



Parkour entry(Chinese Edition)

By ZHOU LIN QING

paperback. Book Condition: New. Language:Chinese.Pub Date: 2014-06-01 Pages: 122 Publisher: Golden Shield Press Parkour Getting Started briefly describes the origins of Parkour. development. content and movement characteristics. fitness function to highlight the basic movements of Parkour . skills. physical fitness and physical training. and Parkour venues and equipment requirements. technical movements of teaching and learning methods. means elaborated for Parkour security issues and possible injury. also made prevention a.



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