

Basic Parkour Basic Parkour And Freerunning Handbook

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Deviant Leisure - Thomas Raymen 2019-09-28

This book brings together a collection of critical essays that challenge the existing dogma of leisure as an unmitigated social good, in order to examine the commodification and marketisation of leisure across a number of key sites. Leisure and consumer culture have become symbolic of the individual freedoms of liberal society, ostensibly presenting individuals with the opportunity to display individual creativity, cultural competence and taste. This book problematizes these assertions, and considers the range of harms that emerge in a consumer society predicated upon intense individualism and symbolic competition. Approaching the field of commodified leisure through the lens of social harm, this collection of essays pushes far beyond criminology's traditional interest in 'deviant' forms of leisure, to consider the normalized social, interpersonal and environmental harms that emerge at the intersection of leisure and consumer capitalism. Capturing the current vitality and interdisciplinary scope of recent work which is underpinned by the deviant leisure perspective, this collection uses case studies, original research and other forms of empirical enquiry to scrutinise activities that range from alcohol consumption and gambling, to charity tourism; CrossFit training; and cosmetic pharmaceuticals. Drawn from researchers across the UK, US, Europe and Australia, Deviant Leisure: Criminological Perspectives on Leisure and Harm represents the first systematic attempt at a criminological consideration of the global harms of the leisure industry; firmly establishing leisure as a subject of serious criminological importance.

Basic Wing Chun Training - Sam Fury 2015-07-05

Teach Yourself Wing Chun Adapted for the Streets! This is Wing Chun martial arts training as modern self-defense. It starts with Wing Chun techniques for beginners and advances up to sticky hands (Wing Chun Chi Sao). Anyone interested in martial arts will learn from these Wing Chun training techniques. Those who will benefit most are: * People who are thinking about learning Wing Chun Kung Fu but first want an insight * Those who want to know basic principles and techniques before joining a Wing Chun dojo * Beginners who want to supplement their training * Anyone that wants to learn how to adapt classic Wing Chun to the streets of today * Teachers of Wing Chun Kung Fu who want some ideas on training beginner students * Anyone that wants to self-train in Wing Chun Kung Fu You'll love this Wing Chun training manual, because it adapts a proven martial art to the streets of today. Get it now. Jam-packed with Wing Chun Training Techniques * The legendary Wing Chun punch * Arm-locks * Wing Chun strikes including punches, kicks, elbows, knees, and the chop * Trapping and grabbing * Interception and counter-attack * Repeating punches * Defending against common attacks and combinations ... and much more. Contains 42 Wing Chun Lessons and 97 Training Exercises! * Basic Wing Chun theory is embedded into practical lessons * Conditioning exercises to give your body the strength to do the techniques * Basic footwork for speed and balance * The Centerline Principle (a core concept in Wing Chun) * Wing Chun training drills for developing lightning fast reflexes * The direct line principle * Use of training equipment * Correct body alignment and weight distribution for greatest stability, speed, and power Learn Traditional Wing Chun Hand Techniques * Tan Sau (Dispersing Hand) * Pak Sau (Slapping Hand) * Bong Sau (Wing Arm) * Lap Sau (Pulling Hand) * Kau Sau (Detaining Hand) * Fut Sau (Outward Palm Arm) * Gum Sau (Pressing Hand) * Biu Sau (Darting Hand) Limited Time Only... Get your copy of Basic Wing Chun Training today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! This Wing Chun book is perfect for self-defense. It does not

rely on strength or physical size to be effective. Discover how you can adapt classic Wing Chun to the streets, because the traditional stuff doesn't work in a brawl. Get it now.

'race', Youth Sport, Physical Activity and Health - Symeon Dagkas 2020-12-20

'Race', Youth Sport, Physical Activity and Health provides a resource that addresses 'race' and racism in an accessible way by contextualizing theory with practical evidence-based examples drawn from global geographical and cultural settings. This is the first book to focus on issues of 'race' and racism in youth sport, physical activity and health. Drawing on critical race theory, intersectionality and post-feminism, and presenting a range of international empirical case studies, it explores racialization processes in pedagogical and non-pedagogical settings. The book examines how 'race' and racism in pedagogical settings shape young peoples' dispositions towards participation in sport and physical activity, and how identity discourses are being shaped in contemporary sport, physical activity and health. Essential reading for anybody working in sport and exercise studies, physical education, sociology or health studies.

