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ULTIMATE PARKOUR FREERUNNING BOOK



Meyer Meyer Sport (UK) Ltd, United Kingdom, 2013. Undefined. Condition: New. 2nd edition. Language: English . Brand New Book. This new and improved edition of The Ultimate Parkour Freerunning book contains precise illustrations for the teaching of all basic techniques, easy to follow movement breakdowns and methodical tips for indoor and outdoor training. All the most common terms from the scene are listed for reference in English and French. History, philosophy, rules of behavior, training advice based on the latest...

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- Authored by Ilona E. Gerling
- Released at 2013



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