



Name: _____

Date: _____

Extreme Sports - Lesson 1

pulls
notice
lands

easy
showing
blocks

taught
common
athletes

practice
through
sprints

uses
learned

A man runs to the end of an alley. A tall wall _____ his way. But at the last second, the man jumps. He seems to walk up the wall. Then he grabs a small ledge. He _____ himself up onto the roof.

The man _____ to the edge of the roof. Then he jumps. He leaps 6 feet (1.8 m) and _____ on the next building. It is a parking garage. The man runs to a set of stairs. He vaults over the railing. He does a series of flips to reach the bottom. Then he runs down the sidewalk.

The man is practicing parkour. He _____ the city as an obstacle course. He tries to find the fastest route _____ it. People who do parkour are called traceurs. They jump, run, and climb. They may even do tricks along the way.

Parkour got its start in France in the 1980s. It was based on obstacle course training. Raymond bell _____ about this kind of training in the French military. He _____ it to his son, David. David Bell and his friends practiced in their hometown of Lisses, France. They used the city as an obstacle course. They ran and jumped through the streets and buildings. The friends made videos _____ their moves.

People in other countries took _____. More and more people began to practice parkour. By 2009, MTV had a show called Ultimate Parkour Challenge. It helped parkour spread around the world.

Traceurs started going to competitions. In 2017, the International Gymnastics Federation (FIG) recognized parkour as a sport. Since then, FIG has held competitions around the world. People come from all over to test their skills. Most competitions include speed runs and freestyle events. In a speed run, _____ go through a series of obstacles as fast as possible. The winner is the person with the fastest time. In freestyle, athletes are judged on how they get past the obstacles. Judges watch their moves. They look for style, efficiency, and control.

Each person moves through the course in his or her own way. But several moves are _____. Traceurs often vault over obstacles. They use under bars to slide beneath the railings. The wall run is another popular move. Athletes always roll after jumping. This move helps protect their hands and feet.

Safety has been a big concern since parkour started. Traceurs often risk dangerous falls. As a result, training is key. Training helps people know their limits. It also helps them build strength. At first, athletes practice low to the ground. They do small, _____ moves. They repeat each move many times. Gradually, they try more challenging courses and moves. With time and _____, traceurs can take on any obstacle.