NECESSARY RISK

Parkour and the Development of Human Potential

Dan Edwardes
Parkour Generations
L’Art du Deplacement
What is it?
Concepts of Reach and Escape
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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