PARKOUR

PARKOUR
MOTION

WHAT IS PARKOUR

Parkour is a physical discipline that involves moving efficiently and effectively through obstacles in one's environment using only the human body. It emphasizes skills such as running, jumping, climbing, and vaulting, to overcome obstacles with speed and fluidity. Parkour practitioners, often called traceurs, develop strength, agility, and mental focus through training. Parkour is not just a sport or exercise but also a philosophy that encourages creativity, self-expression, and overcoming mental and physical challenges.
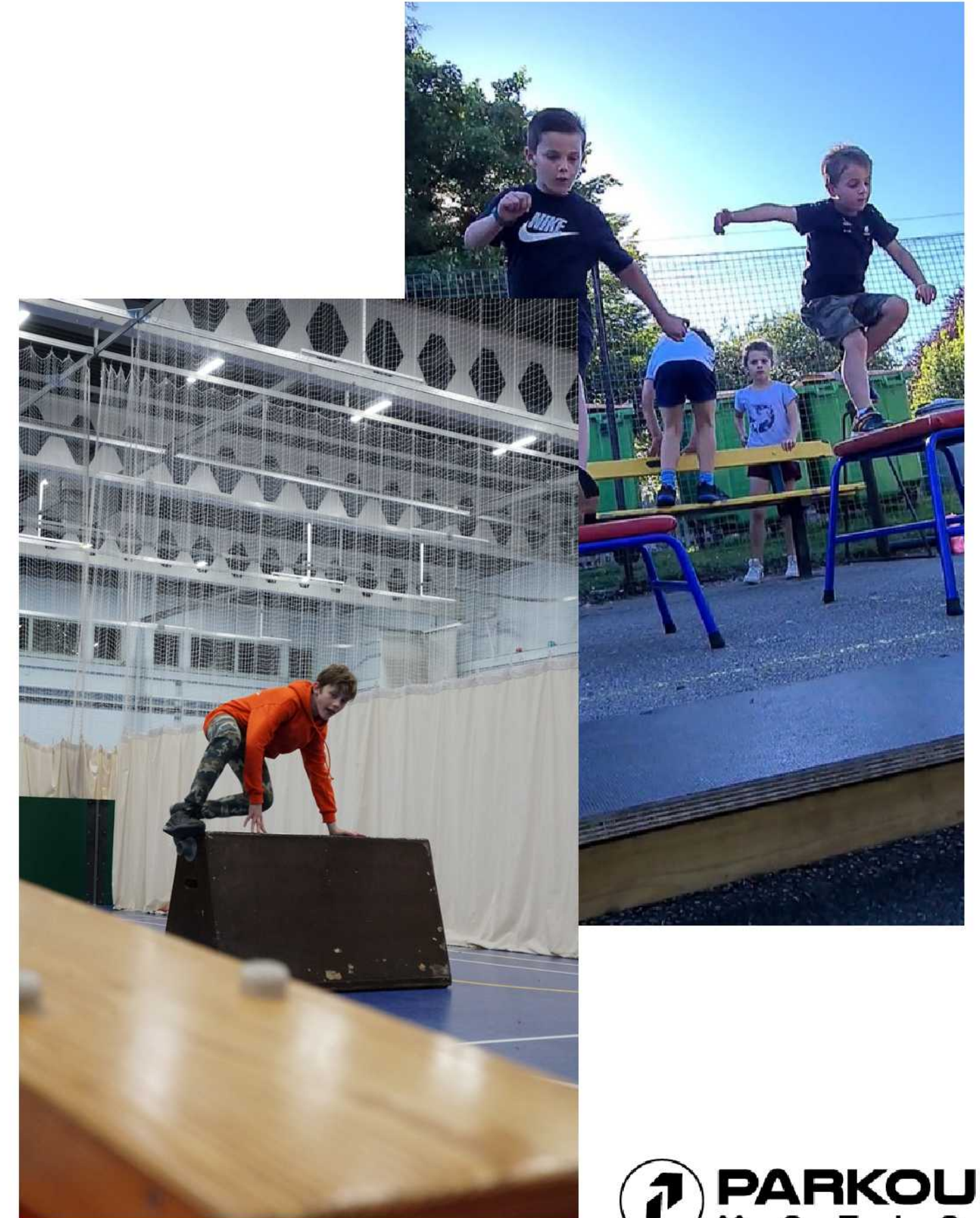
PARKOUR
M O T I O N

HISTORY

DAVID BELLE

Parkour was introduced and developed by David Belle (french) in France. David developed his skills through his father, Raymond Belle, a former soldier and firefighter who practised a similar discipline called "parcours du combattant."

