

The Parkour & Freerunning Handbook (Paperback) - Common

By (author) Dan Edwardes



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The Parkour & Freerunning Handbook (Paperback) - Common By (author) Dan Edwardes The Parkour and Freerunning Handbook" is "a comprehensive, fully illustrated, four-color guide to parkour and free-running techniques, philosophy, and culture from Dan Edwardes of Parkour Generations, Britain's leading free-running association. An It Books paperback original, this essential handbook offers a jump-byjump guide to parkour, aimed at building the confidence of the novice to become a c

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