

**DEVELOPING CREATIVE PROJECTS
(CAMF 6001)
PRE-PRODUCTION FOLDER
PARKOUR FILM
KURTIS BRAY 1401437**

CONTENTS PAGE

TREATMENT: PAGE 3

RATIONALE: PAGE 5

MOOD BOARDS: PAGE 8

RESEARCH: PAGE 11

BRIEF PLANNING: PAGE 17

STEP OUTLINES: PAGE 20

RECCES: PAGE 23

RISK ASSESSMENTS: PAGE 28

SHOT LISTS: PAGE 37

NEXT STEPS: PAGE 44

TREATMENT

PARKOUR BODY AND MIND

Kurtis Bray

Logline

A short documentary style film in the style of a promo video. Looking at Free running as a sport and speaking to the bodies of The World Freerunning and Parkour Federation. Showing what they do for people of all ages and why they do it.

Characters

MIKEY NEWMAN - www.mikenewman.info
WFPPF (World Freerunning Parkour Federation) Internationally
Certified Free Running Instructor.

A professional free runner from Ammanford. Mikey teaches children and adults about physical literacy. Teaching people how to free run in their base gym in Llandeilo. Mikey is also a spokesperson for free running in the UK, commentating and taking part in competitions/events such as 'Free the Movement'.

WFPPF INSTRUCTOR 1

WFPPF INSTRUCTOR 2

STUDENT (S)

Synopsis

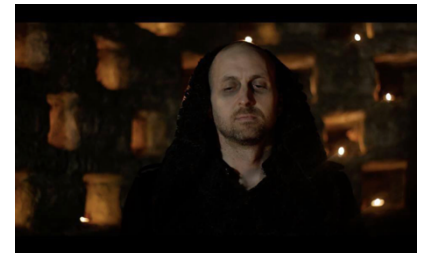
The film will be informative and entertaining with a lot of action shots of freerunning, with the use of POV shots. I will be having an interview with Mike Newman and talking about how he started freerunning and what he enjoys about it. Mike will also talk about what he does with his parkour business and how it is such a positive movement to be involved in. During these dialogues there will be footage of Mike, other parkour instructors and students free running in their base gym and in urban locations.

RATIONALE

Proposal and Rationale for Chosen Project

I have decided to focus on the extreme sport of free running for my final major project (Parkour) being its original French term. My reasoning for this is that I want to step outside of my comfort zone and do something that will benefit me in the sense that I can show it to future potential employers and it will also benefit the client that I am making this for.

I have decided to work alongside Mike Newman, a world certified free running instructor that gained his qualification through WFPF (World Freerunning and Parkour Federation). Alongside being a freerunning instructor he is also a stuntman and stunt co-ordinator, being in films such as the recent 'Vikings and Vampires'



Mike has a substantial amount of experience in film and I know that this gives me a good platform to start with as he is already comfortable with being in front of a camera and speaking in interview type situations. I have had past successful collaborations with Mike Newman, such as the 'Storm the Hall' event that was held in St Catherines walk in Carmarthen. This is where I first met Mike.



During this event, myself and other members of the Riot Skatepark Committee teamed up with Mike and his parkour company to build a makeshift skatepark and parkour training facility in the town to display the talent of the skateboarders and free runners.

We had a table selling raffle tickets for prizes that would be drawn in the prestigious chambers of the Town Hall, where we had to fill 80 seats in order to be granted funding by the local governing bodies to have a new skatepark built in Tumble. As well as taking part in this event as a skateboarder, I was also the photographer for the event, where I took pictures of Mike and other free running instructors.



When I first approached this project, I knew right from the start that I wanted to work with Mike and his company, I mentioned the idea to him and he was more than willing to be a part of it. The end result of this project will be an upbeat, entertaining and informative documentary style promo video about free running and 'My E-Motion' which is mikes company. The video will be something that Mike can use for promotion and advertisement, as his company has gone through a recent re branding into a social enterprise it is perfect timing to create a promotional film for it.

