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Moving through space by [Daniel](#)

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Parkour (in Finnish: parkour) is a complete way of exercise that includes for examples rolls, which are similar to martial arts, precision jumping, in which the landing happens on a specific spot so that movement stops, and passing, where hand makes a contact and pushes energy into the movement from an object while moving over it. Also jumping over obstacles about waist-height using or not using your hands as help and climbing or jumping directly on the wall are skills which increase the efficiency of your movements in speed. Essentially Parkour is a way of expressing yourself through bodily movements.

The practicing of Parkour movements starts always from the ground level. The first thing is to get used to using all of your four limbs while moving as fast as you can. Many Parkour movement and ways of crossing obstacles take their inspiration from the animal kingdom, so landing like a cat, moving on a wall like a spider and climbing a tree like a monkey are good ways of practice. Imagine yourself as agile, skilled and able and there are no more walls, obstacles or spaces around you to make bodily boundaries or physical borders.

Lappset Group has designed its parkour equipment and entire parks in collaboration with recognized parkour professionals. From training video produced in co-operation with Parkour Academy in Finland you can learn step-by-step introduction for the most commonly used Parkour movements.

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