



# Parkour and the Art du déplacement: Strength, Dignity, Community

*Vincent Thibault*

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## **Parkour and the Art du déplacement: Strength, Dignity, Community** Vincent Thibault

Parkour, the art of displacement, or freerunning—whatever the name, this new discipline born in the Paris suburbs is rapidly being adopted by people throughout the world. Not satisfied to suffer through urban life, these athletic artists or artistic athletes want to thrive in it, all the while earning dignity by daringly reappropriating three fundamental motor skills: running, jumping, and climbing. Vincent Thibault explores the philosophical and spiritual aspects of the art of movement and offers ideas on health, sports, urban living, and the relationship between the body and the environment. Reflecting on the culture of effort, he also avoids the misguided notion that depicts parkour as just another of those elitist extreme sports, instead providing a thoughtful, lyrical adventure into martial arts and chivalry in an urban setting.

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