For this project I really want to exploit the use of ramped slo mo at a high frame rate and use of POV shots through a GoPro and head mount. I have been using a GoPro to film first person pieces quite a lot and I love the way it looks and I think it would really benefit this project with my subjects doing extremely challenging stunts and flips being captured from a first person perspective, it would make the video much more immersive and visually engaging.

MOOD BOARDS

Colour Pallet





FREE YOURSELF

KINETICS

Body and Mind

TEXT BASED AND TECHNICAL RESEARCH

Research – Jump London 2003

Jump London is a documentary first broadcast by Channel 4 about parkour and free running in September 2003, directed by Mike Christie and produced by Optomen Television. It later spawned a sequel, Jump Britain that first aired in January 2005. Both feature documentaries were directed by Mike Christie. Jump London followed three French traceurs (The term used by free runners when referring to themselves): Sébastien Foucan, Jérôme Ben Aoues, and Johann Vigroux, as they run around many of London's most famous landmarks, including Royal Albert Hall, Shakespeare's Globe Theater, HMS Belfast, and many others.

Free running was first started by Sebastien Foucan in a small suburb called Lees, in France, born out of the childhood games of him and his friends. After starring in major advertisement campaigns for renown brands such as Nike and Toyota, the sport of free running spawned a global interest. For the founders of the extreme sport and those it inspires "Free running is about being free in towns and cities that are designed to contain them"



This documentary contains a lot of dialogue, but it continues to be visually pleasing during these dialogues by having the subjects talk in particular areas that they would practice their free running. This shot in particular, where Sebastien Foucan is talking about growing up in Lees and how there was nothing for him and his friends to do after school. This

shot is actually filmed in the exact spot that free running was born and originated.

This is something that I could incorporate into my project to keep the dialogues flowing nicely and to keep my audience engaged. I could have my subjects talk about how a certain spot influenced their free running whilst they are walking around it, or sat in front of it to create a visually pleasing backdrop.

The 'vision of free running' is something that is brought up several times in this documentary, this is referring to how the art of free running influences your outlook on the world around you and how every day obstacles like stairs and bus stops that you would once walk past and not take a second glance at now become hurdles of opportunity. By this they mean that they look at things in a different way, free runners observe things around them and think about how they could get over it and onto the next hurdle in the quickest and most fluid motion.

In this scene, Sebastien is talking about how when he was in school with his friends and they would walk past these pillars, one child would always inevitably walk into one and start jumping across them. He mentions that “in fact, all kids think like this, but for us this is how we still see it”

This is something I would definitely like to explore in my project. I think it would be very interesting and engaging to hear about how free running changes your whole perception of every day life and completely alters the way you look at the world around you.



One of the main focuses of this documentary is the planning of the stunts and areas of where the traceurs want to free run. They talk a lot about the safety measures that go into every session. I think it would be very interesting for me to explore this with the

instructors of Kinetics Body and Mind. I think it would be very fascinating to hear about how these highly trained and certified professionals calculate their abilities in their stunts. I would like to delve in to what goes through the traceurs minds when they examine an obstacle and if it is in their ability to manoeuvre over it.

After visiting a dozen locations to cerograph their moves the free runners, while negotiations for access to areas to free run continue behind the scenes, begin to physically prepare for the challenges ahead. “Practice is the most important thing in free running, without



practice, we can't do anything" says one of the traceurs whilst training in a park. I would like to investigate this theme of mental and physical preparation with the free runners in my project. Practice is an extremely important part of any sport especially parkour, where you are constantly testing your own ability and self-confidence. I think it would be beneficial for my project for me to talk about the training and preparation with my subjects, and perhaps how they warm up for every session and keep their body fit and able to keep performing these incredible stunts.



As with any other extreme sport, there are many dangers and risks involved. Roughly around the halfway mark of this documentary, one of the free runners talks about the inevitability of injuries. Originally, the plan for this documentary was for London to be conquered by four French free runners. Johann's

older brother, Stefan, was supposed to join Sebastien, Jerome and Johann on this mission. But at the time of production, he was still recovering from one of the worst injuries any of the French free runners have sustained, a torn cruciate ligament. This is something I would like to touch upon in my project, I think it is important to know about the dangers involved with sports like these, and why extreme training and practice is essential to minimize such risks.

