

# Hawaii Marine Lifestyles



Courtesy of Petty Officer 2nd Class Mark Logico

Hawaii Parkour founder Ozzi Quintero leaps from one ledge to another.

## HAWAII PARKOUR



Courtesy photo from Hawaii Parkour

Sgt. Joseph Perez, squad leader, Echo Company, 2nd Battalion, 3rd Marine Regiment, practices Parkour on deployment at Combat Outpost Springhar, Nawa, Afghanistan.

## Parkour and the Marine Corps

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Contributing Writer

Art du Displacement, free running or Parkour (as it's more commonly known), has been popularized in movies, TV and comic books. It became well-known in the United States after the famous "Casino Royale" chase scene. Unlike most sports such as skateboarding and bicycle motocross, the essence of Parkour relies on adaptation and manipulation of surroundings, mind and body.

"Parkour is basically a method in which you train your body to adapt to the environment you live around by using only natural skills, such as vaulting, running, climbing and crawling. It's basically going back to our roots of movement, which we have lost due to our urban environment," said Ozzi Quintero, founder of Hawaii Parkour.

Though Parkour has become popular mostly with the public, its beginnings are rooted in military training. A highly-decorated French soldier named Raymond Belle trained his men to be faster and more agile for war. Following in his father's footsteps, David Belle and his childhood friends adapted the techniques for an urban environment, which led to the birth of Parkour.

"That was the only way he saw that he could get in touch with his father," Quintero said. "[Belle] took all kinds of training such as martial arts, gymnastics, and eventually [took] this method of training to the streets.

"He and his friends trained in a type of environment that Parkour was designed for. They utilized the neighborhood that they lived in and the things they could use to play, climb and run ... the things all kids do."

Aside from the fancy movements and tricks, there are serious applications of Parkour that Quintero believes can help benefit Marines.

Sgt. Joseph Perez, a squad leader with Echo Company, 2nd Battalion, 3rd Marine Regiment, has trained extensively with Quintero's group and constantly reaps the benefits of his Parkour training.

"With my job, being an infantryman, it's a real good asset," Perez said. "I've been all over, from Iraq to Afghanistan. Going [from] house to house, building to building, and being able to manipulate your body to go around everything swiftly, silently and deadly is probably the best asset [of] doing Parkour."

Perez also hopes that more Marines will understand the advantages of Parkour training, both mentally and physically.

"Marines doing infantry, and even Marines that aren't in the infantry can better their physical fitness scores, combat fitness scores, as well as run the obstacle course in less than two minutes," Perez added. "Using Parkour, you can manipulate your body and use techniques that won't put yourself in any danger that [will limit] you when you want to do it again."

Whether trying to stay in shape, conquering fears or just wanting to get outside to try something new, Parkour is a great way to condition both the body and mind.

Hawaii Parkour holds weekly sessions on Monday and Wednesday, from 6 to 7:30 p.m. at Ala Moana Beach Park. For more information on Hawaii Parkour, check out <http://www.hawaiipk.com> or email Quintero at [Hawaiiparkour@gmail.com](mailto:Hawaiiparkour@gmail.com).



Courtesy photos from Hawaii Parkour

(Above), Hawaii Parkour founder Ozzi Quintero and Sgt. Joseph Perez, squad leader, Echo Company, 2/3, participate in Parkour training.

(Left), Sgt. Joseph Perez, squad leader, Echo Company, 2/3, monkey vaults over a wall during one of his many Parkour sessions.

