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Parkour Art du dplacement: Lessons in practical wisdom - Leons de sagesse pratique (English Edition)



Par Vincent Thibault
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Description :

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FitnessPostscript by Yann Hnautra, Yamakasi founder90 lessons from the author of "Parkour and the Art du dplacement: Strength, Dignity, Community".No need for special gear. Just put your shoes on, put this book in your backpack, and you are ready to explore the city, with its many rails and walls and obstacles. Vault, run, do your load of squats and push-ups and traverses, then take a more contemplative break. These ninety very short chapters, with just one clear idea or exercise per chapter, are meant to inspire you and help you deepen your practice. This is not a how-to manual in which you will learn specific movement techniques, but a unique and precious handbook on the philosophical, psychological and spiritual aspects of parkour /

ADD / freerunning, that will also hearten people who have a background in dance, martial arts, yoga, CrossFit and so forth. How can you know if you are ready for a jump? When should you test and when should you trust? What are great, natural sources of energy? How can you find your Growth Zone? Use constraints to kindle creativity? How can you "find your voice"? What are "dynamic tension" and "intrinsic motivation"? Should you focus more on conditioning or on techniques?...These and many other subjects are addressed in this groundbreaking book.A modern day Book of Five Rings. Ryan C. Hurst, GMB Fitness"I had a serious spinal injury and I truly believe that without my ADD training and Body Armor conditioning, I would be in a wheelchair today. This is why when Vincent asked me to write a few words for his new book, I felt it was a responsibility, as well as an honor, to share my thoughts on what youre about to read. Being a martial arts instructor and ADD practitioner, Vincents Buddhist approach is very similar to my personal philosophy and this book will allow you a deeper understanding of the art of the Yamakasi. Not only the physical aspect of parkour and ADD, but its philosophical, emotional and spiritual elements, too - and what Vincent calls the mental posture. Vincent has this rare talent to understand, digest, and put into written word a philosophy that is mostly oral. I enjoyed this book very much, and recommend it to anyone practicing Movement. Read, Learn, Apply." Fred Evrard, Founder of Kali Majapahit Martial Arts*****PARKOUR ART DU DPLACEMENTLeons de sagesse pratiquedition 100% bilinguePrface de Ryan C. Hurst, directeur de Gold Medal Bodies / GMB FitnessPostface de Yann Hnautra, fondateur du groupe Yamakasi90 leons par lauteur de LArt du dplacement : Force, dignit, partage. Un Trait des cinq roues des temps modernes. Ryan C. Hurst, GMB Fitness Jai rcemment eu une grave blessure la colonne vertbrale et je crois sincerement que sans mon entrainement en ADD et les exercices "darmure corporelle", je me dplacerais aujourd'hui en fauteuil. Cest pourquoi, lorsque Vincent ma demand dcrire quelques mots propos de son nouveau livre, il ma sembl que ctait la fois un honneur et une responsabilit. En tant qu'instructeur darts martiaux et pratiquant dADD, ma philosophie personnelle ressemble beaucoup celle de lapproche "bouddhiste" de Vincent. En outre, ce livre vous permettra de comprendre plus en profondeur lart des Yamakasi. Non seulement laspect physique du parkour ou de lADD, mais aussi ses composantes philosophiques, motionnelles et spirituelles et ce que Vincent nomme parfois la posture mentale. Cet auteur a un rare talent pour comprendre, digrer et mettre lcrit une philosophie qui a principalement t transmise oralement. Jai ador ce livre et le recommande toute personne qui sintresse au mouvement. Lisez, apprenez, et mettez en application. Fred Evrard, fondateur de

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