

PARKOUR GENERATIONS

MASTER YOUR MOVEMENT





WHAT IS PARKOUR?

Parkour is an explosive art of movement, a discipline that enables the practitioner to travel freely through and over any terrain they may encounter, and the world's fastest-growing 'free sport'.

Parkour focuses on developing the fundamental attributes required for movement, including balance, strength, dynamism, endurance, precision, spatial awareness and creative vision.

Beyond this simple explanation, however, parkour is a discipline of self-improvement on all levels, an art that reveals to the practitioner his or her own physical and mental limits and simultaneously offers a method to surpass them.

“it enables them to do things they had previously considered impossible”

Practitioners often claim the discovery of parkour is a life-changing experience: that it enables them to do things they had previously considered impossible. In this respect, they claim that parkour involves a developing knowledge of the body; acquired through training and the advancement of one's skills, as well as injury and set-back. Practitioners also claim that parkour encourages a connectedness with the self - and the physical space in which parkour is practiced - that they had not previously experienced.

(2008) The Art of Displacement, London



WHAT IS PARKOUR GENERATIONS?

Parkour Generations is the world's largest professional organisation for the stunning movement discipline known as parkour or freerunning. Working around the world for over a decade, the founding members of Parkour Generations came together to create a vehicle to transmit the incredibly strong benefits and positive effects of this amazing art form.

Now with bases across Europe, South-East Asia and the Americas, Parkour Generations reaches out to practising communities all around the world.

OUR GOAL

The work of Parkour Generations is focussed on integrating the natural and largely untapped physical and mental potential of every person into their modern life in a holistic and functional way: to make movement and the use of the body a central part of our daily life.

This is done through mediums which include teaching, conceptual and architectural consulting, live demonstrations, education and research, media work and artistic representations.

Most importantly though, we believe passionately in the enormous benefits this movement revolution has brought and can bring to the modern world and that is reflected in every single project we take on, from the very small to the very large.





TAILORED SERVICES

MEET THE TEAM

The Parkour Generations Team includes some of the most experienced practitioners and teachers in the world, drawn from every generation of the practising community. They range from some of the original French founders of parkour and top level athletes who help to breathe new life into the art of movement today, right through to the rising stars on our Developing Athlete Mentoring Programme.

The Director's Team of Parkour Generations is composed of Dan Edwardes, Stephane Vigroux and Francois 'Forrest' Mahop – all central figures in the development of parkour around the world.

All our coaching staff are fully qualified via the National Governing Body, First-Aid certified, fully insured and CRB checked.

Whether part of our coaching team, performance team, design team or any other branch of the organisation, all our team members are elite practitioners of parkour in their own right.

Our services are tailored to fit the needs of each individual client, no matter the industry, often providing bespoke programmes that can therefore deliver the project goals with the utmost efficiency. Parkour Generations has provided services on every continent and for a diverse range of brands and industries.

Whether it be in the form of live performance, film and advertising production, international seminars, stunt-work, professional coaching or delivering certification courses, we continually set the standards in the industry and always deliver results of the highest quality.

Professional & Media Services

Elite performance – commercials,
Product launches,
Displays,
Stunt work,
Choreography
Parkour film,
Photography and production Consulting
Practical application of parkour –
Security testing, police, military, fire services
Project Management and Production



Events & Workshops

Product launches and promotional displays
Parkour training events, seminars and camps
Bespoke workshops ('one-off' and regular)
International annual gatherings including the
world-famous Rendezvous, Winterval
and American Rendezvous



Instruction & Coaching

Parkour Academy classes
Coach provision
Coaching certification programmes –
ADAPT and Parkour Fitness Specialist
School Programmes
Youth and social inclusion programmes
Private and small group tuition

