



The Ultimate Parkour & Freerunning Book

Ilona Gerline

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The Ultimate Parkour & Freerunning Book Ilona Gerline

This book contains precise illustrations for the teaching of all basic Parkour and Freerunning techniques, easy to follow movement breakdowns and methodical tips for indoor and outdoor training. History, philosophy, rules of behavior, training advice, explanations of competitions and competition criteria are a few examples of the book s contents.



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