

Parkour

Parkour is the sport of moving along a route , trying to get around or through obstacles in the quickest or most efficient way. Before you start, there are three basic maneuvers you should know. The roll, lazy vault, and monkey up. With these three basic moves you will be able to overcome many obstacles with ease that you might come across wherever you are.

The roll is the most basic move, but it is also one of the most important. Without the roll, you will most likely end up in the hospital after attempting some more advanced maneuvers. There are two situations in which you will need to do the roll. If you are jumping off of something that you would normally hurt your legs when you land, or if you have just done an aerial stunt. If you are jumping off of something, when your feet touch the ground you need to direct your energy forward while bringing your chest toward the ground. Before you make contact with the ground, tuck your head and the shoulder you are going to roll on and keep your legs bent. When you are on your back you will naturally want to stick both of your legs straight out in order to stop your self from continuing forward, but this is just the opposite of what you want. What you need to do is keep both of your legs bent while your back is on the ground. Once you have almost gone all the way, put one of your legs out and create a “4” with your legs. The force of you sticking the one leg out is enough to propel forward so you will never stop moving. Once your first leg has touched the ground, you can then put your other leg out and continue running. If you are landing from just jumping in the air, you will simply follow the same directions, except you land with your hands.

The lazy vault is the second basic move out of the three that you should learn. The lazy vault helps you get over something like a fence that is hip high or slightly above. What you need

to do is run up to the fence with the leg you want to go over first next to it. Next, put the hand of the same side on the fence and swing your leg over. Then you need to swing your other leg over and put the other hand on the fence. You have to do all of this before your feet touch the ground. Next you have to push yourself forward with your hands and land with the leg you swung over first.

The third most basic move you need to know is called the monkey up. The monkey up helps you overcome obstacles such as a wall that is about chest high or slightly above. The first step in this maneuver is simply coming up to the wall and jumping straight up. When you jump you need to bring your hands up and have them on the top of the wall. If your hands can't reach the top of the wall, you cannot do this move. When your hands are firmly planted on the top of the wall, you will continue your energy upwards by pushing yourself up the rest of the way with your hands. The jumping and the pushing should be combined into one fluid movement. If you stop while you're pushing yourself upward, you are going to have a very hard time getting on top of the wall. When your feet are ready to land on the wall, you will naturally put your feet to one side, and both of your hands on the other. What you need to do, is land with your feet in between your hands. After your feet have correctly landed on the wall, you can bring your arms in front of you so you don't fall backwards off the wall.

Once you have all three of these basic maneuvers mastered, you can go find obstacles to practice doing them one after the other. If you find that you are reverting back to your natural tendencies, you need to practice the moves individually until the new movement becomes second nature, in order to prevent a serious or even fatal injury from happening.