



**NEW ZEALAND
PARKOUR**

TAUHOKAI AOTEAROA

VISION AND VALUES





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introduction

Parkour is a remarkable thing. As individuals we have discovered its ability to transform us, helping us to see and explore the world in a different way; choosing to go against the grain and purposely seek out challenges. We know how valuable it can be to others and our society as whole and so we share it.

Our mission statement, vision, values and principles have been compiled by the 2013/2014 NZ Parkour team and serve to hold us to our purpose. All current and future NZ Parkour staff are expected and required to adhere to them.

The important pages that follow build the foundations that shore up all of the work that we do and the things that we create.

I will leave you with this.

“Be the change that you wish to see in the world.” - Mahatma Gandhi

Kind regards,



Damien Puddle

- Managing Director



VISION

Our vision is for lives to be changed through parkour. For this to take place there are certain concepts that must be explored and realised by all of us (staff, practitioners and public alike).

Parkour is valuable: An excellent tool for self-development.

Parkour is available: Instructors, mentors and opportunities are waiting for you.

Parkour is attainable: A discipline for all ages and abilities.

Parkour is here to stay: Not a fad, a lifestyle.

MISSION STATEMENT

Main purpose: Promote positive self-development, health and education through parkour in New Zealand.

Secondary purpose: Provide opportunities and support for parkour instructors, practitioners and the public to further the above aims.



VALUES

Our values are the code that we operate by. They underpin all our work and shape how we manoeuvre, helping to make our vision a reality.

Community: We are open and inclusive of all peoples, cultures and journeys.

“He iwi tahi tatou (We are all one people)” – William Hobson

Adaptability: Landscapes and challenges change, our movements and actions transform to meet them.

“Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it.” – Bruce Lee

Stewardship: Sensible ownership of our actions and responsibilities.

“Leave no trace” – Principle of outdoor ethics

Longevity: Living lives of safe continual progression for lasting health.

“Être et durer (To be and to last)” – 3rd Marine Infantry Parachute Regiment motto

Spirit: Passion for and dedication to living and spreading the original essence of parkour.

“Être fort pour être utile (Be strong to be useful)” – George Hébert



PRINCIPLES

We believe in these principles and use them to further refine the positive culture that we are creating:

- **Collaboration** – Competition can highlight our weaknesses and divide us. Collaboration highlights our strengths and brings us together.
- **Community** – Parkour trains the self, but flourishes in a communal context.
- **Example** – Leading by example; being the change we want to see in our community.
- **Exploration** – Exploring allows us to see the world in a different way, to find new obstacles to overcome and ultimately to learn, but not at the expense of breaking the law.
- **Hauora** – Parkour training can allow one to cultivate all the tenants of hauora (physical, mental, social and spiritual).
- **Inclusivity** – Everyone is free to explore parkour and in a manner and pace that is appropriate to them.
- **Quality** – All our actions are based on a quality over quantity approach.
- **Safety** – Parkour is extremely fun, but it is also a tool that must be used wisely. We do not condone reckless or thrill-seeking behaviour.
- **Sharing Space** – Parkour training can happen wherever there are obstacles to be found. This means that parkour parks are a luxury item but not a necessity.
- **Support** – We seek sustainable funding that benefits us as well as those that provide the funding, but do not make money a barrier to our involvement.
- **Transparency** – Being open and honest about the way we operate serves to enlighten others and keep us accountable.
- **Using Space** – To move is to learn, but never in an attempt to hurt or damage people, their property or the environment. Keep New Zealand beautiful ☺