Abstract

Title: Programmatic systems of selected techniques in the parkour

Goals: The aim of this work is describe of selected techniques in parkour and to register their training exercises.

Methods: For the creation a set of exercises was used especially observation method for four years period of time. The monitored subjects were coaches, their students and also individual traceurs men and women aged 8-45 years, different level of physical fitness. These subjects participated in guided lessons, workshops, unorganized training, multi-day events and international events. Based on observation of coach teaching and learning process, the method or the results of the performance of their students, a detailed description of the techniques and a set of training exercises was created.

Results: In total, five selected techniques were analyzed and twenty-five training exercises were registred. Techniques and training exercises are captured in the form of photographs.

Keywords: parkour, freerunning, parkour history, parkour training, parkour coaching