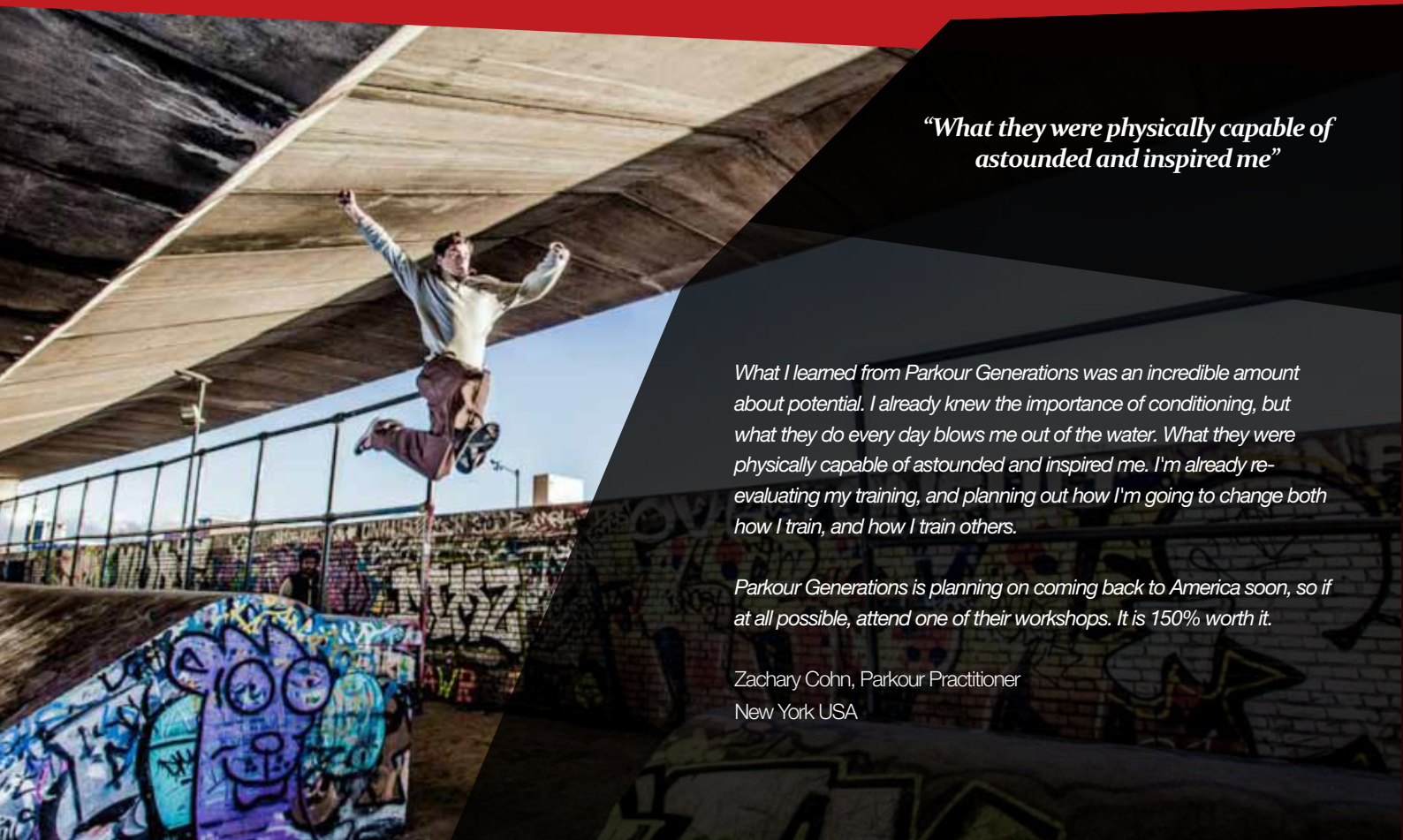


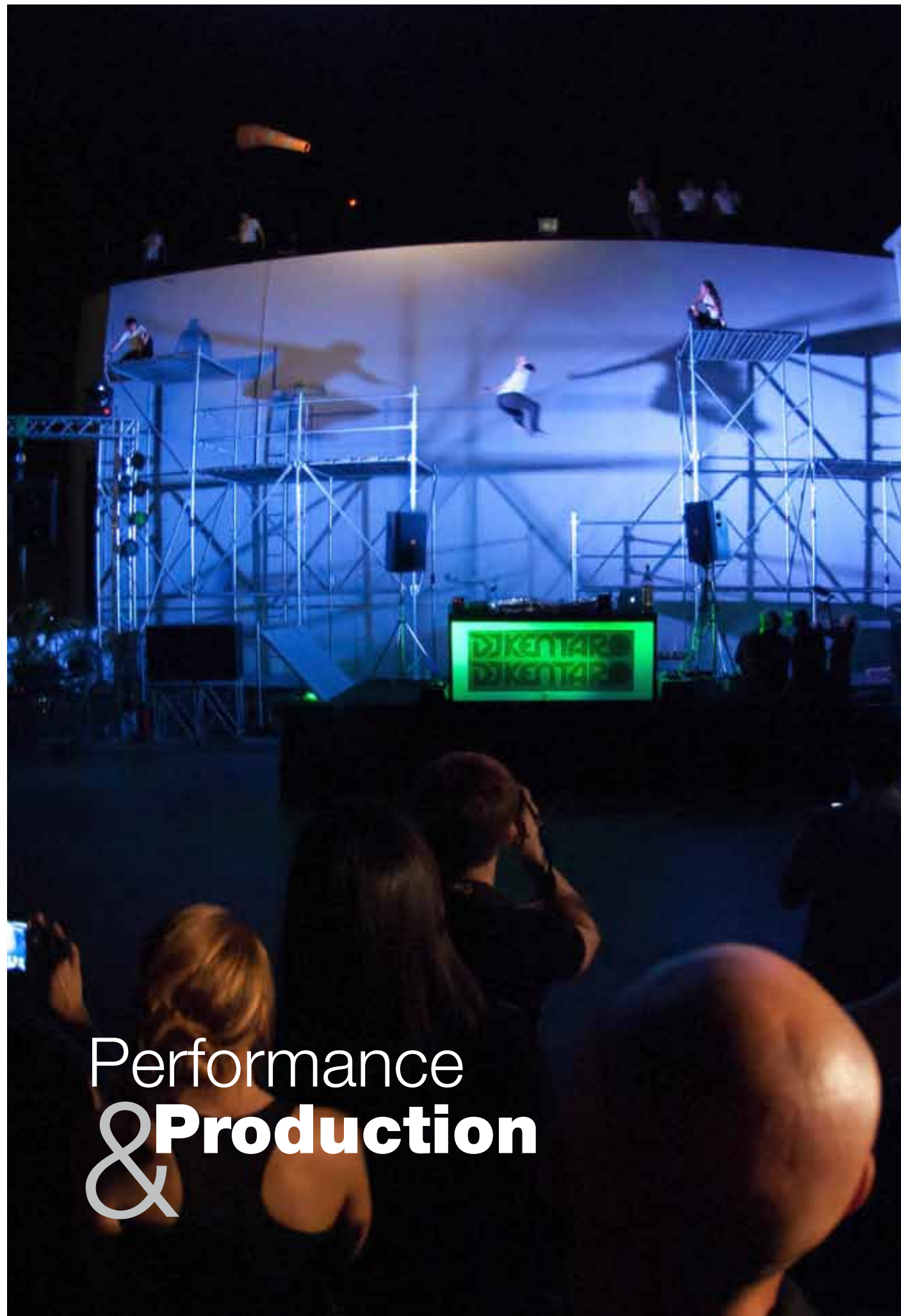
*“What they were physically capable of
astounded and inspired me”*

*What I learned from Parkour Generations was an incredible amount
about potential. I already knew the importance of conditioning, but
what they do every day blows me out of the water. What they were
physically capable of astounded and inspired me. I'm already re-
evaluating my training, and planning out how I'm going to change both
how I train, and how I train others.*

*Parkour Generations is planning on coming back to America soon, so if
at all possible, attend one of their workshops. It is 150% worth it.*

Zachary Cohn, Parkour Practitioner
New York USA





Performance & Production

Parkour Generations athletes perform all over the world and have been central to some of the highest profile media projects to date, including Hollywood movies such as District 13, Babylon A.D., Breaking and Entering, and many more, along with starring in seminal documentaries and major advertising campaigns for brands such as Adidas, Sony, Toyota, Nike, Google, Samsung, JCB, the 2012 Olympics and a host of others.

