

## Freerunning By Alice Gabathuler

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"Über den Autor und weitere Mitwirkende Alice Gabathuler wurde 1961 in der Schweiz geboren. Sie arbeitete als Radiomoderatorin, Werbetexterin und Englischlehrerin. Heute ist sie freiberufliche Autorin. Sie lebt mit ihrer Familie in Werdenberg, einem kleinen Ort in der Ostschweiz. Für 'no\_way\_out' wurde sie mit dem Hansjörg-Martin-Preis 2014 für den besten Kinder- und Jugendkrimi des Jahres ausgezeichnet."

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to go out and train

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was the first book written and a few of the others in the series basic parkour survival swimming and basic rock climbing are just that book split up into smaller volumes

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**parkour and freerunning handbook review by dan edwards**

May 24th, 2020 - the parkour and freerunning handbook review in my views and as a conclusion to this review i must say that it is the only parkour and free running book that you will ever need parkour is a game that is not governed by any particular body there is only one rule in the game and that s there s no rule

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May 22nd, 2020 - get this from a library the ultimate parkour amp freerunning book discover your possibilities jan witfeld ilona e gerling alexander pach introduces the sport of parkour or freerunning which bines the core elements of running jumping climbing and other physical movements with the goal of moving the body over and around

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best books about running want to start running or already logging miles these are the best books about running for when you need a motivation boost by amanda parrish man updated october 31 2018 each product we feature has been independently selected and reviewed by our editorial

### **free running the urban landscape is your playground by**

April 14th, 2020 - if you ve seen the james bond movie casino royale or madonna s music video jump you ve seen foucan in action his free running skills are amazing but a book of photos just isn t the same as watching him on film also i was hoping for a bit of history as to how foucan developed parkour but the book is simply a collection of photos and brief messages of motivation which are fine for what

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**freerunning**

May 28th, 2020 - foucan expands on a number of basic principles of the sport in his book freerunning other practitioners have suggested other principles for example daniel ilabaca encourages people to think positively suggesting that practitioners of freerunning will sometimes fall largely because they think they might

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May 20th, 2020 - free running book list after doing a lot of hunting for parkour and free running book titles i ve managed to gather a great prehensive list of both free running and parkour books because there are a lot of bad books and a lot of misinterpreted information out in almost every free running book i decided i would review the as many of them

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### **parkour**

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