Parkour is the physical discipline of training to overcome any obstacle within one's path by adapting and accurately accelerating one's physical and mental movements to the environment. Originally developed in France, the main purpose of the activity is to train participants how to move through their environment with speed and efficiency, by vaulting, rolling, running, climbing and jumping. Freerunning adds gymnastic elements to parkour to demonstrate athletic talent. Parkour and freerunning can be practiced anywhere, but areas dense with obstacles offer many different training opportunities.

SHSU's Kinetic Disruption Parkour & freerunning club offers trainings to those interested on methods of movement focused on how to be able to identify and utilize alternate or the more efficient paths to travelling one's environment.

"An Interested Individual: Wow! What y'all do is incredibly amazing! I'd like to join and be a part of Parkour & freerunning club, but I have no experience...

SHSU Parkour & Freerunning Club: We appreciate your interest! So don’t worry about it. We consist of a mix of experienced parkour freerunners and learning members. What we know, we learn from those who know better than us. We're a team and we're going to work together till you stand out perfectly."

A look at SHSU's Kinetic Disruption Parkour & freerunning club in action.

For more information on Kinetic Disruption Parkour & freerunning club, visit OrgLINK.