

WHAT IS PARKOUR/FREERUNNING?

Parkour / Freerunning / Art Du Déplacement is the non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement. In practice it focuses on developing the fundamental attributes required for such movement, which include functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision.

It is a sport that encourages self-improvement on all levels, revealing one's physical and mental limits while simultaneously offering ways to overcome them. It is a method of training one's body and mind in order to be as completely functional, effective and liberated as possible in any environment.

The sport aims to build confidence, determination, self-discipline and self-reliance, and responsibility for one's actions. It encourages humility, respect for others and for one's environment, self-expression, community spirit, and the importance of play, discovery and safety at all times.

*Notes: The description above is to describe Parkour as a sport **and does not fully describe** the art / discipline / philosophy of Parkour as a whole.*

Council of Europe definition of sport: "Sport" means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.

HISTORY

The sport originally referred to as 'le parcours' was founded in Lisses, France in the 1980s by nine young men; David Belle, Sebastien Foucan, Chau Belle, Yann Hnautra, Laurent Piemontesi, Charles Perriere, Malik Diouf, Guylain N'Guba Boyeke, and Williams Belle.

In mid 1997, the group was known as the Yamakasi (Lingala for "strong man, strong spirit"). The Yamakasi created a new name for their movement-based practice: Art Du Déplacement, "the art of moving from one place to another".

The term 'Parkour' was first introduced by David Belle in 1998 to describe parcours with a proper noun. Parkour derives from the French word Parcours meaning 'route' or 'course'. Practitioners of Parkour became known as traceurs.

The term 'Freerunning' was used by Sébastien Foucan in the production of a Channel 4 documentary, Jump London, in 2003. This term was used describe the addition of creative movements, drawn from a variety of other disciplines in order to communicate this amazing new sport to an English-speaking audience.

Parkour UK has chosen to utilise the term Parkour to represent the Sport

PROGRESS TO DATE . . .

- More than half of the UK's young people have heard of parkour/ freerunning & people now watch more YouTube videos of parkour/freerunning than skateboarding and BMX combined
- Parkour is most commonly practiced by 13-30yr olds, with significant growth now taking place with 8-13yrs olds.
- The UK leads the world with an estimated 35% female participation rate and steady growth.
- Regardless of how old people are when they start or what level of ability they start with, as time goes on and they gain enough experience in Parkour/Freerunning they begin to use the problem solving methods they are learning improve their quality of life overall.
- Parkour/Freerunning in the UK has arguably the best cohort of professional traceurs/freerunners in the world. Many of the world's top practitioners are from UK based groups/teams including Storm Freerun, Storrer & 3Run
- Parkour/Freerunning in the UK has a well established and thriving scene that is well developed and supported by Parkour UK as the NGB for the sport in the UK.

PARKOUR UK & ITS ROLE

Parkour UK is the National Governing Body for Parkour/Freerunning, providing governance and regulation of Parkour / Freerunning throughout the UK. We work closely with a variety of partners encouraging and developing the safe and appropriate practice of Parkour/Freerunning in addition to working with groups and organisations.

Parkour UK has approx 70 member organisations from all over the UK, including representation in each home country of England, Wales, Scotland & Northern Ireland. We have members as far north as Shetland and as far south as Plymouth and everything in between.

Parkour UK has a variety of awards, CPD & qualifications covering achieving, leading, coaching, teaching & instructing. These have been developed in conjunction with a variety of award bodies including AQA, Sports Leaders UK, 1st4sport Qualifications & CYQ.

Our qualifications are approved by the relevant sector skills council - Skills Active, regulated by Ofqual, sit on the QCF. Our meet the National Occupational Standards for Sports Coaching and for Exercise & Fitness

LEVEL OF UNDERSTANDING

COACHING

(Sport)
Process of guided improvement and development in the sport of Parkour/Freerunning at identifiable stages of athlete development

2014 LAUNCH



Level 3 Diploma in Coaching Parkour/Freerunning
[Senior Coach]

FORMAL  18+



Level 2 Certificate in Coaching Parkour/Freerunning
[Coach]

FORMAL  18+



Level 1 Award in Coaching Parkour/Freerunning
[Assistant]

