



## The Ultimate Parkour & Freerunning Book (2nd edition)

By Ilona E. Gerling, Axel Pach, Jan Witfield

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, The Ultimate Parkour & Freerunning Book (2nd edition), Ilona E. Gerling, Axel Pach, Jan Witfield, This new and improved edition of "The Ultimate Parkour & Freerunning book" contains precise illustrations for the teaching of all basic techniques, easy to follow movement breakdowns and methodical tips for indoor and outdoor training. All the most common terms from the scene are listed for reference in English and French. History, philosophy, rules of behavior, training advice based on the latest sports science knowledge, interviews from the scene about motivations and trends, advice for schools and explanations of competitions and competition criteria are a few examples of the book's contents.

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