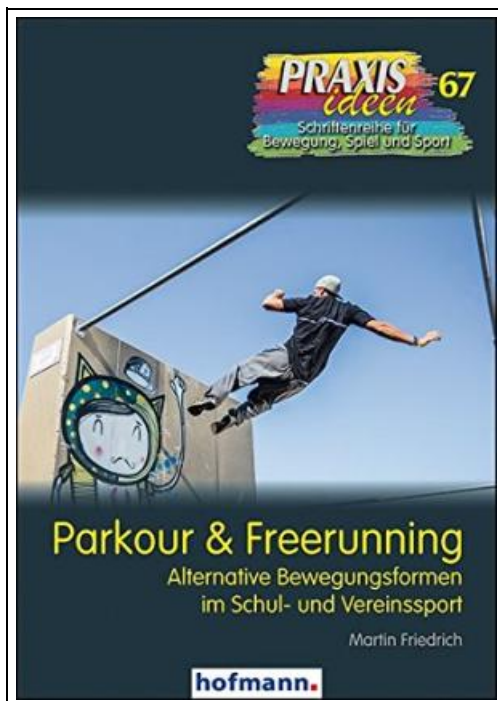


Parkour & Freerunning



Filesize: 4.37 MB

Reviews

A brand new e book with a new perspective. Better then never, though i am quite late in start reading this one. I found out this ebook from my dad and i advised this publication to find out.

(Hailee Hahn IV)

PARKOUR & FREERUNNING



Hofmann GmbH & Co. KG Apr 2017, 2017. Taschenbuch. Condition: Neu. Neuware - Parkour, die effiziente Art der Fortbewegung, sowie Freerunning, eine kreative Art der Selbstverwirklichung mithilfe des eigenen Körpers, erfreuen sich einer nicht abreißen wollenden Popularität. Der Fokus in diesem Band liegt auf dem Vermitteln eines nachhaltigen und individualisierten Zugangs zu diesen Bewegungskünsten. Dafür wird im Theorieteil neben der geschichtlichen und philosophischen Basis vor allem auch der mögliche positive Einfluss von Parkour & Freerunning auf die Persönlichkeitsentwicklung sowie Risikowahrnehmung geklärt. Der Praxisteil widmet sich mithilfe verschiedener methodischer Herangehensweisen den grundlegenden Lande- und Rolltechniken, Hindernisüberwindungstechniken, Akrobatiktechniken am Boden (Vorwärts-, Rückwärts-, Seitwärts-, Auerbachsalto) sowie an der Wand (Wall Flip, Wall Spin) und letztlich Schwungtechniken - alles begleitet von Bildreihen und Sicherungsrufen. Dieses Buch richtet sich an SportlehrerInnen, SportstudentInnen, TrainerInnen, InstruktorInnen, ÜbungsleiterInnen sowie Parkour & Freerunning-AthletInnen, die mithilfe dieser Bewegungskünste ihren Unterricht beziehungsweise ihr eigenes Training bereichern wollen. 160 pp. Deutsch.



[Read Parkour & Freerunning Online](#)



[Download PDF Parkour & Freerunning](#)

Other eBooks



The Bazaar of Bad Dreams. Basar der bösen Träume, englische Ausgabe

Hodder & Stoughton Sep 2016, 2016. Taschenbuch. Book Condition: Neu. 178 mm. Neuware - A generous collection of thrilling stories - some brand new, some published in magazines, all entirely brilliant and assembled in one...

[Save Book »](#)



Last to Die

Ballantine Books. Paperback. Book Condition: New. Mass Market Paperback. 512 pages. Dimensions: 7.4in. x 4.1in. x 1.2in. Rizzoli and Isles Hit series on TNT NEW YORK TIMES BESTSELLER One of the most versatile voices in thriller...

[Save Book »](#)



The Pursued: Is That Drum Beats? Lamar Stein Heard Beats Warning of an Evil Set Loose on Piedmont! This Is the Root Hard or Die Story of the Life and Times of My Father and Mother. My Sister and Me, Bystanders on Appalachian Mountains Hillside. (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Euphoria broke out in the hitching alley by the time my father reached...

[Save Book »](#)



Nature IQ: Lets Survive, Not Die

Inner Child Press, Ltd. Paperback. Book Condition: New. Paperback. 138 pages. Dimensions: 10.0in. x 8.0in. x 0.3in. Preface One of the methods back in 2012 other than print I chose to publish this book of poems,...

[Save Book »](#)



Do or Die

Ballantine Books. Paperback. Book Condition: New. Mass Market Paperback. 608 pages. Dimensions: 6.8in. x 4.1in. x 1.2in. NATIONAL BESTSELLER Suzanne Brockmann's seamless blend of heroic military action and intense passion inspired USA Today to call her a...

[Save Book »](#)

**Thomas & Friends Annual 2012 (Annals 2012)**

Egmont Books Ltd, 2011. Hardcover. Book Condition: New. BRAND NEW and ready for dispatch. Delivery normally within 3/4 days. Our Reputation is built on our Speedy Delivery Service and our Customer Service Team.

[Download Book »](#)

**Assessment Grade K Kindergarten Story Town**

HARCOURT SCHOOL PUBLISHERS. PAPERBACK. Book Condition: New. 0153611502 ISBN# 0153611502(2009) MULTIPLE COPIES, NEW, Softcover- paperback, STUDENT edition , Grade Kindergarten , Kindergarten Assessment , - Ships out within 1 business day FREE tracking (R6S9-3)M.

[Download Book »](#)

**Mouse Tales. Mäusegeschichten, englische Ausgabe**

Book Condition: New. Publisher/Verlag: HarperCollins US | When Papa's seven little mouse boys ask for a bedtime story, Papa does even better than that-he tells seven stories, one for each boy! | Format: Paperback |

[Download Book »](#)

**Colour and Paint: Playtime (Kids Colour & Paint)**

Parragon Book Service Ltd, 2010. Paperback. Book Condition: New. Rapidly dispatched worldwide from our clean, automated UK warehouse within 1-2 working days.

[Download Book »](#)

**The genuine book marketing case analysis of the the lam light. Yin Qihua Science Press 21.00(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2007-01-01 Pages: 244 Publisher: Science Press Welcome Our service and quality

[Download Book »](#)