

# MELBOURNE IN ♥ MOTION

## FREQUENTLY ASKED QUESTIONS

### What is parkour?

Parkour is the discipline of overcoming obstacles, whether that be physical or mental, and aiming for self improvement. In practice, that means running, jumping, climbing, crawling, vaulting, rolling and more, across any and all terrain you can find. While it may seem like a spectacle, for practitioners parkour is a mindful practice. Parkour is non-competitive by nature; it isn't about who can jump the furthest or climb the fastest. Parkour is about overcoming obstacles and challenges, the nature of which are particular to you.

Parkour is a way to gain physical, mental and emotional strength. We strengthen the body through physical challenges and building strength, flexibility and all physical capacities. We strengthen the mind through approaching obstacles and problems in varied ways; and through facing challenges head-on. We strengthen the spirit through sitting with and understanding emotions like fear and frustration; though helping friends to do the same.

### I'm to unfit for that...

There is no pre-requisite fitness level for any of our classes. And many of our coaches were unable to do a push up before they started parkour training. If you enjoy going to a gym, but all means, do that. But don't let an imaginary standard of fitness or strength be a barrier to having a go, right now. All of our training is scalable for all levels of fitness, at the same rate of your progression. It's also fun! If you feel like you're not fit enough at the moment, is it because going to the gym feels like a chore? Sod that for a game of soldiers - come and play with us!

### Isn't that dangerous?

Watching YouTube videos, it may seem like parkour is for adrenaline junkies. That couldn't be further from the truth.




We focus on longevity in our training - this means drilling small jumps, building up strength and muscle to protect the body, developing good habits and muscle memories. You won't be pressured into doing anything you're not comfortable with in an MinM class, and you won't be training at height or in dangerous conditions. A big part of parkour training is learning to understand risk, danger and fear, and the relationships between them. Parkour is about knowing your body what your limits are and improving gradually, not about making YouTube videos.

### Isn't parkour free? Why should I pay for a class?

Parkour is absolutely free, and that's one of the best things about it. We think you should be training outside, with your pals, for free, most of the time.

We provide classes and workshops to pass on all the information we have about good form to avoid cumulative injuries years down the line, efficient and relevant strength and conditioning practices, and the philosophies behind parkour training. We aim to structure our classes to give you as much information as you need to train for free, safely and intelligently. We don't want you to come to parkour classes for the rest of your life, but we do want you to be moving and training for the rest of your life. We also aim to expose our students to a wide variety of training styles and approaches, from a wide variety of coaches/ people. We recommend coming to parkour classes to learn some of our approaches to safety and longevity.

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