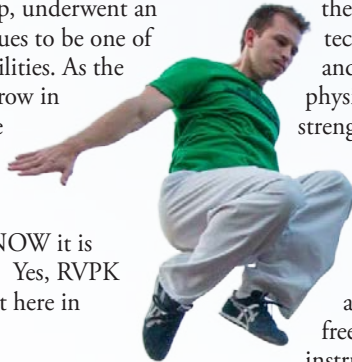


There's a REVOLUTION Coming to TUALATIN!

BY JEVIN DULAK & LIBBY CRAWFORD

A Revolution Parkour that is! Revolution Parokour (RVPK) was started in 2008 as one of the largest and longest established parkour gyms in the United States. In 2011 Revolution Parkour, under new ownership, underwent an extensive remodel and continues to be one of the most versatile parkour facilities. As the RVPK students continue to grow in ability, multiple students have since become instructors allowing more students to learn parkour across the greater Portland areas. And NOW it is coming to our neighborhood! Yes, RVPK will be opening it's doors right here in Tualatin.



format, and applicable to every student in a professional and dynamic environment. Revolution Parkour is dedicated to teaching parkour. While demonstrating respect, skill and knowledge the RVPK instructor's balance the teaching of proper parkour technique along with its philosophy and purpose, with training the physical condition comprised of strength, range of motion, aerobic endurance, bone density, joint alignment, and structural efficiency. Whether learning, training, or performing, parkour is first and foremost always safe, and keeping our students injury free through proper training and instruction is our number one priority.

Their mission, is to provide safe and efficient parkour instruction that is revolutionary in methodology, consistent in



Students learning how to perform an "underbar" at RVPK Beaverton.

So what is parkour? Why is the name associated with people jumping around? Well parkour is essentially to go from one place to another in the quickest and most efficient way possible overcoming any obstacle you encounter through the use of your own body. You see it a lot in movies and it is great exercise too.

Jevin Dulak, who has trained with RVPK for 7 years, is thrilled to bring this awesome experience



Student at RVPK Beaverton performs a "kip-up" off a the block.

to Tualatin in June. Jevin first heard about parkour in 2006 after watching the youtube video Urban Ninja, he was immediately interested in learning how to train. It wasn't until 2009 that he stumbled upon classes in Beaverton under the name Revolution Parkour. After his first class, he was hooked. While training, he pursued a degree in Business and graduated in 2011. His combined business knowledge and experience with his passion for parkour sparked the idea to start a gym of his own. With movement being an important part of life, Jevin enjoys not only to push and challenge himself but also loves to challenge others to better themselves through training.

You can help in making this facility #1. Like them on their Facebook (Revolution

Parkour Tualatin) and check out their Indigogo Campaign (igg.me/at/rvpktualatin) for ways you can get awesome gear while helping to provide the latest and greatest equipment available. Plus you can earn memberships and classes depending on your Perk Package selected.

"Parkour has been a fun activity for my son and his friends, they look forward to it every week. They love Rick (RVPK Beaverton Instructor) and have learned Parkour in a safe environment," says Libby, a Tualatin



Crawford kids showing off some RVPK clothing.

Resident, "I am so excited that they are bringing Parkour to our area!"

So, if you haven't heard of Parkour, make sure to look them up on Facebook or stop by and try a class when they open. Welcome to our community Revolution Parkour!



Jevin stands on top of work in progress structures for the gym.