

Parkour is NOT an extreme sport, rather it is a physical discipline that allow one to overcome their obstacles to get from point a to point b in the most efficient using the possibility of human body. Such movement may contain running, jumping, climbing, vaulting and other movements that may help the efficiency.

One who trains and practices the discipline is called a “traceur” or “traceuses” for women practitioners. The goal of parkour is to allow a traceur to adapt to his or her environment by using the surrounding structure. Whether the environment is in the rural or urban area, a traceur is trained to be able to face the obstacles at any given time.

Movements are often trained by repetitions, building ground up from the basics. Parkour is often confused with free running. Free running, a distant cousin of parkour, contains movements that are not efficient, such as flips. Parkour originated in France, founded by David Belle and many others. Along with the physical movements, parkour contains philosophy which enhances a traceur’s ability to solve problems and their awareness of surroundings.

Furthermore, there are NO COMPETITIONS in parkour; the only competition is you, and yourself.

Please come and join us for a free trial class!