

NECESSARY RISK

Parkour and the Development of
Human Potential

Dan Edwardes
Parkour Generations

Back to the Future...



L'Art du Deplacement

What is it?



Concepts of Reach and Escape



Freedom Through Movement



Etre fort pour être utile

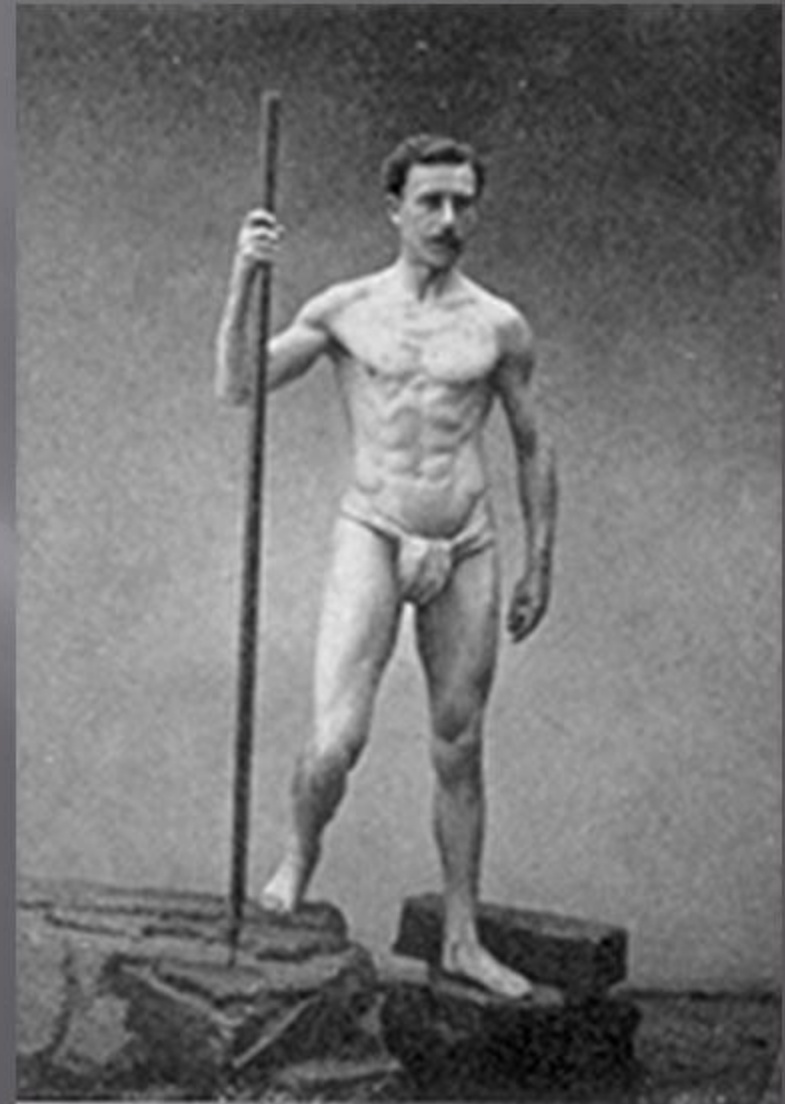
- Discipline
- Control
- Challenge
- Ethic
- Friendship
- Self-Mastery



A Natural Method

- Fitness
- Functional strength
- Balance
- Spatial Awareness
- Co-ordination
- Agility
- Holistic
- Control of fear
- Expanded sense of potential
- Confidence
- Lateral thinking

- Transformative Practice



But...

Surely it's too dangerous?!



- ▣ “In playgrounds, climbing equipment is removed and unsupervised games of tag are forbidden lest someone sprain an ankle or bloody a nose. At home, children are forbidden from playing alone outdoors, as all generations did before, because their parents are convinced every bush hides a pervert – and no mere statistics will convince them otherwise. Childhood is starting to resemble a prison sentence, with children spending almost every moment behind locked doors and alarms, their every movement scheduled, supervised, and controlled. Are they at least safer as a result? Probably not. Obesity, diabetes, and the other health problems caused in part by too much time sitting inside are a lot more dangerous than the spectres haunting parental imaginations.” (*Risk*, Dan Gardner)

The Necessity of Risk

- ❑ The cotton-wool culture and 'No Ball Games'
- ❑ Skewed perceptions
- ❑ The risk of certainty
- ❑ Cro-Magnon bodies in a digital age
- ❑ Risk as a necessary component of youth
- ❑ Re-introducing managed risk into a modern upbringing and lifestyle



The Rediscovery of Human Potential









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