Landscaping for Beginners - Andrew J Walls 2020-10-14

Are you ready to turn your yard into a beautifully landscaped paradise? Of course, you are! Before you dive headlong into making over your yard, you should consider where you live and how that impacts your options. This beginner's guide to landscaping will give you a step-by-step process to transform your backyard with gardening, hardscapes, and botanicals. Regardless of where you live in the United States, you'll need to know the basics of what plants, trees, and materials will hold up in your climate and weather conditions. This is an important step when it comes to ensuring that your landscape endeavors are successful and leave you with a feeling of pride rather than frustration. You've probably seen plenty of gardening and landscaping businesses in your area advertising that they can make all your landscaping dreams come true. However, the easiest and most economical way to transform your yard is to take on the landscaping and gardening yourself! Fortunately, you have Landscaping for Beginners, to be your guide. Not only will you be taken through the process of planning your perfect landscape, but you will have access to lists of plants, including fruits, vegetables, flowers, trees, shrubs, and even vines, that you can grow in your specific region. You'll be given ideas for constructing the best hardscapes for your climate and guidance about the materials that will ensure the longevity for your constructions. These tips and tricks also come with different design ideas so your creativity and imagination can conjure up the perfect landscape for your yard. Believe it or not, you are fully capable of designing and building exactly what you want in your yard. The best part about taking on a do-it-yourself landscape project is that you won't have to rely on someone else to make your designs a reality. Most landscaping projects don't even require a lot of specialized equipment, just the commitment to get it done! Do you have a small yard that you don't think is even big enough for a garden? That's okay, too! There are a lot of options for landscaping and gardening in small spaces, such as container gardening. So, regardless of what size your yard is, the skills you have, or where you live geographically, you can take the information in this book to completely makeover your yard. Use Landscaping for Beginners to make your yard the perfect place for your kids to play in, your friends and family to hang out in, and for you to hold your neighborhood barbeques in.

Basic Parkour - Sam Fury 2019-08-12

Teach Yourself Basic Parkour! Parkour is not as hard as it looks. All you need are a few beginner parkour exercises and practice. Inside this training manual you will discover all the basics you need. Start teaching

yourself parkour today, because it is a fun way to keep fit while learning lifesaving skills! Get it now!

[Mad Skills Exercise Encyclopedia](#) - Ben Musholt 2013-10-02

Mad Skills is the world's largest illustrated exercise encyclopedia and contains over 700 unique exercises to build strength and mobility. It is designed as a reference tool for athletes, trainers, and coaches, to help steer creative movement selection for effective workouts. Categories of exercise movements include: barbell lifts, kettlebell skills, gymnastics conditioning, whole body movements, yoga postures, stretching, partner skills, and more!

[Parkour](#) - Demi Jackson 2015-07-15

As a sport, parkour has only been around since the 1980s. However, it promotes a frame of mind often encouraged by snowboarders, skateboarders, and other extreme sports enthusiasts: see your environment differently and use it. Parkour athletes use their sport to get around doing anything but walking! Reader learns how parkour developed and also how it's practiced around the world. Full-color photographs showcase different moves, styles, and events. Readers are sure to be inspired by the free-spirited daredevils of parkour, highlighted by a playful layout and exciting fact boxes.

[Essential Parkour Training](#) - Sam Fury

Teach Yourself Parkour! This is a beginner's parkour training manual like no other. Essential parkour techniques are those which are safe to use on a whim. Like if you were running away from someone in an unfamiliar area. There are no fancy free-running movements in these parkour lessons. It starts with beginner parkour movement and parkour strength training. Then it progresses to harder parkour techniques. Learn parkour the safe way, because this is a comprehensive beginners training manual! Get it now. Step-by-Step Parkour Training Essential Parkour Training is a progressive parkour training manual. This is very important for safety and building confidence. * Each parkour lesson uses progressive parkour training steps. * Written in simple language and accompanied with easy to follow pictures where needed. This parkour book is split into 6 sections according to the type of movement: * Safety. Parkour is not a dangerous activity as long as you progress slowly. Do not take unnecessary risks, and learn the correct parkour safety techniques. * Warm-ups and Conditioning. Using basic parkour exercises such as balance and quadrupedal movement. * Running and Jumping. Parkour techniques to get you over or between obstacles without touching them. This section also includes explanations of parkour games and runs. * Vaults. The essential vaults needed to overcome any medium sized obstacle. Includes the safety vault, speed vault, kong vault, reverse vault, and more. * Wall Movement. Cat hangs, wall runs, and other movements to use when negotiating obstacles too big to vault. * Bar Movement. Bar focused movements that are not in previous sections. Includes laches, underbars, muscle-ups, etc. It covers all the parkour skills you need to get from one point to another as fast as possible! Parkour for Kids, Adults, Male, and Female * A basic parkour workout is a fun and challenging way to keep fit. * See the world around you in a new light. * Increase your imagination. * Overcome fear. * Build confidence. Limited Time Only... Get your copy of Essential Parkour Training today and you will also receive: *Free SF Nonfiction Books new releases *Exclusive discount offers *Downloadable sample chapters *Bonus content ... and more! Discover the most useful parkour techniques to get you out of danger, because this is a training manual like no other! Get it now.

