

Media Release

Parkour UK's 'Jump London' project receives 1000th London 2012 Inspire Mark

Today the London Organising Committee of the Olympic and Paralympic Games (LOCOG) has awarded the 1000th London 2012 Inspire mark to Parkour UK's 'Jump London', a London based project designed to develop and support the safe teaching and learning of Parkour, also known as Freerunning, by a qualified parkour UK instructor.

Parkour UK Chief Executive Eugene Minogue received the award on behalf of 'Jump London' from LOCOG Chief Executive Paul Deighton at a special event ahead of a performance at the London 2012 Olympic Rings unveiling in St Pancras International station later today.

The 'Jump London' project aims to create 500 new Parkour/Freerunning coaches between now and the Games creating more opportunities for people to participate in the sport of Parkour.

Parkour UK Chairman, Francois Mahop and Board Members, Stephane Vigroux & Dan Edwardes presented the first of the 'Jump London' 500 new coaches with their coaching qualification to Sébastien Foucan - one of the founders of Parkour/Freerunning and James Bond 'Casino Royale' actor following the completion of his coaching qualification.

London based club, Parkour Generations, who have put 21 coaches through the 'Jump London' project, showcased a Parkour coaching demonstration with Quintin Kynaston and St Augustines School, in addition to performing at the unveiling of the London 2012 Olympic rings.

Quote from Francois Mahop, Chairman Parkour UK:

Being awarded the Inspire mark is really important to us. Through Parkour we are looking to inspire young people to be active in a fun and exciting way, and being able to link to the London 2012 Games is an incredible opportunity to really enable us to deliver that message.

Quote from Sébastien Foucan:

Being the first of the 'Jump London' 500 new coaches to receive the coaching qualification is fantastic! Parkour UK's 'Jump London' project will create hundreds of qualified coaches like me, creating more opportunities to participate in Parkour.

'Jump London' is the 1000th project to be awarded the London 2012 Inspire mark, the badge of the Inspire programme which recognises projects and events inspired by London 2012. From mass participation dance events in Bradford to 'doorstep sport' delivering sports participation projects to young people where and when they want it, there are Inspire mark projects spanning sport participation, education, sustainability, volunteering and business opportunities & skills taking place across the UK.

– Ends –

For further information please contact Parkour UK on +44 (0)7 920 793 728, email info@parkouruk.org or tweet us @parkouruk

London 2012 Press Office on +44 (0)203 2012 100 or visit the website at www.london2012.com. Find out the latest from London 2012 HQ on our blog <http://blog.london2012.com> or follow us on Twitter <http://www.twitter.com/london2012>

Notes to editors about Parkour:

History

In one sense Parkour has existed for as long as we have walked on two legs and ever since we have moved either out of necessity, for enjoyment or for practice. It exists at the base of all human movement, and lives and breathes in part within all physical endeavours, from the play of children to the methodology of modern sports. It will continue to exist as long as we find reward and pleasure in the exploration of our own physical talents.

Links to Parkour can be traced back to Georges Hébert who while in the French Navy, Herbert was in the town of St Pierre in Martinique when it was hit by a volcanic eruption. Hébert coordinated the escape and rescue of 700 people in 1902. This experience had a profound effect on him and made him believe that athletic skill must be combined with courage. His athletic teaching became the standard of French Military training. Raymond Belle was born in French Indochina in 1939 and was taken in by the French Army where he received the

Hébert-influenced military training. He then went on to become an elite firefighter. His many rescues and medals gave him a reputation that inspired his son David Belle and his Friends - The Yamakasi.

The sport originally termed Art du Deplacement, now often referred to as Parkour or Freerunning, was founded in France in the 1980s by a group of nine young men who called themselves The Yamakasi. Yamakasi is a Lingala word loosely meaning 'Strong Man, Strong Spirit', and summed up the original and still core aim of Parkour - to be a strong individual: physically, mentally and ethically.

The Yamakasi founders were David Belle, Sébastien Foucan, Yann Hnautra, Châu Belle-Dinh, Laurent Piemontesi, Guylain N'Guba Boyeke, Charles Perrière, Malik Diouf and Williams Belle.

The term 'Parkour' was first introduced by David Belle in 1998. Parkour derives from the French word Parours meaning 'route' or 'course'

The term 'Freerunning' was the creation of Guillaume Pelletier, a representative of a group of French practitioners involved in the production of a Channel 4 documentary, Jump London, in 2003. This term was used in order to communicate this amazing new sport to an English-speaking audience

What is Parkour?

- Parkour / Freerunning / Art du Deplacement is the non-competitive physical discipline of training to move freely over and through any terrain using only the abilities of the body, principally through running, jumping, climbing and quadrupedal movement. In practice it focuses on developing the fundamental attributes required for such movement, which include functional strength and fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision.
- It is a sport that encourages self-improvement on all levels, revealing one's physical and mental limits while simultaneously offering ways to overcome them. It is a method of training one's body and mind in order to be as completely functional, effective and liberated as possible in any environment.
- The sport aims to build confidence, determination, self-discipline and self-reliance, and responsibility for one's actions. It encourages humility, respect for others and for one's environment, self-expression, community spirit, and the importance of play, discovery and safety at all times.

The description above is to describe Parkour as a sport and does not fully describe the art / discipline / philosophy of Parkour as a whole.

Parkour UK Qualifications:

The 1st4sport Award(s) in Coaching Parkour/Freerunning (NQF) is awarded by 1st4sport Qualifications and has been developed in partnership with Parkour UK. The qualification is solely administered and awarded by 1st4sport Qualifications as the approved awarding body and is regulated on to the government's National Qualifications Framework (NQF) by the Office of Qualifications and Examinations Regulation (Ofqual).

Parkour UK is actively working with both 1st4sport Qualifications and Sports Coach UK on achieving the UK Coaching Certificate (UKCC) endorsement for the Level 1 & 2 qualifications, which is hoped will be achieved in 2011.

Parkour UK's Qualifications meet the international A.D.A.P.T standard. The Art du Deplacement And Parkour Teaching (A.D.A.P.T) programme provides the international standard for art du deplacement / parkour / freerunning instruction. A.D.A.P.T has been formulated over several years by many of the founding figures and principle instructors of the discipline, including Châu Belle-Dinh, Yann Hnautra, Laurent Piemontesi, Thomas Couetdic, Stephane Vigroux, Dan Edwardes, François Mahop, Johann Vigroux and Sébastien Goudot. To receive an A.D.A.P.T recognised qualification is to be approved to teach the discipline by the foremost practitioners and teachers in the world, including the original Yamakasi and the traceurs from Lisses, Paris - the birthplace of the discipline

Parkour UK is the world's first and currently only National Governing Body of Parkour / Freerunning. It is the first to implement the international A.D.A.P.T coaching standard via the world's first nationally recognised coaching qualifications the 1st4sport Award(s) in Coaching Parkour / Freerunning. The 'Jump London' project aims to create the world's first 500 officially recognised Parkour / Freerunning coaches.

For more information about Parkour / Freerunning & Parkour UK please contact Eugene Minogue, Chief Executive, Parkour UK on: 07 920 793 728 or eugene.minogue@parkouruk.org