



The Parkour and Freerunning Handbook

By Dan Edwardes, Parkour Generations

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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.

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The Parkour and Freerunning Handbook By Dan Edwardes, Parkour Generations Bibliography

- Sales Rank: #98321 in Books
- Brand: Edwardes, Dan
- Published on: 2009-08-18
- Released on: 2009-08-18
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 7.25" w x .50" l, .78 pounds
- Binding: Paperback
- 144 pages

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Editorial Review

From the Back Cover

Join the movement

Combining 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!

Users Review

From reader reviews:

Stephanie Rodriguez:

Information is provisions for people to get better life, information currently can get by anyone on everywhere. The information can be a understanding or any news even a huge concern. What people must be consider while those information which is inside former life are hard to be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you find the unstable resource then you get it as your main information there will be huge disadvantage for you. All those possibilities will not happen in you if you take The Parkour and Freerunning Handbook as your daily resource information.

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Clara Brownfield:

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