[Parkour Strength Training](#) - Ryan Ford 2016-01-02

In Parkour Strength Training, you will learn how to: - Accelerate your athletic development with three fundamental bodyweight exercises - Promote the flexibility and mobility necessary for safe obstacle-based fitness - Prepare and condition your joints to avoid injuries - Train safely outdoors - Remedy the common faults and errors that plague parkour newcomers - Incorporate ground-based exercises, such as quadrupedal movement, bounding, and jumping into your workouts - Use low obstacles such as benches, handrails, and walls for full-body strength training - Fly over barriers using three basic vaults - Mount, traverse, and overcome head-high walls and bar structures - Master proper climb-up technique using many supplemental exercises - Design an effective strength training program - Combine skill-based drills and games to become a more well-rounded practitioner - Dominate obstacle courses

[Paris and the Parasite](#) - Macs Smith 2021-06-08

The social consequences of anti-parasitic urbanism, as efforts to expunge supposedly biological parasites

penalize those viewed as social parasites. According to French philosopher Michel Serres, ordered systems are founded on the pathologization of parasites, which can never be fully expelled. In Paris and the Parasite, Macs Smith extends Serres's approach to Paris as a mediatic city, asking what organisms, people, and forms of interference constitute its parasites. Drawing on French poststructuralist theory and philosophy, media theory, the philosophy of science, and an array of literary and cultural sources, he examines Paris and its parasites from the early nineteenth century to today, focusing on the contemporary city. In so doing, he reveals the social consequences of anti-parasitic urbanism.

[Natural Born Heroes](#) - Christopher McDougall 2016-04-05

NATIONAL BESTSELLER • From the bestselling author of Born to Run comes a book that inspires us to unleash the extraordinary potential of the human body and climb, swim, skip, throw, and jump our way to heroic feats. "Redefines the heroic ideal, establishing heroism as a skill set rather than a virtue."—NPR Books Christopher McDougall's journey begins with a story of remarkable athletic prowess: On the treacherous mountains of Crete, a motley band of World War II Resistance fighters—an artist, a shepherd, and a poet—abducted a German commander from the heart of the Axis occupation. To understand how, McDougall retraces their steps across the island that birthed Herakles and Odysseus, and discovers ancient techniques for endurance, sustenance, and natural movement that have been preserved in unique communities around the world. His search takes us scrambling over rooftops with a Parkour crew in London, foraging for greens with a ballerina in Brooklyn, tossing heavy pieces of driftwood on a Brazilian beach with the creator of MovNat—and, finally, to our own backyards. "McDougall traveled to Crete to examine the physical and mental capacity of Greek war heroes [and] studied natural movement, endurance, and nutrition to understand how regular people are capable of extraordinary athletic feats.... We can all adapt the tools of the athletes featured." —Real Simple Look for Christopher McDougall's new book, Born to Run 2, coming in December!

[Basic Parkour](#) - Sam Fury

For the upgraded version of this training manual please search for: Essential Parkour Training by Sam Fury. Teach Yourself Basic Parkour! Parkour is not as hard as it looks. All you need to do is learn a few beginner parkour exercises and practice. Sam Fury's Basic Parkour will teach you all the basics you need to learn parkour. Discover how to teach yourself basic parkour, because it is a fun way to keep fit while learning lifesaving skills. Get it now. Parkour Made Easy * Learn the core skills needed for parkour training * Easy to follow step by step instructions that anyone can follow * No prior experience of parkour needed * Simple and clear pictures so you can see exactly how to do these basic parkour techniques Basic Parkour Lessons Include * How to gain superior balance * How to land with minimal impact on 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 more! Limited Time Only... Get your copy of Basic Parkour today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! Start teaching yourself parkour today, because this no-nonsense training manual has all the moves you need. Get it now.

