



## Laurent Piemontesi: Longevity



Lauren Piemontesi is an artist, athlete, coach and trainer. He is a co-founder of l'Art Du Déplacement (ADD), the original name of the discipline now known as parkour or freerunning. Discover how his approach to movement and exercise can be implemented to ensure and promote longevity when participating in robust practice.

### **TOP EMBODIMENT TIP:** Listen to the Body

#### Explanation: L'Art Du Déplacement (ADD)

- ADD is a complete discipline based on motor actions such as running, jumping & climbing. The aim is to overcome or interact with obstacles using different types of effort, such as explosivity (jumping) and resistance (landing).
- ADD is inclusive, seeking to identify the **instinctive preferences** and proclivities for movement that each person has. This opens up greater possibilities for more people to get involved.

#### Longevity and Simplicity: Living in the moment

- The approach advocates living in the moment, allowing participants to find their own answers. "What is the best way possible to find the physical, mental and creative resources we have at the different stages of our lives?"
- The **absence of outside competition** helps to preserve the physical integrity of each participant. Participants don't have to push their bodies and minds beyond what they are ready for.
- **Seeking harmony** in execution versus seeking aesthetics, promotes longevity.

#### Longevity and Injury: Shifting perspectives

- Everyone finds their own **pre-training routine**, to signal to the body they are about to start moving. We cannot escape injury, but we can limit the occurrence, frequency and impact.
- Participants develop self-responsibility and self trust. This allows a shift in perspective from limitation to possibility.
- Participants normally think about **protecting the body**.. This includes being aware of 'aggressive surfaces' like concrete.
- Returning to training after injury, we need to stay in our comfort zone and 'under the pain level'.

#### Longevity and Exploration: Le corps present

- Exercise is information for the body and mind. Use *le corps present* (the thinking body) to explore and experiment.
- Consider all the parts that are interacting and the continual update of the neuro-muscular transmission system.
- After learning a movement, the student is encouraged to add their own signature to the move.

#### Resources

- ❖ **Website:** [www.add-academy.com](http://www.add-academy.com)
- ❖ **Facebook:** [www.facebook.com/Laurent-Piemontesi-229538037057888/](https://www.facebook.com/Laurent-Piemontesi-229538037057888/)
- ❖ **References:** [Breaking the Jump: The secret story of Parkour's high flying rebellion, by Julie Angel \(2016\)](#)



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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

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