



Gravity is just a theory: Ultimate Parkour & Freerunning Handbook

William Robinson

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In this ebook, you'll find a huge compentium of information to help jumpstart your parkour journey. This book contains concise precise illustrations for the teaching of all basic techniques, easy to follow movement breakdowns and methodical tips for indoor and outdoor training. The increasing number of followers of the two movement cultures, Parkour and Freerunning, have given rise to the need for safe, methodical orientation, which the reader finds in this book. This makes this ebook a must read for all the new followers of parkour.

WHAT IS PARKOUR?


Parkour is an art form of human movement, focusing on uninterrupted, efficient forward motion over, under, around and through obstacles (both man-made and natural) in one's environment. Such movement may come in the form of running, jumping, climbing and other more complex techniques.

The goal of practicing le parkour is to be able to adapt one's movement to any given scenario so that any obstacle can be overcome with the human body's abilities.

Are you ready to take the red pill? There's no turning back. Welcome to the world of parkour, where you will tap into your inner child and accomplish things you never thought possible.

ABOUT THE AUTHOR

The author of this ebook, William Robinson has about eight years experience in fitness and nutrition and he is a parkour practitioner for past five years. Being apart of parkour communiy, he too passes on collective knowledge and experience of Parkour practice through personal training, group sessions, indoor and outdoor classes, international seminars and also runs a highly successful school programme. This ebook contains a collection of thoughts, experiences, articles and personal training programmes on parkour and their detailed compendium to serve as a full guide to parkour/freerunning. We hope you enjoy the journey.

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