



# Parkour & Freerunning

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## **Parkour & Freerunning** Brad Newsom

Parkour is a training discipline using movement that developed from military obstacle course training. Practitioners aim to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible. Parkour includes running, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement, and other movements as deemed most suitable for the situation. Explore this topic as well as freerunning with Brad Newsom.

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