

10C Free running: Worksheet**1 Watch the video. Are the statements true (T) or false (F)?**

- 1 EZ usually practices free running alone.
- 2 EZ used to do martial arts.
- 3 EZ started free running because he had a dream about it one night.
- 4 EZ sometimes works for film and TV companies.
- 5 The police use free running to improve their fitness.
- 6 Free running is often popular with children who don't do other kinds of exercise.
- 7 EZ doesn't think free running is dangerous.
- 8 EZ has had several injuries because of free running.

2 Watch the video again. Answer the questions.

- 1 What is the name of EZ's free running organisation?

- 2 Where does EZ enjoy doing free running?

- 3 What sport did EZ do before he got married?

- 4 What does EZ say is a big problem in some UK schools?

- 5 What does EZ say was the biggest attraction of free running for him?

- 6 What sport does EZ say would be most useful to have a background in before starting free running?

Vocabulary Extra**3 Match the words (1–10) with their definitions (a–j).**

- | | |
|---------------|---|
| 1 devise | a an empty space or feeling |
| 2 engaging | b create or plan something |
| 3 obstacle | c extremely important |
| 4 offender | d understand or think of something in a certain way |
| 5 paramount | e injure a joint in your body |
| 6 perceive | f interesting |
| 7 risk | g someone who breaks the law |
| 8 sprain | h something that you have to go over or around |
| 9 unwittingly | i the chance of something bad happening |
| 10 void | j without knowing |

10C Free running: Script

EZ is a free runner who started the organisation Urban Freeflow. Free runners use obstacles in a town or city to create movement by running, jumping, and climbing.

Narrator Can you do free running anywhere. I mean, for example, if you're on your way somewhere?

EZ Yeah, I mean, if you wanted to, you could kind of, you know, do it anywhere, you know, and if you're on your way to work you could do it. But generally the people who practise would go to a particular spot and practise there and then move on elsewhere.

Narrator Where do you most enjoy doing it?

EZ The most rewarding for me would be running in London, here. I mean, around the South Bank. And we'd do it in a team of maybe ten of us, and just, you know, like, you know, someone leading the way and the rest following. And just using basic obstacles, like lamp posts and walls, and just moving.

Narrator How did you first get into free running?

EZ Well, my background is in boxing, which I did for about 20 years, and I boxed at international level. And I got married and had a kid, and had to just change my life around and become sensible all of a sudden. So I gave up the boxing and there was a huge void in my life, so I drifted into martial arts, which didn't really do it for me. And I was looking for the next thing to do and I saw this on TV one day, and I remember sitting in bed watching it and I said, 'That's what I'm looking for.'

Narrator Tell us about the organisation Urban Freeflow.

EZ Well, Urban Freeflow started out as a website, but then we devised a performance team. We have 20 athletes in the team now; eight who are very, very high-profile. We're sponsored by Adidas now. Yeah, and we take care of all sorts of commercials and movies in

that sense. We teach as well; we teach in schools, we've taught the army, the police ...

Narrator What do you do with the police?

EZ The police run these schemes for youth offenders, and they're trying to get them out of, you know, doing bad things. So, it's seen as a very positive thing to do. It's seen as a very cool thing to do and for the youths it's very engaging. So that's what we do for them.

Narrator What about in schools?

EZ In terms of schools, same again. There's a big problem in the UK with obesity and kids that just aren't practising anything. They're not doing any PE, they're not doing any kind of sport, whereas what we do is perceived as being very cool, and unwittingly they're taking part and exercising. So that seems to be a very positive thing.

Narrator How dangerous is free running?

EZ On the face of it, what we do seems to be quite dangerous, but it doesn't touch on what we do. We're very, very safety-conscious. We work in movies and commercials where safety is paramount. I mean, everything we do is calculated; there's no risk-taking. If you see a big jump being done, we'd have practised that at ground level thousands of times; over and over and over. I think if anything, the key word for what we do is repetition.

Narrator What attracted you especially about free running? Was it the risk element?

EZ To a degree, the risk element played a part. But it was more about the sense of freedom, the way to be able to move within your environment with no limitations, you know. You don't need any equipment to take part; no skateboard, or no BMX, you can just, a pair of trainers and I'm ready to go. That was the real draw for me; just the freedom aspect.

Narrator Have you had many accidents since you've been doing it?

EZ Well, if you're practising this sport, you will pick up, you know, the odd scrapes here and there. You get blisters on your hands and calluses, which is normal. You might get the odd sprained ankle. Personally, I fell out of a tree once and fell on my head, which wasn't very nice, and I had to go to hospital here.

Narrator Is free running really something that anyone can do?

EZ It helps if you have a background in some kind of sport, but it isn't essential. You can start from being a complete beginner. Gymnastics would help, but you could be, you know, just someone who plays football or does a bit of running and pick it up straight away. As long as you start out very small-scale and take your time, there's no problem.