[Parkour and the City](#) - Jeffrey L. Kidder 2017-04-20

In the increasingly popular sport of parkour, athletes run, jump, climb, flip, and vault through city streetscapes, resembling urban gymnasts to passersby and awestruck spectators. In Parkour and the City, cultural sociologist Jeffrey L. Kidder examines the ways in which this sport involves a creative appropriation of urban spaces as well as a method of everyday risk-taking by a youth culture that valorizes individuals who successfully manage danger. Parkour's modern development has been tied closely to the growth of the internet. The sport is inevitably a YouTube phenomenon, making it exemplary of new forms of globalized communication. Parkour's dangerous stunts resonate, too, Kidder contends, with a neoliberal ideology that is ambivalent about risk. Moreover, as a male-dominated sport, parkour, with its glorification of strength and daring, reflects contemporary Western notions of masculinity. At the same time, Kidder writes, most athletes (known as "traceurs" or "freerunners") reject a "daredevil" label, preferring a deliberate, reasoned hedging of bets with their own safety—rather than a "pushing the edge" ethos normally associated with extreme sports.

Parkour & Art Du Dplacement - Vincent Thibault 2015-11-25

BILINGUAL EDITION (FRENCH DESCRIPTION FOLLOWS) PARKOUR & ART DU DÉPLACEMENT Lessons in practical wisdom Foreword by Ryan C. Hurst, program director, GMB Fitness Postscript by Yann Hnautra, Yamakasi founder 90 lessons from the author of "Parkour and the Art du déplacement: Strength, Dignity, Community". No need for special gear. Just put your shoes on, put this book in your backpack, and you are ready to explore the city, with its many rails and walls and obstacles. Vault, run, do your load of squats and push-ups and traverses, then take a more contemplative break. These ninety very short chapters, with just one clear idea or exercise per chapter, are meant to inspire you and help you deepen your practice. This is not a how-to manual in which you will learn specific movement techniques, but a unique and precious handbook on the philosophical, psychological and spiritual aspects of parkour / ADD / freerunning, that will also hearten people who have a background in dance, martial arts, yoga, CrossFit and so forth. * How can you know if you are ready for a jump? * When should you test and when should you trust? * What are great, natural sources of energy? * How can you find your Growth Zone? * Use constraints to kindle creativity? * How can you "find your voice"? * What are "dynamic tension" and "intrinsic motivation"? * Should you focus more on conditioning or on techniques? ... These and many other subjects are addressed in this groundbreaking book. "A modern day Book of Five Rings." - Ryan C. Hurst, GMB Fitness "I had a serious spinal injury and I truly believe that without my ADD training and "Body Armor" conditioning, I would be in a wheelchair today. This is why when Vincent asked me to write a few words for his new book, I felt it was a responsibility, as well as an honor, to share my thoughts on what you're about to read. Being a martial arts instructor and ADD practitioner, Vincent's "Buddhist" approach is very similar to my personal philosophy and this book will allow you a deeper understanding of the art of the Yamakasi. Not only the physical aspect of parkour and ADD, but its philosophical, emotional and spiritual elements, too - and what Vincent calls the mental posture. Vincent has this rare talent to understand, digest, and put into written word a philosophy that is mostly oral. I enjoyed this book very much, and recommend it to anyone practicing Movement. Read, Learn, Apply." - Fred Evrard, Founder of Kali Majapahit Martial Arts ***** PARKOUR & ART DU DÉPLACEMENT Leçons de sagesse pratique Édition 100% bilingue Préface de Ryan C. Hurst, directeur de Gold Medal Bodies / GMB Fitness Postface de Yann Hnautra, fondateur du groupe Yamakasi 90 leçons par l'auteur de « L'Art du déplacement : Force, dignité, partage ». « Un Traité des cinq roues des temps modernes. » - Ryan C. Hurst, GMB Fitness « J'ai récemment eu une grave blessure à la colonne vertébrale et je crois sincèrement que sans mon entraînement en ADD et les exercices "d'armure corporelle", je me déplacerais aujourd'hui en fauteuil. C'est pourquoi, lorsque Vincent m'a demandé d'écrire quelques mots à propos de son nouveau livre, il m'a semblé que c'était à la fois un honneur et une responsabilité. En tant qu'instructeur d'arts martiaux et pratiquant d'ADD, ma philosophie personnelle ressemble beaucoup à celle de l'approche "bouddhiste" de Vincent. En outre, ce livre vous permettra de comprendre plus en profondeur l'art des Yamakasi. Non seulement l'aspect physique du parkour ou de l'ADD, mais aussi ses composantes philosophiques, émotionnelles et spirituelles - et ce que Vincent nomme parfois la posture mentale. Cet auteur a un rare talent pour comprendre, digérer et mettre à l'écrit une philosophie qui a principalement été transmise oralement. J'ai adoré ce livre et le recommande à toute personne qui s'intéresse au mouvement. Lisez, apprenez, et mettez en application. » - Fred Evrard, fondateur de Kali Majapahit

