**Parkour – ugeopgave**

These sentences are from the text about Parkour you read last week.

1. Look up the words and write them in English and Danish
2. Write a sentence with each word in English

the **ability to overcome obstacles**

People who do parkour are called **traceurs**

He was **determined to excel** in parcours and do anything to protect himself and survive the civil war going on in Vietnam.

train progressively

Parkour is a **non-competitive** sport, which makes it rather unique compared to other disciplines

Therefore, the sport is **interlinked** with a philosophy of **altruism** and useful strength, **longevity**, self improvement and self understanding.