Spotlight on. . .

Parkour and Free Running

Free running and parkour (French for "the art of moving") are extreme sports which are becoming more popular with urban youth. They are art forms of human movement similar to martial arts or dancing.
The people who practice them are called traceurs. Their aim is to move over, under, around, and through obstacles (both man-made and natural) around them.

Such movement may come in the form of **running, jumping, climbing, and other more complex techniques**.

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What do | need?

The great thing about free running is that it doesn't cost a lot of money, but you do need a **fit and healthy body, a willingness to learn, and an open mind.**

How do | start?

For beginners, try and find a group in your area with experienced people who can teach you.You can also find videos on the Internet which demonstrate the different moves.

What are some basic moves | should know?

Roll: Keep your knees bent and do a forward roll as you land to soften the fall.This is the most important move in free running, as landing properly can save you from serious injury.

Cat leap: Jump toward the object and land with your feet first against the wall, then grab the wall with your hands and pull yourself up and over it. This move is used to climb over high walls.

Speed vault: A fast way of getting past low obstacles. Jump over an obstacle by swinging! your legs to one side, using your hands to support yourself.

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Tic tac: This move is great when for corners or when you need to gain height to grab something.

Backflip
Run toward the wall and kick off it in order to get to the adjacent wall.

I heard parkour/free running is very dangerous. How do | stay safe?

Any sport can be dangerous if you're not prepared. The most important rule is to know your limits. Beginners should work in groups and train with **experienced traceurs.** Practice your moves on something soft first and always be aware of your surroundings.

Free running involves a lot of hard work and is not about Crazy moves or rooftop jumps.
The stunts you see on TV are done by people
with years and years of experience!

What's the difference between parkour and free running?

They may share the same moves but they actually have very different principles.
Parkour focuses on moving quickly from one point to another.
Free running is more about freedom of movement—the moves tend to be more experimental and creative.

The Free Running Philosophy

No violence — Focus on passion and creativity.
No competition — The journey is more important than the goal.
No group — We are all different; find your own path.
No chief — Follow your way; let no one lead you.

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Think About It

1. Think of other sports or disciplines which involve free expression of ideas.

2. How do you think free runners train?

REVIEW QUESTIONS

A. Match the characters in the story to their descriptions.

1. ___ Chuck Kingston
2. ___. Johnny Rosa
3. _____ Ying-Chu
4. ___ Brent Gray
5. _____ Crazy Alex
6. _____ John Kingston

a. a famous free runner from California
b. a free runner on Chuck's team who got injured
c. Chuck's friend and classmate
d. the leader of Chuck's free running team
e. a successful businessman
f. a business student at Brenton College and a free runner

B. Complete each sentence with the correct word from the box.
sponsor decision professional business accident serious

SPONSOR	ANKLE	DECISION	PROFESSIONAL
BUSINESS	TUTOR	ACCIDENT	SERIOUS

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1.A_____ is a special kind of teacher.

2. A _____ is someone who does an activity for money rather than as a hobby.

3. Your _____ is the part of your body that joins your foot and your leg.

4, _____ is work that is related to producing, buying, and selling things.

5. If you are _____ about something, you really mean what you say or do.

6. A _____ is a person or organization that pays for an event or person.

7. When you make a _____, you choose what to do. 8. If someone has an ____, something bad happens to them by chance.

C. Choose the best answer for each question.

Why does Charles take part in the first race?

a. He had to replace his injured teammate.
b. His team members forced him to take part.
c. He wants to show his father how good he is.

What is the main reason for Charles studying business at Brenton?

a. His dream is to take over the family business.
b. His father wants him to take over the family business.
c. He knows he doesn't have a future as a free runner.

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Why do the other members in the team dislike Charles?

a. They feel he is not serious about being a free runner.
b. They feel he is not good enough to be on their team.
c. They are jealous because he comes from a rich family.

What lesson does Charles NOT learn from Brent Gray?

a. He should learn to follow his heart.
b. He should be careful when he trains.
c. He should learn new free running tricks.

Charles thinks the real reason his father wants him to study business is because he

a. does not want to sell the family business
b. thinks free running is a dangerous sport
c. wants Charles to be more like his brother Peter

D. Write the name of the character who said the words.

1. “I was studying to be a lawyer. Can you believe that? But my heart wasn't in it.”

_____

2. “ I know you want me to be good at business. But I’m not. Peter was really good. But I’m me, and | can’t run the family business.”

_____

3. “Why don’t you phone the tutor and try to make the class earlier? Then you can go to the race after class!”

_____

LIVEWORKSHEETS

4. “You've got to make a decision now. Do you want to be part of this team or don't you?”

_____

5. “You listen to me, boy. If you continue with this ‘free running’ thing of yours, well, then you're no son of mine!”

_____

What is the difference between Parkour and Freerunning?

Parkour VS FreeRunning VS Tricking

Parkour vs. Freerunning	
• Focuses on efficient traversal of obstacles. • Emphasizes speed and getting from point A to point B in the most direct way. • Practicality and functionality are key. • Technique-oriented. • Minimalistic movements. • Less emphasis on acrobatics and flips.	• Incorporates acrobatics and flips into movements. • Allows for personal expression and creativity. • More artistic and fluid movements. • Self-expressive and visually appealing. • Emphasis on style and creativity. • Can be more aesthetically focused rather than goal-oriented.

LIVEWORKSHEETS