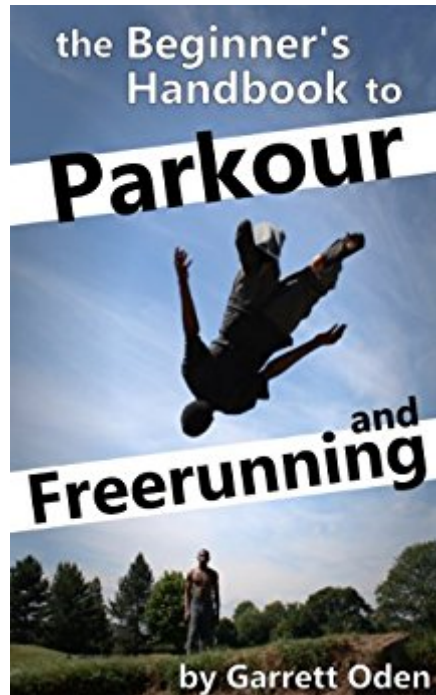


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# Beginner's Handbook To Parkour And Freerunning



## Synopsis

Want to learn parkour and freerunning? It's not difficult, but can be daunting when sifting through dozens of pages on Google. The Beginner's Handbook to Parkour and Freerunning fixes that problem, with a complete get-started guide in just a few pages! Here are some of the things included in this handbook:

1. Explanations of parkour and freerunning
2. How to train
3. Movement guides to 15 parkour and freerunning moves
4. How to find locations to train
5. Guide to Gear and Clothing
6. Training with other people
7. Games to play while training
8. How to handle authority
9. Safety tips
10. Lots more!

The Beginner's Handbook to Parkour and Freerunning is all you need to go from noob to trainer. With a little well-organised knowledge, you'll be jumping walls in time! Everything you need to know in order to begin your journey as a parkour practitioner is held within this book's pages. So what are you waiting for? Check it out!

## Book Information

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## Customer Reviews

For starters, I've trained parkour for the same amount of time as the author and still an active member of the Parkour community, so the terms and jargon is familiar to me. Having read at least five other parkour handbooks, this one does the job well enough. Oden offers a pretty solid

foundation for the sport and its techniques; however I felt that the book could have been organized a bit more. As an English graduate student, I'm not going to nitpick at all the syntax errors, but I would have liked to see some clarity and parallelism in Oden's sentences. Using the bullet lists are a nice concept, but I preferred if the author would have used colons before listing off his topics. The last nit-picky item is that television shows and documentaries Oden mentions like "Ninja Warrior" and "Jump London" should have been in italics, not called something else. All the grammatical errors covered, Oden writes from the collective first person to involve the reader as if Oden is teaching a parkour seminar. That was a bonus I loved about his writing. The tone is straight forward and informative, with a few jokes here and there. Topic wise, I would love to see more research down about the origins of Parkour and the differences in Opinion between Belle and Sebastian Foucan that caused the split towards Freerunning vs Parkour. Oden's organization pattern was decent and great for a short overview, but All the pages seemed like an giant overview. I felt that Oden had more to include, but he didn't want to overwhelm beginners with a lot of information, so I'll cut him some slack on his chapters. The links to the tutorials adds points to the positive qualities of this E-book.

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