With our in-house production team we are also capable of delivering finished film and photography products such as TVCs, viral videos, photographic campaigns and short films.

Typically one of our experienced parkour co-ordinators will discuss the requirement of a project in depth with the client, resulting in bespoke choreography and dazzling performance.

Pakour Generations provides:

- Elite parkour athletes
- Choreography and live performance
- Stuntwork for film and TV
- Product launch displays and events
- Video and photography for advertising
- Actor training

“From our very first meeting I could see that Forrest was the right person for the job.”

As soon as I received the brief for the Toyota Spot, I contacted Forrest at Parkour Generations. From our very first meeting I could see that Forrest was the right person for the job.

Parkour Generations were involved at every stage of the production from initial discussions to choreography of the performers in the final spot. The performers are incredibly talented and knowledgeable and were a joy to work with.

We only scratched the surface of their true potential with the Toyota spot and I am looking forward to our next project where we can really capture the performers’ abilities and showcase their extraordinary talent.

Parkour Generations are extremely professional in all dealings and I can recommend them without hesitation.

Simon Stock, director, Toyota TV Commercial

(far left) PKG at a rooftop display in Thailand, (below left) shoot, (below right) Johann Vigroux at the Pimlico shoot, (below) Naomi Honey in the Palmer Pawel shoot.





PARKOUR: TACTICAL

Security Testing for Facilities

A facility is only as secure as its physical barriers are impenetrable. Whether it be looking to keep people in or prevent people from gaining access, security measures are often inadequate for the task and do not take into account the physical capabilities of individuals committed to either escaping or gaining access.

We provide actual, physical testing of the security measures of facilities of all kinds, including:

- Minimum-Maximum Security Correctional Centres
- Secure Mental Facilities
- High-Risk /Targeted Buildings
- Educational Facilities
- Private Property and Grounds

To find out if your facility's security measures are effective, thorough and complete, we will have our team of experts put it to the test from every possible point of access and angle of approach, producing a full analysis of the tactical strengths and weaknesses of the building.

Tactical Movement Skills: Urban Terrain Navigation

Parkour is the art of crossing any terrain as swiftly, fluidly and efficiently as possible. With the world's population increasingly based in urban environments and sprawling cites, learning how to move functionally and capably through these environments is a critical component of the success of many organisations.

Urban terrain navigation training can be of enormous benefit to:

- Civil and Military Police Organisations
- Military Groups
- Fire-fighting Organisations
- Rapid Response Units
- Ambulance and Medical Staff
- Other Emergency Services

Improving these skills can enable professionals to:

- mobilize and deploy efficiently within any terrain
- access critical areas or positions
- operate effective pursuits
- escape and evade pursuit
- withdraw from high-risk areas with confidence and speed
- overcome any physical obstacle impeding the progress of the operation

Infiltration and Exfiltration Training

Understanding the physical tactical potential of any group of individuals, within any industry, is dependent firstly upon knowing the physical abilities, movement skills and fitness levels of those individuals. How fast can they move? What terrain can they handle while fully equipped for the task at hand? What targets can they access and in what timeframe? How covertly can they reach these targets?

Parkour Tactical™ training allows for any professional group or individual to understand their true capabilities and then to progress those capabilities to improve infiltration and exfiltration skills that can be applied to a broad range of environments. Our team of expert consultants will devise a programme of movement training to fit the unique needs of any group or situation, taking into account factors such as physical fitness levels, clothing/uniforms and essential equipment.

We will also help you develop a level of functional strength and fitness to apply these skills effectively and over a long period of time, as required.

