

# ***PARKOUR – Urban Life Style***



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# ***What is Parkour?***

*Parkour is about moving in a way in which you don't let anything stop you moving through your environment and overcoming any obstacles that come in your path.*



# *When did Parkour appear?*

*Parkour was created in France by David Belle and Sebastien Foucan in 1988.*



# ***“Rush Hour”***

Parkour became popular with the help of “Rush Hour”, a short film for BBC ONE. The film shows parkour’s founder, David Belle, running across the rooftops of London, leaping from building to building to avoid the gridlocked traffic below.



# ***The Philosophy of Parkour***

*Our life consists of  
difficulties and  
its overcoming means  
progress.*



# *What can you achieve from Parkour?*

- *physical fitness*
- *mental ability*
- *friends*





***Parkour - a result of  
adaptation to the  
city life.***

