



The Parkour and Freerunning Handbook

Dan Edwardes, Parkour Generations

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The Parkour and Freerunning Handbook is a comprehensive, fully illustrated, four-color guide to parkour and free-running techniques, philosophy, and culture from Dan Edwardes of Parkour Generations, Britain's leading free-running association. An It Books paperback original, this essential handbook offers a jump-by-jump guide to parkour, aimed at building the confidence of the novice to become a confident and inventive free-runner. The first book of its kind, *The Parkour and Freerunning Handbook* is the only guide the fledgling traceur will ever need to get jumping.

The Parkour and Freerunning Handbook Details

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From Reader Review The Parkour and Freerunning Handbook for online ebook

Pascale says

I finished this book last evening. It is concise with detailed description of the basic moves. I really enjoyed it and I recommend it to anyone interested in Parkour.

Staci says

This serves as a good introduction to paramour but it's not the best teaching resource. The teaching drawings are not always clear and paramour would be best be learned by actual practice.

Matthew says

Loved it! Thought it had a lot of similarities to the philosophy of MovNat. :)

Claire says

A mostly instructional book, this quick and easy read gives a comprehensive overview of the philosophy and history of parkour before diving right into methodology. The first of two sections is divided into movement groups - rolls, vaults, jumps, et cetera - and training sections on health, warming up, and practice, and so on. After learning terms and purposes of various movements in the first part of the book, the second half gives step-by-step, illustration-by-illustration instructions on how to do them. Overall: a good book; nothing exceptional, but a good resource for the freerunning beginner and enthusiast.

Nicola says

I wanted to read a book on parkour and, well, this seems to be the only one in existence, so... I made a discerning choice and picked it up. The tautologically-titled *Parkour and Freerunning Handbook* is mainly a practical guide to the jumps and manouevres associated with parkour. I'm not sure the illustrations are overly-helpful, but the descriptions of the moves are clear and precise. There's also a very short history* of parkour and some choice pretentious discussions about the philosophical implications of parkour (*waaaaaank*).

(*I had hoped for more of a history of parkour, actually, although maybe that's too much to ask, since, as a sport non-sport guerilla activity, it's so brand new. The documentary, 'Jump London', which you can watch on youtube, is probably more informative if you're interested in parkour's history.)

I do wish Dan Edwardes had elicited some input from a physiotherapist in compiling this book. Although he's quick to point out the danger areas of parkour, the author seems to have only a loose grasp of

physiology. On one page, he asserts that regular running is a great form of exercise, which... *wow*, FALSE. Any physiotherapist is gonna tell you that running is hard on the body, and that's before you factor in jumping and diving over concrete surfaces.

A decent book for newbies looking to begin practising parkour, but it probably has limited appeal for everyone else.

Lara Thompson says

Clear instruction. Good place to start before paying for use of a parkour gym -- there's a lot of strength and conditioning to build up in the beginning that can happen pretty much anywhere. Actually, screw the gym, start here and maybe meet people outside to push further.

Jennifer says

It was fun to read about, but didn't give much instruction, and no training plan. But maybe he was trying to make a point about parkour being an individual's journey.

Edward Morris says

It does what it says on the tin. It's essentially what you would expect from a Parkour and Freerunning handbook. I should say that this really isn't a handbook. There are some nice details and subtle philosophical elements, but, most of the book is about tutorials.

On the note of tutorials, learning freerunning from a book seems a bit silly when it's an active sport. True, it fleshes it out a bit and adds certain helpful tips here and there but it doesn't really do anything. If you want to learn parkour and freerunning, you may as well find a teacher or a person who actually practises it and follow their lead. Either that or go to YouTube.

It's a nice read, extremely quick. Didn't even take an hour.

Jaguar says

The first 30 pages weren't really needed, and really if anything, you could just start reading at page 80, which contains the picture tutorials. I liked the tutorials (though they could have been better), and I would say that was my favorite of the book, while the rest I would have cared less.

Alex says

Why I decided to read this book:

I decided to read this book because I am interested in Parkour

Which category on the bingo board this book completes:

A book written by a male

What I liked about this book and why:

I liked this book because it told me practically everything I needed to know about parkour and how to do it and safely

What I didn't like about this book and why:

I liked the entire book

Who I would recommend this book to and why:

I would recommend this book to anyone who wants to learn about parkour because it tells you about parkour

Marcos Thadeu says

Way too superficial as an introduction to parkour. The book has great images and some movements explanations, but It kinda lacks a lot of information on the origins of parkour and detailed warm ups + trainning drills. Felt more like a magazine then an actual book.

Katie Robinson says

Parts of this book were pretty basic and repetitive but the tutorials were very effective. This is a good starting point to read over when you're first starting Parkour. Wish me luck as I attempt to become a Trauces!

Charlie says

This book is an excellent primer, and I found it quite enjoyable and well-explained throughout. I learned several new things, and immediately hopped on YouTube to see detailed video demos. Very helpful for starting traceurs, or those interested in understanding more about parkour.
