

- 1 What do you know about free-running? Can you guess what free-runners do?
- 2 These words are from an article about the sport. Check the meaning of any new words.

suburb	mistake	building	streetlights	jump
waste of time	outdoor	rude	rules	safety

- 3 Read quickly and check your ideas.



Jumping across cities

Forget about expensive gyms, the new sport in cities is free-running. Since it started in a Paris suburb in the 1990s, free running has attracted lots of fans in cities around the world. Instead of walking normally, free-runners jump over or around anything — cars, buildings, trees, or streetlights — in their way.

One of the sport's inventors told our reporter how free-running started. It was boring where we lived, there was nothing for us to do after school. We had done playground games like football and basketball when we were kids but we wanted something new and exciting. We started learning how to jump and run between buildings — and we loved it. Walking is a waste of

time. Free-runners have to use their imaginations. Everything — a tree, a streetlight — is part of our outdoor gym. We're like children because we've never stopped playing in the street.

The sport's website has lots of rules, for example, don't break people's windows, don't jump on flowerbeds and don't be rude to people who want you to stop. Safety is also very

important. You must start with the easy moves — you have to do thousands of small practice jumps before you try anything difficult. If you made only one mistake, you might hurt yourself badly.

A local person said, 'It's good that young people have something to do. But when they jump off buildings like cats they sometimes frighten other people.'

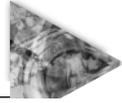
Don't try this at home the basics of free-running

Blind jump a jump where you can't see the landing spot.

Tic-tac run and put your foot on a small step, go forward and jump over the next thing.

Basic jump run and jump, land on two feet while bending your knees. To finish roll into head-over-heels.

Cat jump run towards a wall, put both hands on the top of the wall and jump through your arms.



4 Choose the best answer.

- | | |
|--|--|
| <p>1 Free-running started
a in cities all over the world.
b less than twenty years ago.
c because it has lots of fans.</p> <p>2 The first free-runners
a were taught the sport at school.
b never liked doing other sports.
c taught themselves the sport.</p> <p>3 Free-runners use the streets
a as their gym.
b because they can't pay for a gym.
c because they are children.</p> <p>4 Free-running has
a only three rules.
b more than three rules.
c too many rules.</p> | <p>5 Free-running is ... to learn.
a easy
b frightening
c difficult</p> <p>6 Free-runners ... jump off buildings.
a can
b should
c mustn't</p> <p>7 A cat jump is
a the most difficult jump.
b an example of a jump.
c an unusual jump.</p> <p>8 <i>Heels</i> are part of
a your head
b a wall
c your feet</p> |
|--|--|

Vocabulary – compound words

5 Match these words from the article.

street	doors
flower-	site
play	light
web	ground
out	bed

Check your answers in the article.

Roleplay

5 Work with a partner.

Student A

You love all sports and being outdoors. You want to try a new sport, but not a dangerous one.

Student B

You love free-running. Describe your sport to student A. You want him/her to try it.