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!"#\$%&#(')'*#+(,+,'-./%0'1%#'
%2.#3%- (+,'4/5)(3"6'%7)*"36.)8'
9\$(66)'"#. '*"&, /**/""#. 6"" . '*0'
:&- 4(+,;'2"&6*(+,;#%66(+,;'3#"<6(+,;'6"
6"+0(+,;'36(- 7(+,;'7"6"+3(+,;'"+0')<(+, (+, '*%'- %2.'*/#%&, /'0(11.#.+*'. +2(#%+- .+*)8

The benefits of parkour

(+36&0.')4"*("6'"<"#.+.))'
"+0'(+0.4.+0.+3.8'94""*("6'
"<"#.+.))' / .64)'<(*/'"66""*/6. *(3'
.+0. "2%#)8'= /#%&, /'6. "#+(+, '4"
"\$%#%, #.))(%+)')*&0.+*)'
, "(+'"") .+) .%1'(+0.4.+0.+3. 'and
confidence. Parkour is based
%+'4#%, #.))'+%*4. #1. 3*(%+8'= / ()'
"44#%"3/' ()'.>*#. - .65'"44. "6(+, '*%'+%+ '*#"
0(%+"6'"*/6.*.)'7%*/' - "6.'" +0'1. - "6.8'

93%**)0"6. ' ! "#\$%&#'" +0''