The Athletic Skills Model - René Wormhoudt 2017-10-12

The Athletic Skills Model offers an alternative to dominant talent development theories in the form of holistic broad-based movement education, focusing on health and wellbeing. It places the emphasis on 'physical intelligence' - including attributes such as agility, flexibility and stability - through adaptable and varied training programmes, creating a skilled athlete before introducing sport specialization. The book sets out the scientific underpinnings of the ASM before going on to offer practical guidance on the content of the programme, how to adapt and vary the programme, and how to apply the approach to different age groups and sports. The ASM's application in the youth development programme at AFC Ajax is explored in depth, before a future of talent development with an emphasis on athletic, rather than sport-specific, expertise is imagined. The Athletic Skills Model introduces an important and timely challenge to conventional wisdom in talent development and is a fascinating read for any upper-level student or

researcher interested in youth development, skill acquisition, motor learning or sports coaching, and any coaches wanting to refresh their approach to talent development.

Hacking Timbuktu - Stephen Davies 2010-11-15

Danny is a freelance IT specialist—that is, a hacker. He and his pal Omar are both skilled at parkour, or freerunning, a discipline designed to enable practitioners to travel between any two points regardless of obstacles. This is fortunate, because they're off on an adventure that's filled with obstacles, from locked doors to gangs of hostile pursuers. Together they follow a cryptic clue, find a missing map, figure out how to get to Timbuktu without buying a plane ticket, and join the life-and-death treasure hunt, exchanging wisecracks and solving the puzzle one step at a time. An exotic setting and gripping suspense, as well as an absorbing introduction to parkour, make this thriller a genuine page-turner.

Parkour, Deviance and Leisure in the Late-Capitalist City - Thomas Raymen 2018-12-05

This book examines the contradictions surrounding popular lifestyle sports such as parkour and freerunning and their exclusion from our hyper-regulated city centres. The author combines ethnographic data and complex theory to move beyond tropes of resistance and acknowledge and explain the paradox of parkour against a backdrop of late-capitalism.

Teaching Parkour Sports in School Gymnastics - Sascha Rochhausen 2011

Parkour Sports combines the trend sports of parkour, freerunning and parcouing. All of these disciplines are founded on moves derived from classic gymnastics skills, which makes them eminently suitable for school sports classes. The exercises are motivational and offer scope for spontaneous variation, while the moves themselves are creative and dynamic. Since parkour is gaining steadily in popularity outside the school arena, it is all the more important that schools provide pupils with a safe and methodical learning framework, to prepare them adequately for real-life urban conditions. This handbook has been conceived as a practical guide, for which reason, all the practice movements covered are illustrated with photo sequences. Sports teachers and trainers will find that the moves contained in this book are presented and explained in a clear and easy to understand manner and require a minimum of prior preparation. Over and above this, each move is introduced with the same systematic methodology, including warm-up exercises, a game segment, and a relaxation phase. The book contains a total of seventeen complete sample lessons, all of which have been tested in actual sports lessons. Additional materials are available from the Internet, at: www.parkoursport.com. 17 sample lessons covering all moves encountered in the range of parkour disciplines 458 illustrations 33 sketches

Geographies, Mobilities, and Rhythms over the Life-Course - Elaine Stratford 2014-11-20

By thinking in terms of the geographies of mobilities, we are better able to understand the central importance of movements, rhythms and shifting emplacements over the life-course. This innovative book represents research from a new and flourishing multidisciplinary field that includes, among other things, studies on smart cities, infrastructures and networks; mobile technologies for automated highways or locative media; mobility justice and rights to stay or enter or reside. These activities, cadences and changing attachments to place have profound effects—first upon how we conduct or govern ourselves and each other via many social institutions, and second upon how we constitute the spaces in and through which our lives are experienced. This scholarship also has clear connections to numerous aspects of social and spatial policy and planning.

Freerunning - Sébastien Foucan 2008

"Freerunning is the cultural phenomenon that exploded into the public's consciousness with Mike Christie's Channel 4 documentaries Jump London and Jump Britain. In Freerunning: Find Your Way, Sebastien Foucan, the founder of the art, shares his philosophies and shows how the values behind freerunning can be applied to your daily life. With electrifying photography of Sebastien in action, this book is packed with inspirational ideas to help you find your true path and get the most out of your life."--Back cover.

