

PR23/2010

Ngong Ping 360 Presents “Parkour Extravaganza” in November

(Hong Kong, 27 October 2010) Ngong Ping Village will be turned into a stage for spectacular “Parkour Extravaganza” performances, the first ever Parkour show of its scale in Hong Kong. A troupe of the world’s top Parkour professionals from France will perform the popular human movement art form in Ngong Ping Village from 6 to 28 November 2010.

The “Parkour” art form originated in France and comes from the French word “parcours”, meaning journey or path. It is also described as “free-running”. It is a modern sport popular among youngsters involving physical practice of traversing oneself freely in outdoor settings. The goal is to move from one point to another as quickly, smoothly and efficiently as possible.

“This is the largest scale Parkour performance ever organized in Hong Kong, which will bring even more excitement and memorable experiences to our visitors,” said Mr Y T Li, Managing Director of Ngong Ping 360. “We are thrilled to have them demonstrating their sport against such a spectacular natural backdrop.”

Four top “Parkour” practitioners from France will be putting on three shows each day in Ngong Ping Village during the performance period. There will also be three parades each day featuring breathtaking actions including wall-runs, drop jumps, rolling, climbing and other complex exercises in the Ngong Ping Village.

In addition, a group of passionate local talents from the Hong Kong Parkour Association will also showcase their own creative “Parkour” techniques such as jumps, somersaults and wall-runs under the “Blue and Green” outdoor setting in Ngong Ping 360.

The Parkour performance is also well-known for its adaptability to outdoor environments, making Ngong Ping Village an ideal venue for the performance.

“According to the Parkour philosophy, Parkour is a way to explore yourself, to understand your strengths and weaknesses, and to perform your best. A Parkour practitioner believes that the exercise will bring not only physical strength, but also mental benefits such as relief of stress, new perspectives, creative thinking and decisiveness,” said Mr Li.

To share these messages with visitors, the Parkour professionals will host daily workshops in Ngong Ping Village. By practising simple Parkour skills, visitors can enjoy the fun and excitement of the exercise and experience how to confront fear and obstacles. At the same time, visitors can also have a chance to pose with the healthy-looking and cheerful “Parkour” professionals at the Village.

For details of the “Parkour Extravaganza”, visitors can call Ngong Ping 360's Hotline at 3666 0606 or browse its website at www.np360.com.hk.

- End -

**Ngong Ping 360 Parkour Extravaganza
6 to 28 November 2010
Schedule**

<u>Time</u>	<u>Performance and Workshop</u>
Daily: 11:30 am 11:50 am 12:10 pm	Session 1 - Parade - Performance - Workshop
Daily: 2:00 pm 2:20 pm 2:40 pm	Session 2 - Parade - Performance - Workshop
Daily: 3:30 pm 3:50 pm 4:10 pm	Session 3 - Parade - Performance - Workshop

Note:

- ◆ Limited space is available for the interactive workshops. Free coupons will be distributed at Ngong Ping Village on a first-come first-served basis. Visitors can also call the Ngong Ping 360 Customer Service Hotline at 3666 0606 for reservations.

PHOTOS:

1. A group of French and Hong Kong "Parkour" professionals will perform a variety of stunning moves and stunts for the first time in Ngong Ping 360 from 6 to 28 November 2010.

