

Parkour can most readily be described as “Urban Gymnastics”. It is the art of efficient movement in which its practitioners learn to adapt to the urban environment with very organic movement. This noncompetitive sport is based on bettering oneself in your own manner, rather than holding a team set standard. This allows the runner to move at his or her own pace and be comfortable developing their own style. Parkour pushes the individual to become familiar with not only ones body but also their surroundings.