Parkour was officially named by him and his group, who aimed to create a discipline focused on efficient movement through urban environments, emphasizing speed, agility, and adaptability. Belle's philosophy behind parkour emphasizes overcoming physical and mental obstacles, self-discipline, and the importance of helping others.

David Belle's innovative approach and his role in spreading parkour through films, documentaries, and media appearances have made him a prominent figure in the parkour community and a key influencer in the development of the discipline.

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PRINCIPLES & PHILOSOPHY

Discipline & Respect

Parkour requires dedication, perseverance, and discipline to master its techniques and overcome challenges. Practitioners cultivate mental strength, focus, and determination through consistent training and practice.
It emphasizes respect for oneself, others, and the environment. Practitioners strive to maintain a positive attitude and show consideration for others.

Safety & Creativity

Practitioners prioritize proper technique, controlled movements, and gradual progression to minimize the risk of injury. They also learn to assess risks and make informed decisions about when and how to attempt movements.
Practitioners are encouraged to explore different movement possibilities and find their own unique style through individual expression and creativty

Efficiency & Adaptability

finding the most efficient way to navigate obstacles and terrain.
aim to develop a versatile skill set that allows them to adapt to various challenges and environments. They learn to assess and respond to obstacles in real-time, adjusting their movements accordingly.

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TRAINING & BENEFIT

TRAINING

- Parkour training involves a progressive approach, gradually increasing the difficulty and complexity of movements as practitioners improve.
- Parkour requires not only physical prowess but also mental fortitude. Training challenges practitioners to overcome fears, develop focus, and cultivate problem-solving skills. By pushing through mental barriers and facing physical challenges head-on, practitioners build confidence, resilience, and a positive mindset that extends beyond parkour into other areas of life.

- Improve physical fitness
- Enhanced coordination and balance
- Mental Health benefit
- Longevity and sustainability
- Boost confidence
- Community and social interaction

- Enhanced flexibility & mobility
- Better cardiovascular health
- Increased energy level
- Sense of accomplishment
- Improve strength & endurance
- Injury prevention

BENEFIT

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MOVEMENT & TECHNIQUES

Jumping

Involves propelling oneself off the ground to clear gaps, obstacles, or heights. Different types of jumps include precision jumps (landing accurately on a specific target), broad jumps (covering a wide distance), and vertical jumps (reaching heights). It provides an engaging and dynamic way for children to stay physically active, promoting a healthy lifestyle and a love for movement.

Vaulting

Vaulting involves using one's hands or legs to propel over obstacles such as rails, walls, or barriers. Common vaults include the lazy vault, speed vault, and kong vault. Vaulting exercises improve agility and coordination as children learn to coordinate their movements to clear obstacles efficiently. It encourages creativity as children explore different ways to navigate obstacles and express themselves through movement.

Climbing

Climbing requires strategic thinking and planning to navigate obstacles effectively, promoting problem-solving and critical thinking skills in children. It helps children develop spatial awareness and proprioception, improving their understanding of their body's position and movement in space.

Balancing

Balancing exercises help children develop better coordination between their muscles and senses, enhancing their ability to control their movements. It requires focus and concentration, which can improve a child's attention span and ability to stay engaged in tasks.

Swinging

Swinging is a dynamic movement in parkour that involves using momentum to traverse gaps or obstacles by hanging from or swinging on bars, poles, or other structures. Swinging exercises build grip strength as children hold onto bars or other structures, contributing to overall upper body strength and coordination.

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