

Interviewer

So I can see how loud you are. What did you eat for breakfast this morning? I'm serious I want to see how loud you are. What did you eat?

04:58:59

04:59:02

Athlete

I don't know nothing like I haven't ate at all.

04:59:06

Interviewer

What did you do when you got up?

04:59:08

Athlete

Well take a shower. I brush my teeth. And I got ready.

04:59:10

Interviewer

Ok. Tell me about when you first started training parkour, you know, what it is like, how hard it was just things like that and say and start the phrase just say, "when I first started parkour" and just...

04:59:17

Athlete

Well when I first started doing parkour that was five years ago. Shoud I say that?

04:59:31

Interviewer

That's fine.

04:59:36

Athlete

I started doing... when I first started doing parkour it was five years ago

04:59:37

and I was doing just some small little jumps. Watching videos of others

04:59:45

and blowing my mind that some people can jump so far and do all these awesome tricks but like through all these years doing it I became even

better than them. And like all the. I realized that there's no limits. All limits

04:59:57

are inside your head. So.

05:00:05

Interviewer

That's good. Tell me about like when you were first learning what was hard? What were your struggles? What were you discouraged? Tell me what you were thinking. 05:00:07
05:00:12

Athlete

So when I when I first started it like... Let me think of something. Hold on. 05:00:18

Interviewer

Tell me this first. Tell me that, like you're from Bosnia, so you can say that's what people when they hear your accent they'll say OK whatever and just tell me you know about being... Did you start when you were in Bosnia? 05:00:27
05:00:39

Athlete

Can I say like when I was in Bosnia they didn't have a lot of opportunities. 05:00:40
Once I came here.... 05:00:45

Interviewer

Yes, that's perfect. 05:00:46

Athlete

Well when I was in Bosnia I started doing parkour and I had a lot of struggle learning stuff and we didn't have gyms or nothing but since I moved here to the United States I discovered Above All, and Above All help me a lot with learning my flips, progressed a lot and coming to the point where I wanted to be. 05:00:56

Interviewer

That's awesome. Tell me how... tell me about training indoors with pads and all that. Is it helpful? What does it help you do? 05:01:19
05:01:26

Athlete

Well training indoors is a lot more helpful just because I can try things 05:01:29
with no... Indoor is a lot more easier for me to train because with knowing 05:01:39
that I cannot get injured and I can try those things and once I learned the
feeling on how to flips feel then I can bring that outside and I have less
difficulty doing it.

Interviewer

That's awesome. Tell me about what are some of your goals for yourself 05:01:56
in parkour? And like what are the goals that you've set? And you've 05:02:02
already like reach them and then what are some things that you want to
do what you are learning still? Tell me about like a goal that you had, that 05:02:11
you wanted to be able to do, that you've already accomplished in parkour.
And then tell me about a goal where you see yourself or what you want to 05:02:18
reach, like a level you know — just talk about your goals with parker.
Maybe like, "when I first started I had a very simple goal of blank, but now 05:02:34
that I'm you know...".

Athlete

I when I first started I had a goal of doing double side to sides, that was 05:02:44
like one of the biggest things I always wanted to do. Above All gave me 05:02:52
the opportunity to try a double sides on trampoline into foam pit. Later on 05:02:58
I started doing them outside and I was really happy. Now I'm trying to do 05:03:03
double backflips and I've been practicing a lot at Above All.

Interviewer

Tell me about where do you see yourself? Is there a goal like Red Bull or 05:03:14
you know world championships or anything like that in the future that you
want to reach?