



PARKOUR
GENERATIONS
COACHING & WORKSHOPS

What is Parkour?

Parkour is an art of movement, a discipline that enables the practitioner to travel freely through and over any terrain they may encounter.

Parkour focuses on developing the fundamental attributes required for movement, including balance, strength, dynamism, endurance, precision, spatial awareness and creative vision.

Beyond this simple explanation, however, Parkour is a discipline of self-improvement on all levels, an art that reveals to the practitioner his or her own physical and mental limits and simultaneously offers a method to surpass them.

Practitioners often claim the discovery of parkour is a life-changing experience: that it enables them to do things they had previously considered impossible. In this respect, they claim that parkour involves a developing knowledge of the body; acquired through training and the advancement of one's skills, as well as injury and set-back. Practitioners also claim that parkour encourages a connectedness with the self - and the physical space in which parkour is practiced - that they had not previously experienced.

From Neill Brown's [The Art of Displacement]



Parkour Generations

Parkour Generations is the largest professional teaching body for the dynamic art of movement that is parkour (or Freerunning) in the world. Based in the UK and France, we work closely with a number of groups ranging from national sporting authorities to primary and secondary schools, local councils and social inclusion organizations to deliver the best instruction available today. Our own Parkour Academy classes, running every weeknight in London, are recognized as an international benchmark for parkour instruction.

The Parkour Generations team itself has performed all over the world and has been central to some of the highest profile media projects concerning parkour to date, including seminal documentaries and major advertising campaigns for public and private companies worldwide. The team also works in close conjunction with the UK and French Governments on a number of ongoing and ground-breaking projects in youth fitness and social improvement.

What I learned from Parkour Generations was an incredible amount about potential. I already knew the importance of conditioning, but what they do every day blows me out of the water. What they were physically capable of astounded and inspired me. I'm already re-evaluating my training, and planning out how I'm going to change both how I train, and how I train others.

Parkour Generations is planning on coming back to America soon, so if at all possible, attend one of their workshops. It is 150% worth it.

Zachary Cohn, Parkour Practitioner
New York USA



Our Services

Our services are tailored to fit the needs of each individual client, providing bespoke programmes that can therefore deliver exactly the project goals or learning outcomes required by the participants of each workshop or course. Having provided our services on every continent, whether it be in the form of international seminars, film and advertising production and performance, stunt-work, professional coaching for actors or putting on a live show, we are confident we can manage any project we encounter and deliver the best possible results.

Parkour Generations regularly runs workshops and ongoing courses for all age groups across the UK and France, and currently teaches within schools - secondary and primary – all year round as part of their sporting curriculum, delivering the AQA in parkour, Units 1 and 2. At the end of 2007 our teaching programme for children in inner city [at risk] areas was nominated for the Services for Children and Young People's Award.

We also offer the international Art du Deplacement and Parkour Teaching (A.D.A.P.T.) Qualification Programme, created in conjunction with the Yamakasi founders of the discipline, for those who wish to become qualified and insured to teach parkour/art du deplacement. To hold an A.D.A.P.T. Qualification is to be certified to teach and endorsed by the founders and most experienced instructors of the discipline in the world.

Events & Workshops

- ¥ Parkour events and event promotions
- ¥ Bespoke workshops ([one-off] and regular)
- ¥ Extra-curricular school programmes
- ¥ Alternative youth sports classes
- ¥ Parkour demonstrations

Instruction & Coaching

- ¥ Indoor Academy classes
- ¥ Outdoor Academy classes
- ¥ Women's Academy
- ¥ Youth Academy
- ¥ Parkour fitness classes
- ¥ Private and small group coaching
- ¥ Comprehensive Certification Programme

Professional & Media Services

- ¥ Parkour film and photography
- ¥ Elite performance
- ¥ Choreography
- ¥ Consulting
- ¥ Project Management and Production

Parkour Generations Workshops & Classes

Within the workshops, our goal is to encourage and to aid participants to discover and improve their ability to move within any environment and across any terrain as efficiently, swiftly and gracefully as possible.

