



Will: There's a project in North London that has helped reduce youth crime by 69%.

Jing: That's amazing what is it?

Will: It's parkour.

Jing: Parkour? I've always wanted to try that. Let's go!

(off) You've probably seen parkour in films or on the television. In English it's also called free-running.

Atmo: 3...2...1 GO!

Jing: So what is parkour?

Brian: Parkour is going from one place to another and you use whichever skill sets you have and whichever techniques you have, but the idea is just to go as quickly and efficiently as you can. So it doesn't matter if you're going around something, if you're going over, under, if you have to go through something, the idea is you just keep going. That's parkour.

Atmo: *Ok everybody down.*

Will: (off) But we had to start with the basics. On the floor.

Atmo: *Then we're going to do one more. One more? Let's do this. Is that it?*

Will: So why did you introduce parkour in Westminster?

Eugene: It's very cool, it's very urban, it's very trendy. And it also gets young people motivated, because it's not a team sport and it's not competitive-based. So it's something different.

Jing: This is like being in the army. I guess!

Will: So why did you start doing parkour?

Girl: Like, because of the fitness, like it's all general rather than focussing on just one aspect.

Atmo: *And back. Guys you stay off your chest. Ok you got one left. And hold. Chest off the ground ok? And rotate to the right. One, two.*

Jing: If you weren't here right now doing parkour, where do you think you'd be?

Boy: At home lazing about, playing computer games. And basically not doing anything at all.

Jing: What do your parents feel about you doing this?

Boy: Oh my parents love it. They think it doesn't cost a lot of money, it's cheap and you get the fitness.

Boy: It helps with fitness. So it builds up your body strength, it keeps you fit, exercise. So they really like me doing it.

Atmo: *Let's go guys.*

Jing: We can do this, we can do this.

Atmo: *Everyone down.*

Jing: So why do you need professional help when you could practice yourself?

Boy: You can really injure yourself, like one of the basics is you need to learn to roll. If you don't roll you can damage your legs a lot.

Atmo: *Right, down*

Will: And what have the benefits been of teaching parkour in Westminster?

Eugene: One of the major benefits is the reduction in crime and anti-social behaviour. That's fallen by 69% when we are active with parkour.

Will: Why do you think the reduction in anti-social behaviour has happened?

Eugene: It has been an underground activity and that's something why we've had the impact in crime and anti-social behaviour because we've actually brought the underground sport into the mainstream. We've actually taken it out into the communities and into the schools for young people to actively participate.

Jing: How do you think parkour has affected other areas of your life, like schoolwork?

Boy: It has helped me to understand more about the human body, bones, muscles.

Boy: Teachers said i've really improved since I started doing parkour, I've got higher grades than last year.

Boy: It's made me concentrate more in lessons and it's given me something to look forward to after school so i can go to the park and train.

Jing: (off) Flex!

Will: And what do you think of the trainers?

Girl: They're very fit. And they've got big muscles.

Will: Like me?

Girl: No, not like you! Not at all.

Will: So what do you reckon?

Jing: It was great. I think it helps them all to get fit, teaches them self-discipline and it was brilliant fun.

Will: Fun?

Jing: Come on.

End