Minecraft Handbook) Minecraft: Minecraft Secrets: Minecraft Essential Handbook (Updated Edition) A Minecraft Guide Full of Tips and Tricks! (An Unofficial Minecraft Handbook by the Wimpy Steve series authors) Minecraft: 25 Powerful Tips On How to Play Minecraft. Use This MINECRAFT SECRETS Handbook to and Learn How to Mod Minecraft (Minecraft secrets handbook, how to play minecraft, how to mod minecraft) The Glass Artist's Studio Handbook: Traditional and Contemporary Techniques for Working with Glass (Studio Handbook Series) The Complete Practical Handbook of Garden Bulbs: How to create a spectacular flowering garden throughout the year with bulbs, corms, tubers and rhizomes (Complete Practical

Handbook) The Homesteading Handbook: A Back to Basics Guide to Growing Your Own Food, Canning, Keeping Chickens, Generating Your Own Energy, Crafting, Herbal Medicine, and More (The Handbook Series) 2015 ASHRAE Handbook -- HVAC Applications (I-P) - (includes CD in I-P and SI editions) (Ashrae Applications Handbook Inch/Pound) Exploring for Oil and Gas Traps (Treatise of Petroleum Geology, Handbook of Petroleum Geology Series) (Treatise of Petroleum Geology, Handbook of Petroleum Geology Series) Pricing and Cost Accounting: A Handbook for Government Contractors: A Handbook for Government Contractors Minecraft: Minecraft Secrets Handbook: 150+ Unknown Minecraft Secrets, Tips, and Tricks You Haven't Heard Before (Minecraft, Minecraft Handbook, Minecraft Secrets, Minecraft Books) Handbook of Nutrition and the Kidney (Lippincott Williams & Wilkins Handbook Series)

[Dmca](#)