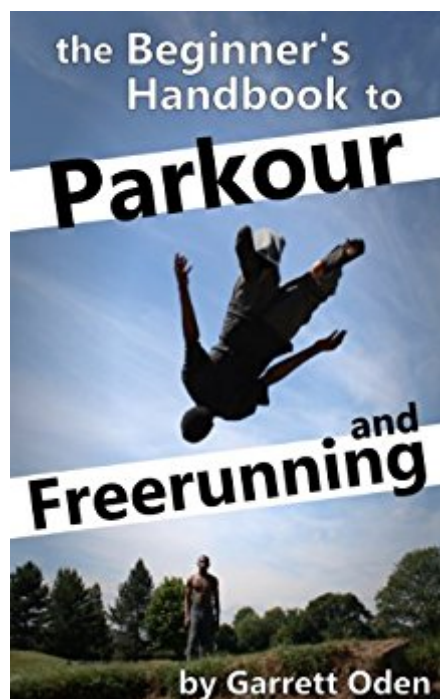


The book was found

Beginner's Handbook To Parkour And Freerunning



Synopsis

Want to learn parkour and freerunning? It's not difficult, but can be daunting when sifting through dozens of pages on Google. The Beginner's Handbook to Parkour and Freerunning fixes that problem, with a complete get-started guide in just a few pages! Here are some of the things included in this handbook: 1. Explanations of parkour and freerunning 2. How to train 3. Movement guides to 15 parkour and freerunning moves 4. How to find locations to train 5. Guide to Gear and Clothing 6. Training with other people 7. Games to play while training 8. How to handle authority 9. Safety tips 10. Lots more! The Beginner's Handbook to Parkour and Freerunning is all you need to go from noob to trainer. With a little well-organised knowledge, you'll be jumping walls in time! Everything you need to know in order to begin your journey as a parkour practitioner is held within this book's pages. So what are you waiting for? Check it out!

Book Information

File Size: 11638 KB

Print Length: 88 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 17, 2014

Sold by: Â Digital Services LLC

Language: English

ASIN: B00H7KW7U2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #369,533 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #78

in Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Extreme Sports #165 in Â Books > Sports

& Outdoors > Extreme Sports #372 in Â Kindle Store > Kindle Short Reads > Two hours or more

(65-100 pages) > Sports & Outdoors

Customer Reviews

For starters, I've trained parkour for the same amount of time as the author and still an active member of the Parkour community, so the terms and jargon is familiar to me. Having read at least five other parkour handbooks, this one does the job well enough. Oden offers a pretty solid

foundation for the sport and its techniques; however I felt that the book could have been organized a bit more. As an English graduate student, I'm not going to nitpick at all the syntax errors, but I would have liked to see some clarity and parallelism in Oden's sentences. Using the bullets lists are a nice concept, but I preferred if the author would have used colons before listing off his topics. The last nit-picky item is that television shows and documentaries Oden mentions like "Ninja Warrior" and "Jump London" should have been in italics, not called something else. All the grammatical errors covered, Oden writes from the collective first person to involve the reader as if Oden is teaching a parkour seminar. That was a bonus I loved about his writing. The tone is straight foreword and informative, with a few jokes here and there. Topic wise, I would loved to see more research down about the origins of Parkour and the differences in Opinion between Belle and Sebastian Foucan that caused the split towards Freerunning vs Parkour. Oden's organization pattern was decent and great for a short overview, but All the pages seemed like an giant overview. I felt that Oden had more to include, but he didn't want to overwhelm beginners with a lot of information, so I'll cut him some slack on his chapters. The links to the tutorials adds points to the positive qualities of this E-book.

[Download to continue reading...](#)

Beginner's Handbook to Parkour and Freerunning The Parkour and Freerunning Handbook The Ultimate Parkour & Freerunning Book Breaking the Jump: The secret story of Parkour's high flying rebellion The Entered Apprentice Handbook, The Fellow Crafts Handbook, The Higher Degrees Handbook, and The Master Mason's Handbook BUSINESS: Business Marketing, Innovative Process How To Startup, Grow And Build Your New Business As Beginner, Step By Step Online Guide How To Effective ... Grow And Build Business As Beginner) A Beginner's Guide to DIY Bath Bombs: A Practical Step by Step Beginner's Guide and Recipes for Making Simple, Homemade Bath Bombs (The Homemade Spa) Children's Book: My Grandpa is NOT Grumpy!: Funny Rhyming Picture Book for Beginner Readers (ages 2-8) (Funny Grandparents Series- (Beginner and Early Readers) 1) Programming For Beginner's Box Set: Learn HTML, HTML5 & CSS3, Java, PHP & MySQL, C# With the Ultimate Guides For Beginner's (Programming for Beginners in under 8 hours!) Linux Administration: A Beginner's Guide, Seventh Edition (Beginner's Guide) Red Hat Linux Administration: A Beginner's Guide (Beginner's Guide) AJAX: A Beginner's Guide (Beginner's Guide (Osborne McGraw Hill)) WOODWORKING: Woodworking Beginner's Guide, A Complete Beginner's Guide With Easy To Make Woodworking Projects To Start Today ! -woodworking plans, wood craft books, woodworking pallet projects - Iran: A Beginner's Guide (Beginner's Guides) Aquinas: A Beginner's Guide (Beginner's Guides) Particle Physics: A Beginner's Guide (Beginner's

Guides) Minecraft: Minecraft Creations Handbook: The Minecraft Construction Handbook Specially Made for The Best Minecraft Players (minecraft secrets, minecraft handbook, minecraft construction, minecraft) Foraging: Your Beginner's Guide and Definitive Handbook to Foraging Wild Edible Plants and Herbs(foraging guide, foraging for beginners, foraging for survival, foraging tips, foraging wilderness) The Beginner's Handbook of Woodcarving: With Project Patterns for Line Carving, Relief Carving, Carving in the Round, and Bird Carving The Beginner's Handbook of Woodcarving: With Project Patterns for Line Carving, Relief Carving, Carving in the Round, and Bird Carving (Dover Woodworking)

[Dmca](#)