Nightscape: No Limits - Nightscape 2018-08-23

Go here. Do that. Work here. Buy that. Spend each day bored, staring at a screen, wondering if this is really all there is. There is another way. My name is Nightscape. Through years of training, I get to see the city in a way nobody else does. With this book, I want to show you what the world looks like through my eyes and inspire everyone to find their passion. Don't let anyone tell you what your limits are.

Parkour - Dan Edwardes 2009

Introduces the extreme sport parkour where the goal is to move over and around obstacles in an urban environment without stopping.

The Parkour and Freerunning Handbook - Dan Edwardes 2009-08-18

Join the movement Combining the core elements of running, jumping, and climbing with the discipline of the martial artist, the grace of the gymnast, and the virtuosity of the skateboarder, parkour—or freerunning—is more than simply an elegant noncompetitive sport. It's an art form, a philosophy promoting fitness, imagination, community spirit, and ethical, healthy living. The Parkour and FreeRunning Handbook is your guide to becoming part of this urban revolution. With standout features on fitness and training, global cityscapes and using the space of the urban environment, and tips on how to avoid mistakes and injuries, this is more than just a user's manual. It explores the techniques, culture, clothes, and community of freerunning, showing just what it takes to hit those handstands, kong vaults, and wall hops. This essential handbook is the only guide the fledgling traceur will ever need to get jumping!

Wall and Roof Climbing - Geoffrey Winthrop Young 1905

Unbored - Joshua Glenn 2013-07-18

Unbored is the book every modern child needs. Brilliantly walking the line between cool and constructive, it's crammed with activities that are not only fun and doable but that also get kids standing on their own two feet. If you're a kid, you can: -- Build a tipi or an igloo -- Learn to knit -- Take stuff apart and fix it -- Find out how to be constructively critical -- Film a stop-action movie or edit your own music -- Do parkour like James Bond -- Make a little house for a mouse from lollipop sticks -- Be independent! Catch a bus solo or cook yourself lunch -- Make a fake exhaust for your bike so it sounds like you're revving up a motorcycle -- Design a board game -- Go camping (or glamping) -- Plan a road trip -- Get proactive and support the causes you care about -- Develop your taste and decorate your own room -- Make a rocket from a coke bottle -- Play farting games There are gross facts and fascinating stories, reports on what stuff is like (home schooling, working in an office...), Q&As with inspiring grown-ups, extracts from classic novels, lists of useful resources and best ever lists like the top clean rap songs, stop-motion movies or books about rebellion. Just as kids begin to disappear into their screens, here is a book that encourages them to use those tech skills to be creative, try new things and change the world. And it gets parents to join in. Unbored is fully illustrated, easy to use and appealing to young and old, girl and boy. Parents will be comforted by its anti-perfectionist spirit and humour. Kids will just think it's brilliant.

The Durable Runner - Alison Heilig 2019-10-18

Part sport and part exercise, running boosts health, longevity, and mental well-being. However, running is a demanding activity that can potentially tax the runner's body and mind. Therefore, possessing durability for running--a fusion of toughness and flexibility--is desirable to enhance a runner's physical and mental experience. This book--the first of its kind to combine corrective exercise, self-myofascial release, and yoga--empowers runners with measures to avoid unnecessary pain, injury, and burnout. It is a comprehensive guide to creating a simple and efficient system of personalized supplemental training in which runners learn to identify and address areas of imbalance and overuse. These training methods increase strength, stability, mobility, and resiliency, and require as little as 15 minutes per day to implement. (For each technique, the author has produced a video, and live links are included in the enhanced ebook edition.) Runners can decrease the risk of injury, improve running performance, and maintain joint health. The result: a more durable body and mind that will support your running--and your life--for years to come.

Urban Maps - Richard Brook 2016-12-05

This book concerns the city and the 'devices' that define the urban environment by their presence, representation or interpretation. The texts offer an interdisciplinary discourse and critique of the complex systems, artifacts, interventions and evidences that can inform our understanding of urban territories; on surfaces, in the margins or within voids. The diverse media of arts practices as well as commercial branding are used to explore narratives that reveal latent characteristics of urban situations that conventional architectural inquiry is unable to do. The subjects covered are presented within a wider framework of urban theory into which are embedded case study examples that outline the practices, processes and

interpretations of each theme. The chapters provide a contemporary reading of urban socio-cultural conditions using 'mapping' as a lens to explore and communicate the social phenomena and lived experiences of the dynamic and temporal city. Mapping is developed as a form of critical instrumentality to expose, record and contribute to the understanding of the singular essences of space, place and networks by thematic, cognitive and experiential modes of investigation.