Through a combination of multi-purpose drills created to explore and enhance attributes such as proprioception, coordination, dynamism, spatial awareness, balance and functional strength as well as confidence and mental fortitude, we aim to bring about the beginnings of a transformation within all the participants that will allow them to see themselves and their place in their surroundings in an entirely fresh and liberated manner.

Our highly popular and very successful tried and tested format includes a thorough warm-up and warm-down for each session, including an explanation of why such preparations are necessary and a training component that is tailored to meet the needs of the participants and to suit their level of ability. No one is excluded and no one is asked to do anything they do not feel comfortable attempting. Our focus is always on safety and the gradual progression of everyone within the class. These classes typically run for 1.5 or 2 hours, and can be operated using either provided indoor facilities or designated outdoor grounds, or - as is quite common - both.

If using an indoor space such as a gym or sports hall, the recommended equipment is simple, mobile gymnastics equipment which would typically include vault boxes, horses, balance beams, benches, parallel bars, mats, wall-bars, ropes etc.

As a rough guide to the advised coach-students ratio, we operate on a basis of 1:15 for indoor workshops and 1:8 for outdoor workshops. This is to ensure adequate supervision of all students at all times and to provide the highest quality coaching contact for each participant.

Most importantly of all, the workshops are fun, energetic, constantly creative, and encourage everyone to fulfil their true physical potential.

The work that Parkour Generations did with the Key Stage 2 children on the workshop has inspired them in PE and across the curriculum. We have far more children with the appropriate PE kit now and even reluctant children are enthusiastic about parkour. The children were all engaged throughout the sessions and both Dan and Forrest had a brilliant manner with them!

Hilary MacMeekin, PE Coordinator
Priestley Primary School, Wiltshire



Parkour Generations Events

We are often asked to present parkour to the public at existing large-scale events, such as festivals, gatherings, sports promotional events, charity projects etc, and these can be as varied as the clients or sponsors behind them. Creating a solution to match the requirements of each individual event is a challenge we relish, and through working closely with the organisers we are able to produce events that entertain, amaze and most importantly include everyone who wishes to take part.

Examples of the types of events we have either run or provided services for are the Olympic Sportathon Roadshows, Thorpe Park's summer programme, West End Live, Urban Games, and many international seminars as far afield as America, Germany, Brazil, Finland, Switzerland, France, Italy, Poland, and Japan.

Parkour Generations ran impeccable workshops for nine consecutive days at the Thorpe Park event, managing the demands of the public in the largest entertainment park in the UK. We were amazed by their professionalism, their dedication to the job and their ability to keep everyone learning and involved while also making the sessions fun. We would love to work with them again, and will certainly be making use of the service for the summer next year.

Matt Smooth
Thorpe Park Event Management

Instruction & Coaching

Based in London and Paris, the Parkour Generations Team is also responsible for running the discipline's largest and most successful teaching paradigm in the world, the Parkour Academy.

Under the aegis of the Parkour Academy, the heart of the community is found within the many regular classes and workshops that Parkour Generations offers in and around London. Attend an indoor or outdoor class, come as a beginner or a veteran practitioner, or commission a private one-to-one session or bespoke workshop event — whatever avenue you choose you will find that the coaching staff of Parkour Generations has the necessary professional experience and practical skills to set you on the right path.

Parkour is a discipline that carries considerable risk if practised incorrectly or without the proper guidance. The intention of all of our coaching programmes is to enable the students to go away with a solid understanding of the art or movement and good technical and physical skillsets, but also with an appreciation for a methodology rooted in personal health and safety. We encourage students to follow a healthy diet, to engage in regular physical exercise, and to work on developing individual discipline and internal fortitude that will benefit them in all walks of life.