FORMAL  18+

TEACHING

(Education)
Facilitation of another's learning through Parkour/Freerunning

2014 LAUNCH



Intermediate Award in Teaching Parkour/Freerunning
(Only available to PE Teachers)

CPD 



Introductory Award in Teaching Parkour/Freerunning
(Only available to those with QTS)

CPD 

INSTRUCTING

(Fitness)
Improving and/or maintaining physical fitness through Parkour/Freerunning

2014 LAUNCH



Level 3 Diploma in Instructing Parkour/Freerunning Fitness
[Personal Trainer]

FORMAL  18+



Level 2 Certificate in Instructing Parkour/Freerunning Fitness
[Instructor]

FORMAL  18+



Level 1 Award in Instructing Parkour/Freerunning Fitness
[Trainee]

FORMAL  14+

LEVEL OF UNDERSTANDING

LEADING

(Peer Leadership)
Organising a group of people to achieve a common goal through Parkour/Freerunning



Award in Leading Parkour/Freerunning
[Activator]
(Suitable for Teaching Assistants, Lunchtime Supervisors, University Students & Volunteers)

INFORMAL 

ACHIEVING

(Participating)
Accomplished successfully, especially by means of exertion, skill and practice of Parkour/Freerunning



Unit Award Scheme: Parkour/Freerunning (Unit 2)
[Achievement]

INFORMAL 



Unit Award Scheme: Parkour/Freerunning (Unit 1)
[Achievement]

