

## Free Running

Have you ever heard of 'free running' but not sure what it is? Be intrigued and discover something new as Sam Fowler explains more about what it is and how it has affected his faith.

'A basic introduction to free running: it is in essence a discipline, the idea being to get from A to B as quickly as possible and with style - i.e. precision gaps, vaults, flips/somersaults and so on. Free running is the "offspring" of (Le) Parkour or l'art du déplacement (the art of displacement) a physical art of French origin - where you get from A to B in the most energy efficient way in respect to the shortest time period, using principally the abilities of the human body. The only main differences these days are the flips/somersaults.'

The parkour team based in Romford developed in early 2006 where a group of mates were just messing around in school and decided to get involved in parkour - Romford Parkour Team was born. At that time, Sam was the only Christian in the team and God gave him the vision of a Christian Team. Since then, two other members have given their lives to Christ, and Parkour For Jesus was born (PFJ).

'I have been free running for about 3 years now and have been involved in demonstrations of new "Parkour Parks" as well as the Pentecost Festival last year. The Christian team, Parkour For Jesus, has been around just over a year now and we try to take the Message to the streets through free running - the team consists of me and one other, Dean, but we are still working on getting our non Christian free runners to come to faith - all in God's timing.'

'For me the best thing about free running is in the name - free. It is not competitive, it is all about self-improvement and learning new moves in a team environment . . . sure some people are better and I may be better than others but we all learn from each other and help each other. It's all about freedom of expression through movement - as well as good exercise.'

'After a lot of prayer for an opportunity to share our passion for Parkour and Jesus, we were invited to put on a demonstration at the 'Pentecost Festival' last year and have been invited back this year too. It was amazingly successful, we had a great crowd and loved being able to talk about our faith in God, and how he has changed our lives for the better. We hope for more opportunities like this at this year's event as we know that this is only the start of what God wants us to do. Both of us hope our team to grow and be able to evangelize to the masses!'

PFJ aims to reach out to others who do parkour/ free running and if you or someone you know would like to get involved in the art, then do contact Sam via their website: [www.parkourforjesus.co.uk](http://www.parkourforjesus.co.uk) Their ambition is to tell them about Jesus and what he has done for us and to live life to the max in accordance with God's will.

By Sam Fowler & Julia Moorhouse