

PARKOUR VS FREEG

In Common...

- Both FreeG and Parkour are about exploring spaces. FreeG focuses on a gymnastics environment while Parkour looks at an urban or constructed space.
- Both FreeG and Parkour can be run as inclusive programs, with drills adapted to suit participants – however – FreeG adopts a GFA philosophy of adaptation, where Parkour usually requires athletes to develop skills and strength to progress. Parkour was created in spaces which could not be adapted
- Both FreeG and Parkour are committed to safe environments and respecting property rights.
- Both FreeG and Parkour can be performed outdoors. Parkour is usually only performed indoors in specially created Parkour gyms.

In Parkour...

- we use Parkour movements, vaults, jumps and rolls.
- we build on a tradition of more than three decades.
- we explore different ways to move through an urban environment.
- we use what is there – urban spaces, concrete, metal, wood; or we train in purpose-built Parkour gyms (usually with fixed apparatus).
- we develop athletes (physically and mentally) to meet the needs/requirements of the skill.
- we compete as individuals in events with strict, formal rules.
- we develop athletes for a life in Parkour.

In FreeG...

- we use a broad range of movement including gymnastics skills, trampoline, obstacle course racing, breakdance, tricking and Parkour.
- we respond rapidly to emerging new trends, apparatus, games and skills.
- we create and build new spaces and take gymnastics to places it has never been before.
- we use gymnastics equipment, trampolines, innovative apparatus, inflatables and built obstacles.
- we create activities and environments which meet the needs of a range of athletes.
- we compete as a team in a fun environment with games and prizes.
- we are a pathway to a life in all types of gymnastics, including artistic, performance, team gym and trampoline.