INFORMAL 

OPPORTUNITIES FOR LOCAL AUTHORITIES

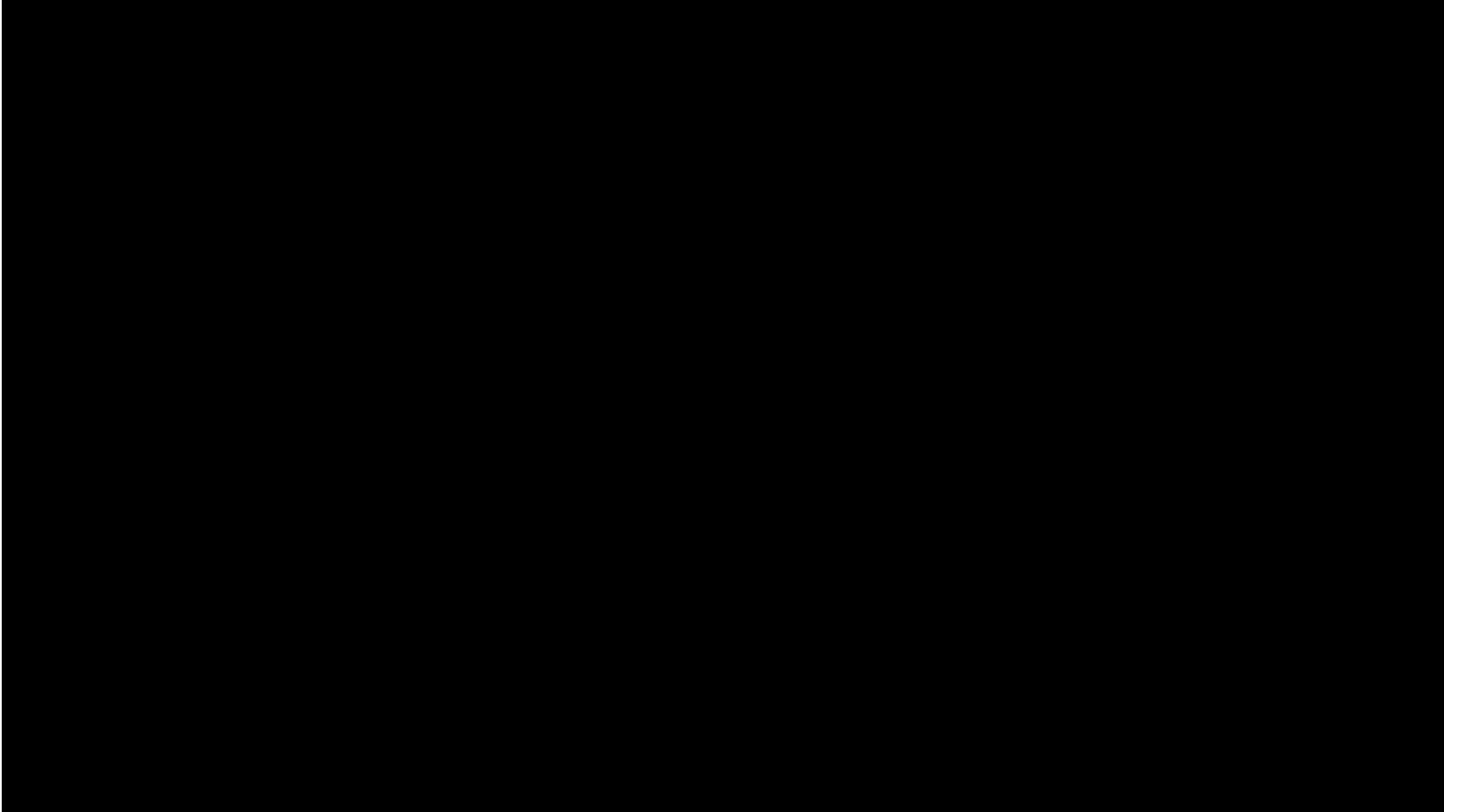
Facilities for parkour

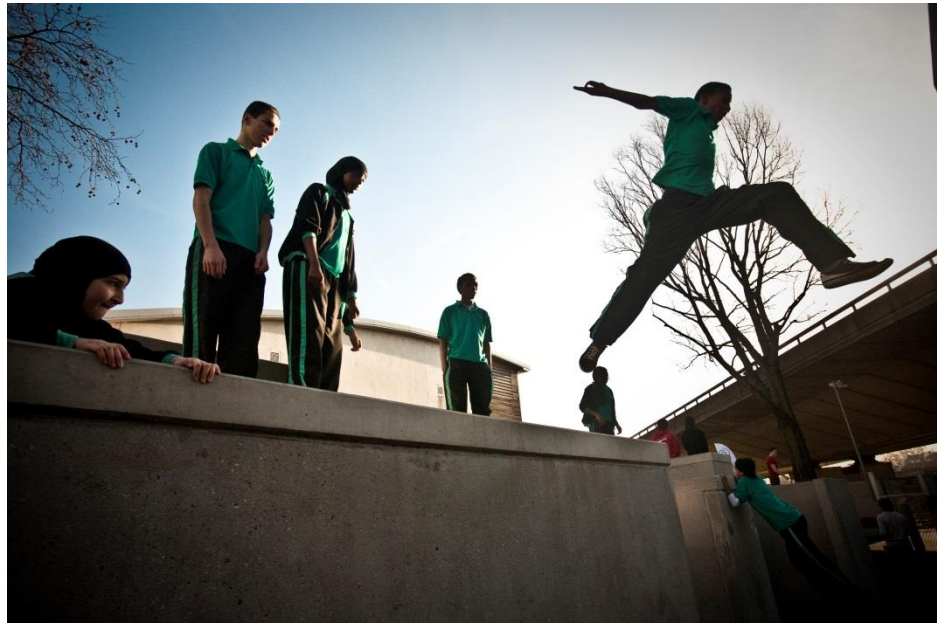
The British Standards Institution (BSi) published BS10075:2013 the British Standard for Parkour Equipment in Feb 2013. Parkour UK has led the development of the standard along with various partners & experts from various. This is a significant achievement for Parkour in the UK, which has been aiding the marked increase in new Parkour training facilities being developed, even prior to publication.

Following publication it has had and continues to have a direct and beneficial impact enabling local authorities, schools, colleges, universities, sports centres, land owners, manufacturers and installers to build Parkour facilities and equipment that are fit-for-purpose, safe and to the recognised standard.

They are currently approximately 30 purpose built Parkour Parks across the UK ranging from the UK's largest in Coatbridge Scotland to London's LEAP Parkour Park in Paddington, manufactured and installed by our facility development partners Freemove. In addition there are several indoor Parkour facilities across the UK including Parkour Generations' – The Chanistore in East London, The Airborn Academy in Liverpool & The Parkour Project in Poole.

