



The Ultimate Parkour & Freerunning Book

By Ilona Gerline

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This book contains precise illustrations for the teaching of all basic Parkour and Freerunning techniques, easy to follow movement breakdowns and methodical tips for indoor and outdoor training. History, philosophy, rules of behavior, training advice, explanations of competitions and competition criteria are a few examples of the book's contents.

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Editorial Review

About the Author

ILONA E. GERLING is a university lecturer at the German Sports University in Cologne. She has worked in gymnastics for many years as a teacher and as a club coach.

ALEXANDER PACH is the founder of Artistic Movement, Germany's largest platform for Parkour, Freerunning and Tricking and heads one of the largest training centers in Europe.

JAN WITFELD discovered the Move Artistic platform in 2003, and, two years later, Parkour and Freerunning. He then went on to train as a Move Artistic instructor.

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