

PARKOUR....

Goofing Around....or Something More???

BY Jessica Drees
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Executive Summary

Have you ever seen someone dodging bullets while running away in a movie? How about how video game soldiers moving through a bombed out building while trying to avoid being spotted by the enemy? Isn't it cool how they go from a run, into a tumble and back into a run again without missing a beat? How about how they can appear to effortlessly jump from building to building or between objects or swing around a bar and continue running as they hit the ground? Have you ever seen someone running across the park and suddenly run up a tree trunk, flip off backwards and continue running as he or she lands? This person is free running- or participating in the sport called Parkour.

The person in the park has been looked upon by some as an aimless kid with nothing better to do, up to no good and probably going to end up injured or damaging some ones property. It's unfortunate that a few inconsiderate individuals have given the sport a bad image. Parkour is a sport that requires a great deal of skill, practice, concentration and the majority of those who participate in it are knowledgeable, responsible and considerate.

A person who practices Parkour might reassure a skeptical bystander by telling them:
Parkour isn't just something people do to kill time- There is much gym time required to learn and perfect the different moves before the move is tried outside.

There are Parkour competitions but most are held in Europe. Many cities in Europe have parks, or parts of parks dedicated to Parkour.

A person that participates in Parkour is called a traceur.

It is legal to do Parkour in public areas but trespassing laws apply on private property just as they would if you walked into the area.

In public areas, Parkour participants need to be respectful of public property because if something is damaged, vandalism laws apply.

In addition to practicing Parkour skills, people who participate in this sport also make sure to stretch prior to doing Parkour and do other strength and endurance training to increase their ability in
as well as to prevent injuries.

Parkour

Even with proper precautions, muscle and joint injuries are common. Participants must concern themselves with keeping hydrated, just like with any other physically demanding sports.

Parkour experts have trained soldiers, actors and have been “models” for video game designers programming moves for characters in the games.

David Belle is considered to be the founder of Parkour. He has been in many movies and documentaries about the sport.

Parkour is a very complicated and difficult sport and to participate in a safe manner and to be good at it you must focus on building muscle and remaining flexible as well as learning the techniques of the various moves. The moves can come in the form of running, jumping, climbing, rolling and swinging from an object- just to name a few. Because of the complexity and danger in the sport, new participants should always train with someone experienced in Parkour and should always train in a safe environment until their skills are perfected.

When watching an experienced Parkour participant, some people have compared it to a beautiful art form and have been amazed at how “fluid” and effortless the movements seem. Others have commented that it looks so peaceful and free. It is obviously a sport that takes much skill and practice to do safely and well. It is important that participants also perfect the skill of “public relations” so the public remembers what an amazing and beautiful sport it is and will welcome the sport in the parks and other public areas and not remember- or ever witness- a participant scaring a child, damaging property, running into someone on a sidewalk or becoming injured trying a move that had not been perfected prior to trying it outside a gym. Fortunately most participants are responsible and respectful and take their sport very seriously.

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- What is Parkour?
- "Parkour" means the act of moving.
- It's also called Free Running.
- Its a unique kind of urban gymnastics with French origins.
- It could be considered a sport, an art, physical training or just for fun.
- When training for parkour, you are teaching your body to perform specific movements, vaults, balance, jumps, and safe landing techniques for huge jumps or falls.
- What to Wear?
- Just wear something comfortable
- Durable shoes are important
- If you are in a gym you won't be able to wear your everyday shoes. You will need a pair to wear only in the gym. Some people choose to go barefoot in the gym instead.
- How does someone get started doing Parkour?
- Locate a Parkour group if there is one in your area or contact a gymnastics club to learn Parkour moves from someone with experience.
- Practice and perfect your moves in a safe environment, such as a gym, before trying them in a park or other public area.
- Always do Parkour with another person in case an "unexpected result" of a move occurs!
- Some Basic Tricks
- Pk roll-basic roll
- Under bar-to swing under a bar
- Speed vault- jumping over a wall as fast as possible
- Precision jump- jumping from one small place to another small palce
- PICS
- The Cedar Rapids Parkour Group
- CJ Flynn Executive Director Co-founder of Iowa Parkour.
- Created, designed, and now update website and Facebook page, currently organizing parkour groups in Iowa, marketing and public relations.
- Keith Brooks Co-founder of Iowa Parkour
- Video editor and Instructor

website

<http://www.crpkmovement.com/>

- Parkour in the Movies
- Most action movies use parkour moves
- YouTube videos of CRPK

Parkour/Free running (Gym & Spring)

<http://youtu.be/ROPTgYuZ0Ro>

Crazy Parkour, Flips, and Tricks

http://youtu.be/A_jaGIsKMck

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