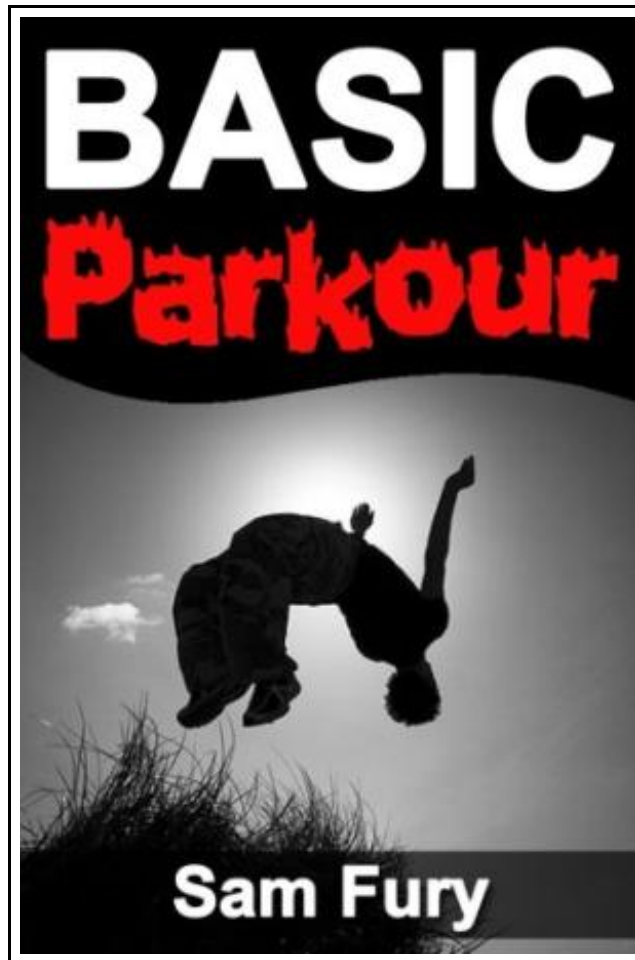


Basic Parkour: Basic Parkour and Freerunning Handbook (Paperback)



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Here is the finest publication we have read right up until now. It is actually written in easy words instead of difficult to understand. It's been written in a remarkably easy way in fact it is only right after i finished reading this book in which basically changed me, modify the way i really believe.
(Prof. Vanessa Smitham V)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Shumona Mallick (illustrator). 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How Easy it is For You to Start Learning Parkour and Freerunning! Basic Parkour: Basic Parkour and Freerunning Handbook will teach you all the basics you need to learn parkour. Learning Parkour is not as hard as it looks, and it is also a fun and exciting way to keep super fit. All you need to do is learn a few basic parkour skills and then practice. Note: Survival Fitness by Sam Fury contains all the information in Basic Parkour plus a whole lot more! Inside Basic Parkour * Learn the core skills needed for parkour training. * Easy to follow step by step instructions that anyone can follow - No prior knowledge or experience of parkour and freerunning needed! * Simple and clear pictures so you can easily see exactly what you have to do to perform these basic parkour techniques. Basic Parkour Covers the Following Parkour and Freerunning Techniques * How to gain superior balance. * How to land safely with minimal impact to your body. * Correct rolling techniques. * Pinpoint jumping precision. * The best ways get up, over and between walls. * Fundamental parkour techniques such as vaults, cat passes and underbars. . . and much, much more! Get your copy of Basic Parkour and start your exiting parkour and freerunning journey TODAY! Basic Parkour Bonus Get access to all the latest Survive Travel publications FREE! Check Out What Others are Saying About Basic Parkour ***** This book is an excellent primer for anyone who wants to get into parkour as a hobby. All the basic moves are given in great detail, with pictures for easier...



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