



# METAMORPHIC: PARKOUR ESCAPE

**PARKOUR**  
Parkour was created in Lisses, a suburb of Paris by David Belle. According to Alec Wilkinson "Le parkour" was the original word passed down from his father Raymond Belle. This was the term Raymond used when speaking to David about the training he had done. The term derives from "parcours du combattant"; the classic obstacle course method of military training proposed by Georges Hebert". However, Sebastien Foucan states that "Le Parkour has always existed, free running has always been there, the thing is that no one gave it a name, we didn't put it in the box. It is an ancient art...the Neanderthals, to hunt, or to chase, or to move around, they had to practice the free run". Parkour has many different definitions, philosophies and perspectives. In my opinion the best definition is by Andy Tran (Parkour North America) "Parkour is a spirit/philosophy that incorporates a method of moving within your environment and approaching obstacles of any kind, be they physical or mental."

**IDEA**  
My design is a mobile hydraulic barge that transports recyclable materials as well as traceurs and the public. During the journey the changing structure enables the performance of parkour.

**STATEMENT OF INTENT**  
I propose that this renewable barge will pick up 2x2 crushed recycled blocks from Waterloo Dock and transport them to Birkenhead's West Float to create this constantly changing architecture as well as a constantly changing environment which traceurs thrive upon. Along the way they will pick up people and uncrushed recycled material from different stations which will then be dropped off on the return journey back at Waterloo Dock where it will be sorted and crushed (constant, renewable cycle).

There will be permanent accommodation spaces for the travelling community of traceurs as well as cooking and chillout spaces for them to catch and cook their own food which relates to these anarchist views going back to human reclamation. There is disabled access for each. The traceurs can then ascend into the interactive urban landscape where the position of the recycled cubes will distinguish the beginner from the advanced traceur into each training gym. Creating this language between permanent and temporal spaces.

