

Statement on the Red Bull 'Art of Motion' Event

Parkour UK in its role as the National Governing Body for the sport of Parkour / Freerunning would like to issue the following statement regarding the event entitled [Red Bull 'Art of Motion'](#) which will take place on Sunday 20th March 2011, 6 – 9pm at the Royal National Theatre, London UK.

Parkour UK is in no way affiliated with Red Bull or the Red Bull 'Art of Motion' event and its opinion as the National Governing Body is that the event does not accurately reflect the core principles and values of Parkour / Freerunning. Parkour UK, believes the ethos, philosophy and spirit of Parkour to be concerned with individual strength and well-being and that the sport should be practised in an environment of co-operation and not competition.

Note for Editors:

The sport originally termed Art du Deplacement, now also 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 the discipline - to be a strong individual: physically, mentally and ethically.

The Yamakasi founders were Yann Hnautra, Chau Belle, David Belle, Laurent Piemontesi, Sebastain Foucan, Guylain N'Guba Boyeke, Charles Perriere, Malik Diouf and Williams Belle.

The term 'Parkour' was first introduced by David Belle in 1998. Parkour derives from the French word *Parcours* 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.

As Parkour UK is a sport's National Governing Body (NGB), we refer to Parkour as being a Sport. Our description*, of Parkour as a Sport is:

What is Parkour / Freerunning / Art du Deplacement?

- 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.

*The description of Parkour as a Sport is currently under consultation and is open to amendments. This definition is to define the sport of Parkour and not the discipline / art / philosophy as a whole. Amendments' can be submitted to Parkour UK by 30th June 2011.