About the book's contents.

This book serves as a guide to the history of the Parkour and Freerunning movement, explaining the flow, breakdowns, and tips for both beginners and experts. It includes colorful illustrations of the book's concepts and movements, as well as over 150 mm, 166 mm, and 150 mm movements.

The book's history includes the development of the Parkour and Freerunning movement, from its inception to its current state. It also includes detailed explanations of the movement's philosophy, which is based on the idea of "moving" in a free and creative way, without the constraints of traditional gymnastics.

The book's contents are divided into different sections, each covering a specific aspect of the Parkour and Freerunning movement. These sections include a breakdown of the movement's history, a guide to its philosophy, and tips for both beginners and experts.

The book also includes practical advice on how to practice the Parkour and Freerunning movement, as well as information on the movement's fans and followers. It is a comprehensive guide to the Parkour and Freerunning movement, suitable for anyone interested in learning more about it.

The book is written by Jan Witfeld, a graduate of Cologne University, and Ilona Gerling, a German gymnastics platform owner. It is a must-read for anyone interested in the Parkour and Freerunning movement, and it is highly recommended for both beginners and experts.

The ultimate Parkour & Freerunning Book

Alexander Pach

Witfeld | Gerling | Pach

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Dijon France

150 mm 166 mm 150 mm

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The ultimate Parkour & Freerunning Book
ABOUT THE BOOK

The increasing number of followers of the two movement cultures, Parkour and Freerunning, has given rise to the need for safe, methodical orientation, which the reader will find in this book.

Parkour, a new movement culture from France, is all about moving as efficiently as possible between points A and B by sprinting fluently over obstacles. The sport of Freerunning has developed from it, involving developing and showing off the true creative, extreme, flying, 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 circle and outdoor training. All the most common tricks from the same are listed for reference in English and French. History, philosophy, rules of behavior, training advice based on the latest sports science knowledge, interviews from the same about motivations and trends, advice for schools and explanations of competitions and competition criteria are a few examples of the book’s contents.

The authors

Jaan MEYER is a graduate in sports science and now works as a school teacher. He discovered the Free Artistic platform in 2003, and, two years later, Parkour and Freerunning. He then went on to look at a Free Artistic instructor.

Ilona E. Gerling is a university lecturer at the German Sports University in Cologne and speaks at international gymnastics congresses and forums. She discovered Parkour for herself in 2003 and was the first university lecturer to teach it to sports students. Ilona introduced Parkour to the German Gymnastics Federation in 2004. Furthermore, she is an author of a number of books on gymnastics.

Alexander Pach was a former German premier league gymnast and graduate in sports science. He is the founder and owner of the "Move Artistic" (2003) in Cologne-GER, European expert in Parkour, "Freerunning, Tricking and Slacklining."
This book has been carefully prepared. However, neither the authors nor the publisher can be held responsible for any harm or injury that may result from this information it contains.
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We are very pleased to introduce the English language version of the book *Parkour & Freerunning – Discover Your Possibilities*. As Founders of the U.S.-based World Freerunning Parkour Federation (WFPF), we have watched with enormous satisfaction as the sport, the art and the lifestyle known as Parkour has made its way into the hearts and imaginations of Americans of all ages and backgrounds. From Sébastien Foucan’s amazing opening chase scene in *CASINO ROYALE* to David Belle’s first New York visit in 2007, to the success of the WFPF series MTV’s *ULTIMATE PARKOUR CHALLENGE* in the summer of 2010, awareness of Parkour has been growing exponentially across America. Though we lagged behind the rest of the English-speaking world for five years or more, Americans are now making up for lost time. In fact, there are now few towns anywhere in the U.S. that can’t boast at least one local freerunner testing his environment and his abilities, and posting his videos. And just try walking down the streets of New York with some of the top WFPF athletes without collecting a crowd of awestruck onlookers, as the likes of Tim Shieff, Oleg Vorslav, Jason Paul, Phil Doyle and Ben Jenkin lashay from scaffold to scaffold, flying through the air and landing in a precision on a bar ten feet off the ground! The WFPF is now a family that reaches around the world, embracing the beauty, the grace, the discipline and the philosophy of the Parkour phenomenon. We’ve coined a phrase that sort of sums it up for us, “Know Obstacles! Know Freedom!”

We hope this book will further your understanding of this amazing lifestyle, and the boys and girls, men and women who strive to practice it daily in all aspects of their lives.

