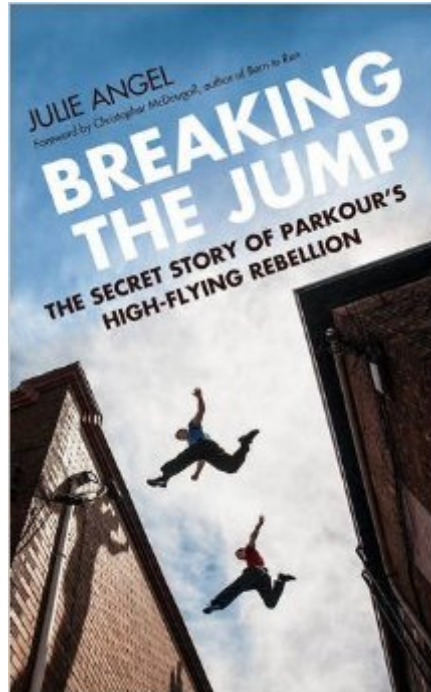


The book was found

# Breaking The Jump: The Secret Story Of Parkour's High Flying Rebellion



## Synopsis

From its humble origins in the backstreets and rooftops of Paris's urban jungle, to the tops of London and New York's skyscrapers, Parkour has become an adrenaline-fuelled implosion on the urban landscape. But more than a sport that most jaw-dropped onlookers can hardly comprehend, Parkour is an exploration of movement and a return to our body's natural ability to run, jump, hang and move with fluidity. For the first time, Julie Angel tells the story of Parkour's beginnings - the diverse, intriguing and unusual characters who went to the rooftops, hung off the stairwells and drain pipes as they trained through the night, often risking their lives and created something that has become a worldwide phenomenon. *Breaking the Jump* tells the unknown story behind Parkour's rise, and asks what is it that drives those who stand on the edge and think 'go'.

## Book Information

Hardcover: 304 pages

Publisher: Aurum Press Ltd (July 1, 2016)

Language: English

ISBN-10: 178131554X

ISBN-13: 978-1781315545

Product Dimensions: 5.5 x 1 x 8.8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #59,091 in Books (See Top 100 in Books) #24 in [Books > Sports & Outdoors > Extreme Sports](#) #94 in [Books > Sports & Outdoors > Miscellaneous > History of Sports](#)

## Customer Reviews

This is the Parkour book I've been waiting for. It deals with the most interesting, and least well-documented, period of Parkour's history and does a great job balancing the historical narrative with fun and inspiring anecdotes from the founders' training. It also tells a very different story from the one many people know, and covers the separation of David, Seb, and the Yamak like nothing else ever has. It's a seriously invaluable resource for anyone that is interested in the story behind Parkour. I've never read a book that tempted me to get up in the middle of the night and go train the way this one did. The spirit, passion, and strength of character that the original practitioners had shines through in this book at a time when we as a community definitely need a reminder of it. No cameras, no bulls\*\*\*, no fancy cross-training programs...just a bunch of friends pushing themselves as hard as they could every single day. The book does a good job avoiding the pitfall of nostalgia,

which is always hard to do in Parkour. It also felt like a VERY accessible read, even to non-practitioners or practitioners who may not align themselves with the values of the original group. If you've been wavering over whether or not you should purchase this book, stop now. Anyone who feels passionately about Parkour, freerunning, or Art Du Déplacement should consider this an absolutely essential read. It's the first "real" (in that it isn't a guide or handbook but delves into the history, psychology, and culture of the movement and individuals who created it) Parkour book to me, so go check it out. It's an amazing contribution to the community and overall body of Parkour knowledge available. -Max Henry

Definitely an invaluable contribution to the parkour community. I learned many new things about my passion and I found the storytelling to be top notch as well. I will be making this book required reading for all parkour coaches in my APEX Movement and ParkourEDU networks.

in this unique book, Julie Angel managed to gather stories from the origin of Parkour that no one ever heard before. Her anthropological work combined with a sense of being in the moment/ in the (hi)story of those who created the uniqueness of that discipline makes that book a must-have for any Parkour/ freerunning practitioners, beginners and advanced alike. From childhood friends, to death defying games, to how they made a living out of their socially surreal way of living, Breaking the Jump covers it all in a very raw and straight forward way, yet mystical and surprising; underlying a part of the discipline that has been forgotten, or should I say unknown from most of today's practitioners. Beautiful work Julie !!!

