

# **Teaching Parkour Sports In School Gymnastics**

**By Sascha Rochhausen**

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Sascha Rochhausen is the author of Teaching Parkour Sports in School Gymnastics (4.50 avg rating, 2 ratings, 0 reviews, published 2011), Parkoursport im  
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(a.k.a. gymnastics ladder) particularly in primary school education. Wall bars are also useful for parkour training.

[http://en.wikipedia.org/wiki/Swedish\\_Ladder](http://en.wikipedia.org/wiki/Swedish_Ladder)

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