



Parkour Art Du Deplacement: Lessons in Practical Wisdom - Lecons de Sagesse Pratique (Paperback)

By Vincent Thibault

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. BILINGUAL EDITION (FRENCH DESCRIPTION FOLLOWS) PARKOUR ART DU DEPLACEMENT Lessons in practical wisdom Foreword by Ryan C. Hurst, program director, GMB Fitness Postscript by Yann Hnautra, Yamakasi founder 90 lessons from the author of Parkour and the Art du deplacement: Strength, Dignity, Community. No need for special gear. Just put your shoes on, put this book in your backpack, and you are ready to explore the city, with its many rails and walls and obstacles. Vault, run, do your load of squats and push-ups and traverses, then take a more contemplative break. These ninety very short chapters, with just one clear idea or exercise per chapter, are meant to inspire you and help you deepen your practice. This is not a how-to manual in which you will learn specific movement techniques, but a unique and precious handbook on the philosophical, psychological and spiritual aspects of parkour / ADD / freerunning, that will also hearten people who have a background in dance, martial arts, yoga, CrossFit and so forth. - How can you know if you are ready for a...

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