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! "#\$%&#(') "*"#+(,+ , ' - . */%0'1%#'
%2.#3% - (+, '4/5)(3"6'7)*"36.)8'
9\$(66)' "#. '*" &, / '* / " * # . 6 " * . ' * 0'
:& - 4(+, ; '2" &6*(+, ; '#%66(+, ; '3#" <6(+, ; '
6" +0(+, ; '36(- 7(+, ; '7"6"+3(+, '
"+0') <(+, (+, '*%' - %2. '* / # % &, / '
0(11.#.+*' .+2(#%+- .+*)8

The benefits of parkour

(+36&0.')4"*("6" < "#.+.))'
"+0'(+0.4.+0.+3.8'94"*("6'
" < "#.+.))' / .64)' < (* / ' "66' " * / 6. *(3'
. +0. "2%#)8' = / # % &, / '6. "#+(+, '
4"#\$%#%, #.)) (%+)') * & 0. + *)'
, "(+''') . +) . '%1'(+0.4.+0.+3.'
and confidence. Parkour is based
%+ '4#%, #.)) '+%* '4.#1.3*(%+8' = / ()'
"44#%"3 / ()' . > * #. - .65' "44. "6(+, '
%'+%+'#"0((%+ "6' " * / 6. * .) '7%* / '
- "6.' "+0'1. - "6.8'

93%**) 0 "6. ' ! "#\$%&# ' "+0''