LEAP PARKOUR PARK





OPPORTUNITIES FOR LOCAL AUTHORITIES

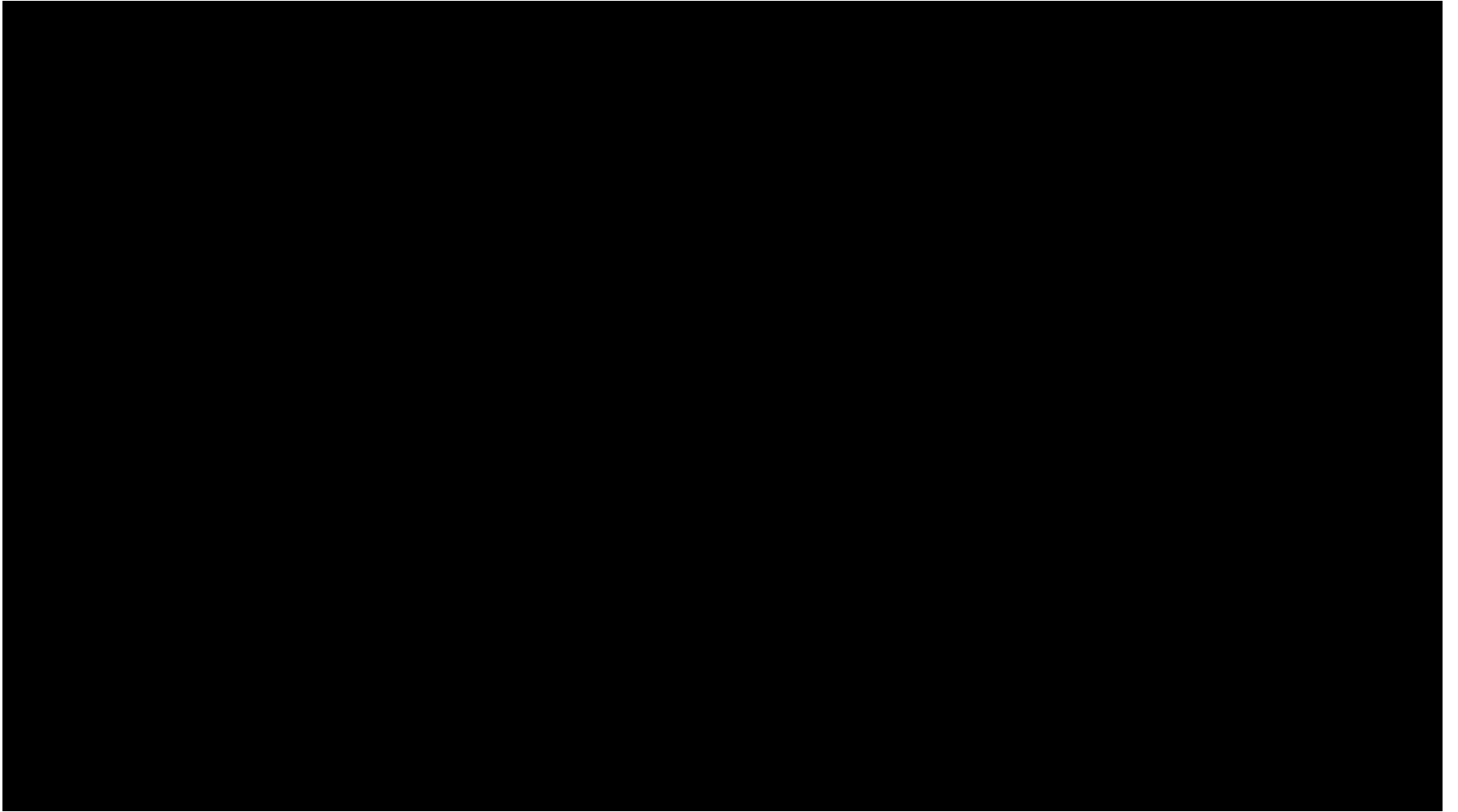
Delivery of Parkour/Freerunning

- Schools
- Sport for Development
- Older People
- Mental Health

Parkour UK partners of national projects such as the Matalan Sporting Promise in conjunction with the Youth Sport Trust to supporting our members to deliver programmes such as Parkour/Freerunning for the over 50's, delivered by our members ParkourDance.

Parkour/Freerunning is a sport/activity that is available and accessible to everyone and anyone.

FOREVER YOUNG



Eugene Minogue

Chief Executive

07920 793 728

eugene.minogue@parkouruk.org

www.parkouruk.org