

## The Benefits Of Parkour

- Parkour like any sport increases fitness, however unlike football, tennis, skateboarding and most other sports requires nothing but the 'traceur' (free runner) so it can be performed anywhere with enough practice.
- Anyone of any age can try it, if you can run and jump you can do Parkour it's all a matter of training from there.

## Disadvantages Of Parkour

- There are very few places to practise Parkour safely so kids will attempt the stunts seen on television anywhere they can.
- Due to a lack of education into the sport children and teenagers are increasingly attempting these stunts on roofs and around crowded public areas, causing problems for members of the public and the traceur if they are on private land.
- Injuries can easily be sustained during outside unsupervised practise from jumping from too high, landing awkwardly and tripping which can all be avoided with enough training in a safe environment

## Health issues

The majority of the British population know about the increase in childhood obesity and carries on shifting blame from computers to television to games consoles to children's lack of imagination however only a small minority are trying to do anything to help, I wish to set up a street sports organisation aimed at funding general youth activities such as Parkour Basketball, Skateboarding etc, if you have any information or can help in any way please contact me on the number below.

## Teenage Violence

I am not saying Parkour is the end to street violence but a large amount of youth violence offences are committed by children who were 'bored' or claimed to have 'nothing to do' and so I believe that if we are to reduce the numbers of youth attacks then we need to help them find something to do that they want to do.

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# 5 Valleys

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## FreeFlow

## Parkour and Free Running in the local Stroud Area



Parkour is a rapidly increasing sport; however facilities for the sport are slow on the move. Kids in Stroud are taking the sport in their stride but don't know about all the risks they are taking. Parkour and free running on roofs, classes as trespassing, and can some times be reported, landing people in much more trouble than they expect. Damage of property is counted as criminal damage and can cost thousands in repairs costs and any personal injury caused while free running can stop you free running for up to 6 weeks.



Parkour has received very mixed views from the media some in favour of the activity and how it is helping to inspire young people but needs to be made safe, and others disagree, because of their assumption that all Parkour is solely done on roofs which is where our problem arises with the lack of people showing interest in it's development means that there is much less backing and support for the sport.



Free running... Parkour daredevils flirting with danger. / The Daily Telegraph

## **“Parkour**

Have you wondered at TV footage of agile young people jumping off street furniture, running up walls and gracefully tumbling off buildings? This is the street sport of Parkour (sometimes know as PK). In France where it originated it is known as Parkour or ‘part du déplacement’ – the art of displacement – filling the spaces between things. The aim is to move from point A to point B as efficiently and quickly as possible, using principally the possibilities of the human body. A practitioner is called a ‘traceur’. The focus on efficiency means that a traceur moves as fast as he can, but in a way that is the least energy-consuming and the most direct. It is skillful and can look stunning.

An action sequence in the James Bond film, Casino Royale, is a roof-top chase that includes many aspects of Parkour. Parkour takes practice, fitness, skill and above all – great care. There are lots of internet sites dedicated to Parkour or free running.”

- [www.sportengland.org](http://www.sportengland.org)

Find out more:

[www.parkourcoaching.com](http://www.parkourcoaching.com)

[www.urbanfreeflow.com](http://www.urbanfreeflow.com)