Survival Fitness - Sam Fury 2019-05-14

Your Ultimate Functional Fitness Program! Survival Fitness is self-training in the 5 most useful activities for escaping danger. Teach yourself parkour, climbing, swimming, riding, and hiking. It also has a simple daily routine to keep your mind and body in optimal health with minimal effort. Start training in Survival Fitness today, because you'll get fit while learning life-saving skills. Get it now. Everyone Knows You Need to Exercise to Stay Healthy Keep fit and get life-saving skills at the same time. * 100% bodyweight exercises * Give yourself the best chance for escaping dangerous situations * Reap all the general benefits of good health * Never get bored of "the same old routine" * Save money on gym fees, personal trainers, and expensive equipment Here is a taste of what's included in Survival Fitness: Daily Health and Fitness * Simple breathing exercises to increase your vitality * The only 2 conditioning exercises you need to keep your body limber and strong * A 15-minute full body yoga routine for flexibility and strength * The easiest meditation method for a clear and calm mind Parkour * Safety training * Conditioning * Balance training * Running and jumping skills * Vaulting over objects * Climbing over walls * Negotiating bar obstacles * Parkour games Climbing * Fundamental climbing principles * Holds and grips * Foot techniques * Crack climbing Swimming * Techniques and drills to improve your swimming speed * Swimming ultra-long distance a survival situation * How to do a very efficient stroke developed by the US Navy Seals * A full training guide for how to do a 50-meter underwater swim * Essential water rescue skills Riding * Fundamental riding skills * Basic and advanced riding drills * Techniques for uphill and downhill riding * Negotiating obstacles safely Hiking * General hiking tips * Hiking with a pack * Specific hiking techniques for different terrains and weather Limited Time Only... Get your copy of Survival Fitness today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! This is the last fitness manual you'll ever need, because it is functional training at its best. Get it now.

Freerunning - Sébastien Foucan 2009-03

One of the creators of parkour showcases his skills from the opening sequence of the James Bond film "Casino Royale" and Madonna's music video "Jump" in one hundred action photographs and offers a new perspective on how to move through the urban landscape.

Parkour - Jason Jones 2015-04-27

So you've seen some videos on YouTube where these guys are running across rooftops, bounding from one building to the next in a style you might only have seen before in the movies. Their movements are fluent and they seem to have no fear of trying to jump a 10-foot gap between buildings while doing a couple fancy tricks here and there, and this has been peaking your curiosity to no end. How do they do that? The aim of this book is to get a complete beginner up and running in the basic elements of parkour.

Parkour Roadmap - Max Henry 2017-05-02

"...The Parkour Road Map is a detailed guide to Parkour history, culture, and technique from the experience of a professional parkour athlete. Gathering information from the world's best Parkour athletes and coaches, The Parkour Roadmap is an indispensable tool for practitioners of all levels."--from Amazon.com.

Teaching Parkour Sports in School Gymnastics - Sascha Rochhausen 2011-10-24

Parkour Sports combines the trend sports of parkour, freerunning and parcouring. All of these disciplines are founded on moves derived from classic gymnastics skills, which makes them eminently suitable for school sports classes. The exercises are motivational and offer scope for spontaneous variation, while the moves themselves are creative and dynamic. Since parkour is gaining steadily in popularity outside the school arena, it is all the more important that schools provide pupils with a safe and methodical learning framework, to prepare them adequately for real-life urban conditions. This handbook has been conceived as a practical guide, for which reason, all the practice movements covered are illustrated with photo sequences. Sports teachers and trainers will find that the moves contained in this book are presented and

explained in a clear and easy to understand manner and require a minimum of prior preparation. Over and above this, each move is introduced with the same systematic methodology, including warm-up exercises, a game segment, and a relaxation phase. The book contains a total of seventeen complete sample lessons, all of which have been tested in actual sports lessons. Additional materials are available from the Internet, at: www.parkoursport.com. 17 sample lessons covering all moves encountered in the range of parkour disciplines 458 illustrations 33 sketches

The Ultimate Parkour & Freerunning Book - Ilona E. Gerling 2013-11-15

The increasing number of followers of the two movement cultures, Parkour and Freerunning, has given rise to the need for safe, methodical orientation, which the reader will find in this book. Parkour, a new movement culture from France, is all about moving as efficiently as possible between points A and B by sprinting fluently over obstacles. The sport of Freerunning has developed from it, involving developing and showing off the most creative, extreme, flowing, acrobatic moves possible on obstacles. This 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.

Parkour and Freerunning - Jan Witfeld 2011

Introduces the sport of parkour, or freerunning, which combines the core elements of running, jumping, climbing, and other physical movements with the goal of moving the body over and around obstacles in an urban environment without stopping.