*Victor Bevine, David Thompson & Francis Lyons*
Founders of World Freerunning Parkour Federation
WHAT PARKOUR MEANS TO ME

DANIEL ARROYO (USA)

I stand with my every sense attuned to the surroundings by which I am supposed to be bound! Rapidly moving to the point that I feel the wind briefly transit across my body! My every step carefully placed so that the approach to each barrier will flow leaving no trace of fault! I run so that everything that would normally clutter the confines of my personality gives way, leaving a blissful void, the only thing in perspective the next obstacle I will overcome as I carve a path that would normally detour another! My heartbeat’s rhythm is balanced with every breath and I am in rapture, distracted only by the joy of boundless freedom! In unique unison, my limbs propel me effortlessly and I know I was made to do this my whole life! In the beginning, I moved just because it was fun, but now what was once just a game has become an art that carries me through reality in a state of balanced imagination! Call it what you want, but ultimately, none of the words matter; it’s the feeling that overcomes your mind that is the essence of our art of movement, this obsession that unshackles me from everything earthbound! This is the passion in which I find the love that will never let me down!

SAM KILBY (NEW ZEALAND)

Affiliate Athlete of the WFPF

Parkour for me has been a step change in the way I view life and interact with others. It has given me discipline to train, confidence in life and myself and camaraderie with fellow participants. It allows me to be free, and express the way I feel. I learn from my mistakes allowing myself to know what I did wrong and to get back up and do it better the second time. Parkour has given me lifelong friendships and it has allowed me to be part of a national New Zealand Team “Invictus” and also part of the WFPF (World Freerunning Parkour Federation) as an affiliate member.

Parkour is a massive part of my life and what I am most passionate about!
ETHAN SCARLETT (NEW ZEALAND)
Affiliate Athlete of the WFPF

After the passing of my sister in late 2007, I went through a lot of depression in life and was searching for something to bring me out of it. When I found Parkour, I was introduced to a new outlet for my emotions.

Parkour to me represents freedom, joy and happiness, and this is what has driven me to continue to progress through not only my environment, but also life itself. Rails, walls and rooftops are no longer boundaries, but instead have now become part of my playground. This playground also exists in my mind as I mentally push myself further than I ever thought possible. The feeling of freedom and happiness that Parkour gives me is addictive and therefore has created a new way of life for me. This way of life is agreed upon within the Parkour Community worldwide, creating a diverse and unique family bond between all practitioners.

Though I may have lost one bond in my life, Parkour has helped me gain many more. To turn back now is not an option.

YOANN LEROUX (FRANCE)

For me Parkour is a life experience, an evolution which nourishes the self and the personality of the person who practices it. Above all else, it is a physical and mental method to prepare our body and spirit, which sharpens our senses of touch, sight and reflexes. The body forges and sharpens itself like a weapon which should not be used to its maximum except in the case of absolute necessity by its owner. For me, someone who uses it in all its forms, whether it be freestyle or utility, it remains for me an art, a passion, a vocation.

The generations evolve, Parkour evolves, but the basis of Parkour stays the same. At this point, we can’t change the older generation, so it’s up to the new generation to take up the baton and move, without any second thoughts, as a new Parkour emerges and evolves.
I can’t define Parkour, or frame it, but to me Parkour means creating a mix of Urban Arts, which mix together to create one’s own personal style. Martial Arts, Dance, Acrobatics all mix together with Parkour creating a kind of „sandwich” which I like to call „Free-style Parkour”. Parkour is the bread and the other Urban Arts are the ingredients that you choose to put between the two slices!

And the best thing about Parkour is the „lifestyle” as we experience this lifestyle every moment, every second of the day as we are not only a family, but a community which pushes its limits whether it be against oneself or against the street.

TIM SHIEFF (UNITED KINGDOM)

Parkour to me is like flight mastery for those brief amounts of airtime that gravity allows us humans. It is total kinesthetic awareness and confidence that you have control in any situation, be it 6 inches off the ground or 15 stories up, standing, upside down or backwards. It’s knowing just how long you’re going to be in the air, recognizing all the different possible movements you could do with your body in that time and continuing your flow through to your landing.

Parkour in its most expressive form is the physical art created when you combine extreme environments with the limits of the human body. I’ve got two arms, two legs and a brain; parkour utilizes all of these, the limbs for movement and the brain for creativity. People use their legs to get to and from work, but in-between they forget they have them, which to me seems like such a waste when we have so much potential. Parkour is about finding that potential. I feel it has similarities with many other art forms, such as skateboarding, b-boying, capoeira. But for me the art I most like to compare it to is ballet, with its flawless fluid movement from one position to another. The main difference between the two is the speed of the movements, but when slowed down parkour can appear to be just as controlled, seamless and fluid as ballet.

Most of all, Parkour is about approaching life with a certain mental attitude, teaching you how to know your limits and how to transcend them. Parkour continues to teach me about commitment, decision-making and ironically, it keeps me grounded!