PARKOUR AND THE ARTS

The stunning and unique movement discipline of parkour / freerunning has captured the imagination of audiences all over the world, taking centre stage in Hollywood movies, television commercials, event launches, viral videos with hundreds of millions of views and more.

Parkour Generations has worked closely with some of the world's leading artistic organisations, fusing our own special form of movement with ballet, hip-hop, stage theatre, performance art and interactive theatre to create unique shows the likes of which have never been seen before.

For us, parkour can be applied to any paradigm in order to enhance, support and mould a powerful and memorable performance and an art-form all of its own. This is Parkour and the Arts (PATA).

SERVICES

CHOREOGRAPHY

We pride ourselves on bringing over ten years of experience in fusing parkour with a wide variety of art forms to be able to choreograph innovative, unique and spectacular performances. Whether it be dance, from classical ballet to hip-hop, performance art, live music or alternative display forms such as urban sports, our choreography team will find the right blend to inject something new into any show.



PERFORMER PREPARATION

Performances often require existing cast members, such as actors or dancers, to be trained in parkour movements and techniques in order to add a different element to a show – performer preparation is a speciality of ours, having worked with major Hollywood actors in the run up to blockbuster movies right through to stage actors in London's West End.

Training programmes are always bespoke, designed to achieve maximum results in whatever time is allotted to the preparation.

PROFESSIONAL PARKOUR PERFORMERS

Parkour Generations is the world's leading provider of elite professional parkour / freerunning athletes, capable of adapting their movement to any kind of show, display or performance.

Often there simply isn't the time to allow for existing cast of a production be trained to perform the kind of movements parkour athletes regularly practice and this is when the addition of a professional parkour athlete to a production can inject an extra level of skill and complexity.

STAGE DESIGN AND CONSULTING

Many shows that involve parkour movements require stages and sets to be constructed with those movements in mind, to cater for the scale and technical requirements of this explosive art-form. Parkour Generations provides a complete stage consultancy service to create the perfect setting for any movement-based show, working closely with audio-visual and choreography elements to ensure the ultimate audience experience.





COACHING A GENERATION

Parkour Generations is the largest teaching body for the dynamic art of movement that is parkour (or Freerunning) in the world. We work closely with a number of groups in the UK and around the world ranging from national sporting authorities to primary and secondary schools, local councils, and social inclusion organisations to deliver the best parkour instruction available. Our own Parkour Academy classes, running every weeknight in the UK, USA and South-East Asia, are recognised as the benchmark for parkour teaching.

Our ongoing workshop programme with the City of Westminster for children in inner city 'at risk' areas was nominated for the Services for Children and Young People's Award, and our One Giant Leap campaign won the 2011 European Public Affairs Award. Our internationally-recognised coaching certification programme, A.D.A.P.T, was awarded the London 2012 Olympics Inspire Mark.

“even reluctant children are enthusiastic about parkour”

The work that Parkour Generations did with the Key Stage 2 children on the workshop has inspired them in PE and across the curriculum. We have far more children with the appropriate PE kit now and even reluctant children are enthusiastic about Parkour.

The children were all engaged throughout the sessions and both Dan and Forrest had a brilliant manner with them!

Hilary MacMeekin, PE Co-ordinator
Priestley Primary School, Wiltshire

“safe but challenging for all abilities”

Parkour Generations has given us the opportunity of adding something extra yet fundamental to our extra-curriculum programme. Parkour attracts pupils who as a PE department, we would struggle to get them involved after school.

I completely trust the instructors from Parkour Generations. They clearly have great knowledge of what is required not only to coach the pupils during Parkour sessions but also to teach them. They have the natural ability, skills and in-depth knowledge of Parkour to adapt the sessions to ensure the sessions are safe but challenging for all abilities.

Matt Sheppard, Head of Sports
Quintin Kynaston School, London

The intention of all of our coaching programmes is to enable the students to take away a solid understanding of the art of movement and good technical and physical skillsets, but also an appreciation for a methodology rooted in personal health and safety. Parkour is the base of human movement and fitness, and we encourage students to follow a healthy diet, to engage in regular physical exercise, and to work on developing individual discipline and internal fortitude that will benefit them in all walks of life.



