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The Parkour Code

THE PARKOUR CODE

BY JAY FRANCIS MISTRETTA
ILLUSTRATED BY RYAN GALLET
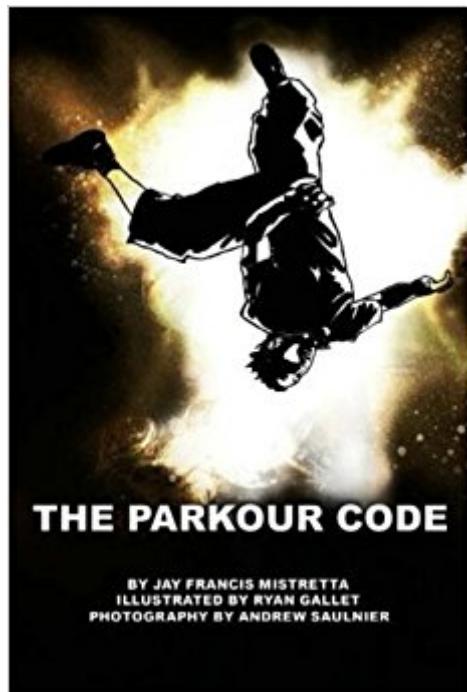PHOTOGRAPHY BY ANDREW SAULNIER

Synopsis

The Parkour Code is a parkour based story for young teens. Xtreme PK Motion navigate urban landscape seeking adventure.*Parkour is the discipline of training the mind and body to overcome obstacles - over, under, and through.

Book Information

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Customer Reviews

http://www.youtube.com/watch?v=_qZu4AjE4RQ http://www.youtube.com/watch?v=-AYJIBUHYbl

This book sucks the authors tried to sound like a teenager and i can tell you this we dont sound like that. We dont even use some of the vernacular that they wrote about. There descriptions of prakour only make sense to tracuers.

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