

ON EDGE Legacy Project delivered in partnership  
by Justice in Motion and Esprit Concrete, in  
collaboration with Tramshed

## The Movement to Empower – 3-day course



Are you aged 12-18?  
Interested in learning  
a new skill? Always  
wondered how to use  
your surroundings and  
body to travel and  
move?

**Sign up and join this amazing 3-day  
Parkour training course completely  
FREE!**

*Get active, learn new skills, and explore  
social justice & community issues that  
matter to you*

Delivered by Esprit Concrete and led by  
experienced Level 1 and Level 2 Parkour UK  
qualified coaches these outdoor & indoor  
sessions will let you learn the incredible  
techniques of parkour, explore your local  
environment, and have the freedom to delve  
into issues that are important to you.

This 3-day course is based on the ideas and  
themes from Justice in Motions exciting  
outdoor parkour theatre show ON EDGE,  
presented by Tramshed at the Greenwich  
Family Arts Festival in July 2021, and  
focuses on the Esprit Concrete method  
which embodies openness, acceptance,  
challenge, and resilience, empowering you to  
develop new skills and push the boundaries  
of movement through Parkour.

You will complete the course with an  
abundance of new skills and tools that you  
can take into your daily lives as well as some  
amazing new movement skills!

**Sessions will take place 12pm – 4pm on  
Tuesday 12, Wednesday 13 and Thursday  
14 April 2022.** To sign up you will need to  
be able to attend all three days.

**Please register here for the sessions:**  
[bitly.com/parkour2022](https://bitly.com/parkour2022)

**Please email any questions to:**  
[participation@tramshed.org](mailto:participation@tramshed.org)

**Course details:**

Dates: 12, 13 & 14 April 2022  
Times: 12pm – 4pm  
Meeting point: Tramshed  
41 Woolwich New Road  
London SE18 6ET  
Cost: Free  
Age: 12+

**Links:**

[www.justiceinmotion.co.uk](http://www.justiceinmotion.co.uk)  
[www.espritconcrete.com](http://www.espritconcrete.com)