Dan and Forrest from Parkour Generations have given us the opportunity of adding something extra yet fundamental to our extra-curriculum programme. Parkour attracts pupils who as a PE department, we would struggle to get them involved after school.

I completely trust the instructors from Parkour Generations.. They clearly have great knowledge of what is required not only to coach the pupils during Parkour sessions but also to teach them. Dan and Forrest have the natural ability, skills and in-depth knowledge of Parkour to adapt the sessions to ensure the sessions are safe but challenging for all abilities.

Dan and Forrest have built up a great rapport with the OK pupils. The atmosphere is focussed, professional and the pupils have great respect for the skills the boys bring to each session.

Dan and Forrest have a fantastic manner with the pupils, they command respect and have balanced, through great modesty, the ability to demonstrate skills without being patronising or showing off in any way.

Matt Sheppard, Head of Sports
Quintin Kynaston School, London

Wiltshire Alternative Youth Sports have worked closely with Dan, Forrest and Stephane of Parkour Generations over the last 6 months to promote parkour to young people across Wiltshire. With their expertise we have successfully run several workshops across the county and each time I have been impressed by not only their professionalism and dedication but also their ability to engage with the young people regardless of ability or background. The young people have each time commented on how much they have enjoyed the sessions and also on what they have learnt in such a short space of time. Also there is always a clear explanation of what parkour is about and the time and commitment needed to reach a high level. I would fully recommend using Parkour Generations as I am confident that their dedication and knowledge of parkour as well as their energy in the sessions provides a first class experience for young people.

Nick Thrower, Project Coordinator
Wiltshire Alternative Youth Sports



Professional Media Services

At Parkour Generations we believe in offering a complete and highly professional service in every area of our work. The team is extremely experienced in all aspects of media performance and display, including pre-production, choreography, health and safety management, cinematography, photography, and post-production editing. Whether you are looking for athletes to perform in front of the camera or experts to consult, choreograph and direct behind the camera, Parkour Generations will be able to provide for all of your needs.

Our Coaching Staff is comprised of the same individuals that have created, developed and safeguarded the discipline over the past two decades. Having appeared in films, major advertising campaigns, documentaries and many other types of public media, the Team Members are perfectly placed to consult on all aspects of such productions.



Meet the Team

The instructors and coaches of Parkour Generations are some of the most experienced practitioners and teachers in the world, drawn from every generation of the practising community, ranging from some of the original French founders of parkour, to top level athletes who help to breathe new life into the art of movement today.

The Director's Team of Parkour Generations (right) is composed of Dan Edwardes, Stephane Vigroux and Francois (Forrest) Mahop. All our staff and trainers are A.D.A.P.T. qualified via the National Governing Body, Parkour UK, are CRB-checked and possess CSLA, BELA and ASL qualifications, as well as public liability insurance for the sport and sport-specific First Aid training. All activities are carried out under the rigorous supervision of these professional individuals, who maintain an attitude of dynamic risk management at all times. Whether it be displaying this incredible and explosive art-form or passing on the true spirit of parkour to any who want to learn, Parkour Generations strives to offer the highest quality work in every field.



So how do we start?

Once we have an indication of exactly what the project is aiming to achieve, whether that be through parkour events, demonstration or instruction, we then work closely with the client to devise a unique and tailor-made approach to reach those goals.

For introductory teaching programmes, depending on the scale and duration of the desired project, our typical approach is to run one or more [taster] workshops for our clients in order to raise awareness in the area and gauge the level of interest among the target group. Assuming these are successful and the demand is there, we can then move to the next stage of running a permanent class (usually once or twice a week) tailored for the target demographic. Often one of our existing workshop or coaching course packages will be more than adequate, but our intention is to find a solution for every situation we encounter, no matter how unusual.

Working with clients from both the public and private sector, we are able to create bespoke courses and products for almost any environment and take pride in the adaptability of both our art and our coaches.

For further details, please contact us anytime:

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