This documentary concludes on a nice high note, the free runners talk about the feeling they get when they make a jump, vault or line. Sebastien describes it as



"You feel a surge, I don't know how to explain it, It's the happiness of creating something, achieving something and doing it well. There is a sense of accomplishment, you succeeded in everything you planned." This would be a nice point for me to highlight in my documentary, especially for people who wonder why grown men would want to pursue a sport that revolves around hopping and vaulting through towns and cities. It's the adrenaline rush that all extreme sports offer, it's the feeling of overcoming your fears and reaching that goal that you have been chasing, that trick that has been on your mind for weeks.

Technical & Visual Research



With filming free running, a lot of wide-angle shots are used. I feel that the need for this is because you cannot calculate just how high or far your subject is going to jump, especially if they are performing a sequence. much like why wide-angle lenses are used for other extreme sports like

skateboarding and extreme scootering. For suitable action shots in my project I will use my Samyang 7.5mm ultra-wide lens for my Lumix GX80 with my camera handle so I can as low as possible and tilt the camera slightly up to get as much in the shot as possible and minimize the chances of missing the action.

Ramped slo mo is something that is used a lot with filming free running, and I think it works extremely well. I have been using ramped slo mo in my test shots for other modules and have grown confident in my ability to use it. When planning production shoots with my client I would like to plan a day where we can shoot some stunts that would be benefited with the use of ramped slo mo. This would need to be well planned as I would like to rent out a camera with a high frame rate such as the Sony A7s so I can utilize the use of ramped slo mo to get the most dynamic and visually engaging action shots possible.



First person shots are something that myself and my client are extremely keen to include in this project, I have used POV before with skateboarding and the results are very pleasing, I believe that parkour through POV would be a must have for a project like this.

Techland's 2015 video game 'Dying Light' was a first-person zombie apocalypse survival game, the twist, was the game was solely devoted to using parkour to escape your foes. This game exceeded all expectations and to this day is still Techland's highest grossing game. With a



highly anticipated sequel releasing in the fall of 2019. One of the advertisement campaigns for the first game was a three-minute POV parkour re-enactment of someone escaping a group of zombies by fluidly free running over and across buildings. I found this advert very inspiring as it really does go to show how elegant parkour looks through the eyes of the free runner themselves.

I would like to use the GoPro Hero 4 Silver Edition when doing my shots, I prefer having the LCD screen as I'm not completely comfortable in relying on the wideness of the lens to capture everything. I have had issues before when shooting POV with an older GoPro that did not have a screen for playback and when I got home to edit the footage my subjects' nose was in most of the shots as we left the camera at too much of a low angle. I will prevent this by playing back each shot to make sure no issues like this arise.

BRIEF PLANNING

Parkour Film

Pre-Production Planning

Project Overview:

I am going to create a film based on free running and what Mike Newman does to benefit people in the community.

Research

- **Key Audience:** This film will be catered to a large audience of all ages, it will be suitable for younger ages as there will be no violence or swearing. This film will also be targeted to free runners and people involved in extreme sports as there will be a lot of fast paced action shots.
- **Conventions:** The conventions of these typed of films are to be informative but still entertaining, I will achieve this by having an equal amount of dialogue and action shots.
- **Collaboration:** I will be collaborating with WFPF (World Freerunning Parkour Federation) and Mike Newman who will introduce me to other WFPF Instructors who are willing to be interviewed as well as students.

Estimated Budget

- I am estimating myself a budget of around £60, this is including trains to Llandeilo (off peak return at £16).

SWOT Analysis:

Strengths: I have experience in shooting sport and I enjoy doing it, I have also had previous successful collaborations with Mike Newman at an event called 'Storm The Hall, where the Riot Skatepark committee teamed up with 'Kinetics Body and Mind' now known as 'My E-Motion due to their recent re branding into a social enterprise, to try and raise money for a new skatepark in Tumble. Which makes this project much more approachable for me. This project is something I am personally excited to do and I am excited to further develop my skills in film making and production.

Weaknesses: This project will require a lot of travelling, it will be quite weather dependent on the freerunning in the street shooting. Freerunning is something I haven't had much experience in shooting but I am confident my experience with shooting skateboarding will benefit me in this project.

