



# Breaking the Jump: The secret story of Parkour's high flying rebellion

*Julie Angel*

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From its humble origins in the backstreets and rooftops of Paris's urban jungle, to the tops of London and New York's skyscrapers, Parkour has become an adrenaline-fuelled implosion on the urban landscape. But more than a sport that most jaw-dropped onlookers can hardly comprehend, Parkour is an exploration of movement and a return to our body's natural ability to run, jump, hang and move with fluidity.

For the first time, Julie Angel tells the story of Parkour's beginnings - the diverse, intriguing and unusual characters who went to the rooftops, hung off the stairwells and drain pipes as they trained through the night, often risking their lives and created something that has become a worldwide phenomenon.

*Breaking the Jump* tells the unknown story behind Parkour's rise, and asks what is it that drives those who stand on the edge and think 'go'.

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