

Transcript for **Generation Parkour**

- Voiceover:** Parkour has recently exploded across Britain as a new, unique sport for young people. The Professional Parkour community continues to be a great inspiration for the next generation.
- (Indistinct voices)
- Parkour teacher:** If you want help, you can get your friends to help you. And try not to touch the ground. Come on, Luke, come on. Grab the rail.
- (Indistinct voices of children.)
- Alex Pownall:** It's open to all, it challenges me, it doesn't require much equipment. I can do it for any length of time, I can scare myself, I can challenge myself physically. I can learn a hundred different skills just by learning one jump.
- Arthur:** When I'm high it's a mix-up of afraid and really happy. I just generally like climbing, jumping and that sort of stuff. Pushing limits and things like that.
- Kelda:** I really like it 'cause it's kind of like me. None of my other hobbies really were. All my other friends think I'm, like, really good, but I'm not actually that good. I really liked it once when we were in Oval and then Alex hung us upside down from a building. We had another coach here to help ... and they each held one of our ankles ... and we hung off a building.
- Arthur:** Volcano!

This film was created by Into Film, an organisation that uses film and media production to develop skills in young people in the UK. To watch more great films, have a look at their website: <http://www.intofilm.org/>