

## **How highly dynamic motion is performed: an example case of parkour**

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Parkour is relatively a new discipline invented in the suburbs of Paris by David Belle and Sébastien Foucan at the ends of the 1980s in which practitioners have to overcome obstacles in the most efficient manner by exploiting human physical capabilities. This presentation aims to present the physical characteristics of parkour practitioners "traceurs" and to show how they succeed at performing highly dynamic motion.