



# Tutorial Roblox Parkour

**LP Steffe**



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**Extreme Parkour** Monique Vescia,2019-12-30 Practitioners of the art of movement known as parkour display strength skill and grace as they climb and leap over every urban obstacle in their path Parkour is a physically demanding discipline that almost anyone of any means can practice with proper instruction and when safety measures are taken This riveting book examines the origins of parkour and its global appeal An engrossing narrative and exciting pictures introduce the reader to basic parkour moves equipment and terminology Dynamic sidebars in each chapter take a deeper dive profiling famous athletes and the discipline s impact on popular culture **Parkour** Dan Edwardes,2009 Running [Parkour](#) Paul Stevenson,2024-02-15 [Parkour](#) Matt Doeden,2024

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