My new favorite book. I've practiced parkour since 2009. This book gave a clear and engaging picture of its history, and made me throw on my shoes and go train! I'm an older traceur, and the personal dialogues the author shares about her own self-doubts match my own. I found myself cheering when she "broke the jump" herself! The writing is as rock solid as the extensive research. If you want a solid understanding of parkour's origins and terrific motivation to go train as hard as you can, get this book! You'll love it!

What should have been an exciting story is here marred by shockingly amateurish writing. The prose makes use of repetitive, sophomoric descriptions of what the early parkour athletes were thinking as they explored new challenges, giving her narrative a terribly artificial even phony feel. It was particularly difficult to read this on the heels of Christopher McDougall's Natural Born Heroes,

since his prose is vibrant and fresh (and all the more disappointing in that he wrote the forward to this book). I literally couldn't keep going after about half way. The press should have copy edited this much more professionally.

An incredibly interesting and enjoyable read, couldn't put it down. It was fascinating to read about the history and roots of Parkour, and to get insight on who was behind it and how their lives and relationships progressed. Showed the humanity and spirit of the founders, but also brought to light the meaning of community and strength for the people who train Parkour and what it means to them.

One of the pleasures of Julie Angel's storytelling is that each sentence has oxygen fueling a narrative born out of a love for the beauty that is Parkour. The reader will be surprised that the form and structure of Parkour are not limited to motion, strength, agility or even being brave. On reading this book it becomes apparent that Parkour is a way of life. Parkour helps each human to build a foundation upon which they can contribute and share in a meaningful way to family and community and do so with love and goodwill. Angle in her effortlessly eloquent prose demonstrates a verve and panache that informs the reader that this is a book about the story of living, about human and personal evolution. Elsewhere Angle combines accurate, here before untold, history of Parkour, personal knowledge of the key players and first-hand experience of same placing her in a unique position to tell this story. Breaking the jump is a triumph.

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

Breaking the Jump: The secret story of Parkour's high flying rebellion  
How to Dunk if You're Under 6 Feet Tall - 13 Proven Ways to Jump Higher and Drastically Increase Your Vertical Jump in 4 Weeks (Vertical Jump Training Program)  
High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI)  
The Parkour and Freerunning Handbook  
Beginner's Handbook to Parkour and Freerunning  
The Ultimate Parkour & Freerunning Book  
RISE of the MACHINES: Secret Weapons, Secret Wars, & Secret Agendas  
The Diary of Nannie Haskins Williams: A Southern Woman's Story of Rebellion and Reconstruction, 1863-1890 (Voices Of The Civil War)  
Turning Money into Rebellion: The Unlikely Story of Denmark's Revolutionary Bank Robbers  
500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds!  
Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes

for High Fiber Foods Disaster on the Horizon: High Stakes, High Risks, and the Story Behind the Deepwater Well Blowout The Free eBay Products Worth Thousands that You Can Sell Today: Jump-start Your Online Selling Career with the Surprisingly Valuable Merchandise Lying Around Your Home Easy Low Carb Living Cast Iron Cookbook: 48 Tasty Low-Carb Cast Iron Skillet Recipes For Jump-Starting Weight Loss Natalie Jill's 7-Day Jump Start: Unprocess Your Diet with Super Easy Recipes; Lose Up to 5-7 Pounds the First Week! Fat Fast Cookbook: 50 Easy Recipes to Jump Start Your Low Carb Weight Loss The Atkins Essentials: A Two-Week Program to Jump-Start Your Low Carb Lifestyle Jump Attack: The Formula for Explosive Athletic Performance, Jumping Higher, and Training Like the Pros Jump Off (Show Jumping Dreams ~ Book 22) 5 Easy Tips to Jump Start Your Toddler's Speech and Language

[Dmca](#)