

Parkour

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Synopsis

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Learn about the sport of Parkour with iMinds insightful audio knowledge series. If there was only one way to describe parkour, it would be to call it a sport. Parkour involves the task of overcoming obstacles, both physical and mental. But not everybody is in agreement with what parkour is truly about. What we do know is that parkour originated in France where it is sometimes referred to as "art du déplacement" meaning "the art of displacement". The basic principle of parkour is to use only the human body to move from point A to point B in the most efficient, direct and fluid way possible.

A parkour practitioner is referred to as a "traceur" if they are male or a "traceuse" if they are female. All parkour practitioners use their bodies to move through various landscapes with the minimal amount of effort. They do this by running, jumping, rolling, climbing, vaulting, and using other movements to maintain momentum.

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