

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; and through helping friends to do the same.

Why parkour?

PARKOUR IS BASED IN FUNDAMENTAL PHYSICAL SKILLS

Running. Jumping. Climbing. Balance. Crawling. Parkour training is all about improving fundamental physical literacy. We train functional movement which is both transferable to other sports and physical disciplines, and which makes everyday life easier.

PARKOUR IS FOCUSED ON SAFETY

Etre et durer. All of training is focused on safety and longevity. This means learning how to minimise impact when landing, building strength and mobility to lower risks of injury, and learning to understand and realistically judge risk involved with any movement or task.

PARKOUR IS NON- COMPETITIVE

Parkour has no winners, and it's not possible to lose, either. This has many benefits, from the camaraderie of a group celebrating everyone's achievements regardless of the size or level, to the lack of gender segregation, which can be much more welcoming to gender-diverse folk.

PARKOUR IS ENGAGING

We know that there are many people who disengage from organised sports, often around the early teenage years. Parkour can help to capture the imagination of those people, and rekindle interest in physical activity and fitness. Parkour has a lot of pop-culture touchstones, meaning many already want to give it a try! But also, parkour is a natural evolution of the way children play. We all want to play, and parkour is a means to do that!

PARKOUR IS CHALLENGING AND ENGAGING

Parkour is a broad church, with a wide variety of movement, approaches and motivations. This means that every person something that they are good at and find rewarding, and everyone can also find something to challenge them. And, maybe most importantly, parkour is fun :D

PARKOUR IS FOR EVERYBODY!

Parkour doesn't require any gear or facilities, or timetables. It can be done anywhere. By people of any and all ages, genders, backgrounds, abilities.

hello@melbinmotion.com



@melbinmotion

www.melbinmotion.com