Survival Fitness - Sam Fury 2013-05-05

Discover How To Train Yourself in the 6 Most Useful Physical Activities in Terms of Escape/Survival and Increasing General Fitness. 3+ books in 1 makes Survival Fitness the only physical training book you will ever need! Survival Fitness contains all the information from; Learn Parkour by Sam Fury Basic Swimming by Sam Fury Basic Rock Climbing by Sam Fury And adds to it... Basic riding skills Professional techniques to improve your running speed Hiking techniques to ensure you can safely cover long distances on foot if needed It also includes a special strength, stretch, warm-up and cool down routine which has been specifically designed as a quick workout to increase cardiovascular fitness, whole body strength, flexibility, explosiveness, co-ordination and balance. This routine requires no special equipment and relies only on your own bodyweight. You'll also gain exclusive access to bonus materials that cannot be found anywhere else; Access to Instructional Videos Common Training Injuries Report Calming the Mind Report Get your copy of Survival Fitness today!

The Night Climbers of Cambridge - Whipplesnaith 2013-03

First published in 1937, this title recounts the courageous (or foolhardy) nocturnal exploits of a group of students who climbed the ancient university and town buildings of Cambridge. The daring feats were recorded with prehistoric photographic paraphernalia, while the climbers tried to avoid detection by the 'minions of authority'. The result is a humorous adventure providing a glimpse into a side of Cambridge that has always been enshrouded in darkness.

BRAVE - Rose McGowan 2018-01-30

NEW YORK TIMES BESTSELLER - A revealing memoir and empowering manifesto - As featured in Ronan Farrow's CATCH AND KILL and Jodi Kantor and Megan Twohey's SHE SAID "BRAVE works beautifully as a manifesto. It's a call to arms—not just against the specific men who mistreated McGowan and the men and women who enabled that mistreatment, but against an industry."—The Boston Globe Rose McGowan was born in one cult and came of age in another, more visible cult: Hollywood. In a strange world where she was continually on display, stardom soon became a personal nightmare of constant exposure and sexualization. Rose escaped into the world of her mind, something she had done as a child, and into high-profile relationships. Every detail of her personal life became public, and the realities of an inherently sexist industry emerged with every script, role, public appearance, and magazine cover. The Hollywood machine packaged her as a sexualized bombshell, hijacking her image and identity and marketing them for profit. Hollywood expected Rose to be silent and cooperative and to stay the path. Instead, she rebelled and asserted her true identity and voice. She reemerged unscripted, courageous, victorious, angry, smart, fierce, unapologetic, controversial, and real as f*ck. BRAVE is her raw, honest, and poignant memoir/manifesto—a no-holds-barred, pull-no-punches account of the rise of a millennial icon, fearless activist, and unstoppable force for change who is determined to expose the truth about the entertainment industry, dismantle the concept of fame, shine a light on a multibillion-dollar business built on systemic misogyny, and empower people everywhere to wake up and be BRAVE. "My life, as you will read, has taken me from one cult to another. BRAVE is the story of how I fought my way out of these cults and reclaimed my life. I want to help you do the same." -Rose McGowan

The Big Book of Tricks for the Best Dog Ever - Larry Kay 2019-03-19

A step-by-step guide to more than 100 dog tricks, specially designed for effective training, for pure fun, and even for turning your dog into a YouTube star, from the coauthor of the tremendously successful and much-praised Training the Best Dog Ever and the genius behind "The Stunt Dog Show," which performs more than 1,000 shows a year.

Breaking the Jump - Julie Angel 2016-07

From its humble origins in the backstreets and rooftops of Paris's urban jungle, to the tops of London and New York's skyscrapers, Parkour, has become an adrenaline-fuelled implosion on the urban landscape. But more than a sport that most jaw-dropped onlookers can hardly comprehend, Parkour is an exploration of movement and a return to our body's natural ability to run, jump, hang and move with fluidity. For the first time, Julie Angel tells the story of Parkour's beginnings - the diverse, intriguing and unusual characters who went to the rooftops, hung off the stairwells and drain pipes as they trained through the night, often risking their lives and created something that has become a worldwide phenomenon. Breaking the Jump tells the unknown story behind Parkour's rise, and asks what is it that drives those who stand on the edge and think 'go'.

Two Foot Punch - Anita Daher 2007-10-01

Nikki blames her brother, Derek, for their parents' death, but when his involvement in a gang threatens his life, she must use all of her skills at parkour--a sport that involves overcoming obstacles--in an attempt to save him.