DESIGN WITH A DIFFERENCE

Our own in-house parkour design team combines the skills of professional architects and graphic designers with the most experienced parkour athletes to generate incredible structural designs for any situation, ranging from permanent parkour parks and temporary display stages to our own range of portable indoor training equipment.

One of our boldest creations – the UK's first official, managed Parkour training facility known as LEAP (London Experience of Art du déplacement and Parkour) and set in the heart of London in Westminster borough – was the first facility to be awarded the Olympics 2012 Inspire Mark.

Whatever your design needs, contact us now for a bespoke consultation and see your vision brought to life.

Our global manufacturing partners, Freemove, are the world leaders in the installation of bespoke parkour training facilities, meaning we are able to design and manufacture parkour facilities wherever they are needed.



PARKOUR FITNESS SPECIALIST

Launched in 2012, the Parkour Fitness Specialist is a certification programme for fitness professionals and personal trainers wanting to understand and introduce into their own paradigm the functional strength and fitness elements of parkour.

Parkour training has taken human physical potential to new levels and is now reshaping the fitness world with its uniquely functional, holistic and natural approach to training and fitness.

For more information on either the A.D.A.P.T or Parkour Fitness Specialist certification programmes, contact us directly and we will be happy to get you on the right programme.

“created and endorsed by the founders of the art”

There's no substitute for a certification programme created and endorsed by the founders of the art. That's all there is to say!

Michael Harper, parkour coach, teacher, Olympic lifter

“safe but challenging for all abilities”

The ADAPT certificate and working with Parkour Generations has been a great experience because I like the approach of bringing in a standard of coaching we can rely on. I've never been coached and this was a fantastic opportunity to learn more about coaching from people who have dedicated their life to it, it's a real skill. It is also a great way to meet people and share ideas.

ADAPT brings a standard which can help the discipline to be recognised and accepted. People can have confidence in the coaching standards and practice.

Sebastien Foucan, co-founder of parkour / freerunning

“I have now completely changed my coaching methods as a result”

The course was rigorous and I would describe the content as college-level. The 4-day Level 1 course is 32 hours of instruction which equates to roughly a term's units of college coursework.

The course covered an incredible amount each day: history, biomechanics, specific movements, physical training, the spirit of parkour, and general coaching concepts. It was well put together and I have now completely changed my coaching methods as a result.

John Galland, parkour coach and personal trainer

RUN WITH **STYLE**



Parkour Generations offers a unique range of original parkour products, from training clothing and fashion-wear to instructional books to training DVDs. These can all be found on our Online Store and at other online and retail outlets.

We create and offer a range of coaching support products such as schemes of work for school teachers, coaching guides and parkour lesson plans.

We also offer multi-modular portable parkour training equipment for gyms, sports halls, schools and other indoor environments.

For information on any of the above product lines and the new items forthcoming in our ranges, contact us directly now.



PARKOUR GENERATIONS **INTERNATIONAL**

In 2012 we went multi-national, launching operations in North America and South-East Asia, with further international hubs to be announced.

Parkour Generations Americas is based in California, Ohio and Massachusetts and delivers professional parkour services across North, Central and South America. Our annual American Rendezvous event is the largest gathering of parkour practitioners in the United States, bringing together amazing communities from all over the Americas.

Parkour Generations Asia is based in Bangkok, Thailand, with representatives reaching across the entire South-East Asia region. Our

Asia team has worked in Thailand, Singapore, Malaysia, Japan, China, Indonesia, Taiwan, the Philippines and other places, bringing the benefits of parkour to a part of the world new to the concept.

Parkour continues to expand around the world, touching thousands more each month of every year. Parkour Generations is leading this growth, with branches already set to open in several more regions.

Find out about the Americas team at : www.pkgamericas.com

Contact the Asia team on : www.pkgasia.com

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