Opportunities: This project is giving me the opportunity to work with a company to create something that they can use for promotion as well as something I can have to present to potential employers that I have worked with external bodies in a live environment. There are also opportunities for me to further develop my production skills, particularly in editing.

Threats: The welsh winter weather is a threat for when I want to shoot outdoors, but I will counter act this by planning ahead and keeping the forecast in mind. Time management will be crucial for this project as I have a limited amount of time to submit this film. There will be a lot of risk assessments to be done as I am going to be shooting an extreme sport with a lot of possible dangers, especially when shooting outdoors. Getting permission to film students may be a threat but this is solved by the fact that Mike Newman has his own release forms that students will sign beforehand that certifies them willing to be filmed.

EXTENDED STEP OUTLINES

Extended Step-Outline Sheet

Scene No	1	Page No	
Slugline	INT. KBAM GYM, LLANDEILO. DAY.		
Endpoint of last scene	-		
Characters in scene	Mike Newman, Students and Instructors.		
Point of scene	Introduce Mike, the main subject of the film and the base gym.		
Conflict	None.		
Ending / central question	The audience is given a good establishing scene of what the film is about what Mike Newmans business ‘My E-Motion’ is.		
Scene description (without dialogue) focusing on key micro aspects (mise-en-scène, camera, sound, editing, etc)			
Natural lighting of the Gym, Medium close up of Mike as he introduces himself andhis company. Audio to be captured via a tie clip mic.			
Mise-en-scene will consist of acrobatics equipment, ropes, trampolines, foam pits etc.			
Instructor talks about what My E-Motion is and how it operates.			
Interviews to be shot in front of colourful back grounds such as parkour artwork that is displayed in the gym.			
Students and instructors training naturally during a session, cutting between shots of Mike, dialogue carries on throughout all shots.			
Action shots will be cut quickly, with points of impact such as feet landing heavily on the ground, hands grabbing poles when swinging.			
All action shots will be shot at a high frame rate so I can ramp certain points freely and effectively.			
Extreme wide-angle shots of the students and instructors training, stabilized via a gimbal or handle.			

Extended Step-Outline Sheet

Scene No	2	Page No	
Slugline	EXT. CASTLE GARDENS, SWANSEA.		
Endpoint of last scene	Mike Newman and instructors giving a back ground on My E-motion		
Characters in scene	Mike Newman. Freerunning instructor. Freerunning student		
Point of scene	Upbeat outdoor parkour montage displaying the flow of parkour in an outdoor urban environment as well as the community and friendship that the sport creates between the people that pursue it together		
Conflict	None		
Ending / central question	The scene displays the raw talent and physical literacy of the instructors		
Scene description (without dialogue) focusing on key micro aspects (mise-en-scène, camera, sound, editing, etc)			
All-natural outdoor lighting			
No dialogue			
Diegetic audio of the town environment and the subjects freerunning			
Long lens shots, POV via go pro and extreme wide-angle shots to separate shots and keep the montage entertaining and immediate.			
Soundtrack: Paradise – Downfall			
Melodic Drum and Bass soundtrack to benefit the quickness and immediacy of this scene.			

LOCATION RECCE'S

LOCATION RECCE

Prepared by	Kurtis Bray	Date	23/10/2018
Location Details	Multi-Sport Gymnasium		
Scene/Purpose of filming	To establish a scene of the main base of where the Parkour training sessions are held.		



Site Address	Tre-Gib Sports Facilities Bethlehem Rd, Ffairfach, Llandeilo, SA19 6TB
Contact telephone	07930245791
Permissions	Permission given by Mike Newman, Certified Parkour instructor

Safety risks	Floor could be slippery Hard floor, injuries could happen if someone falls	Confined space, I could get in the way	I could bump myself on the equipment
Solutions	Wear grippy shoes and take care when filming	Work with the instructors and students to prevent this risk by being well organized and only filming when everyone is aware of where I am and what I am filming.	We will arrange the gym so there is space to move around the objects being used.

LOCATION RECCE

Prepared by	Kurtis Bray	Date	27/10/2018
Location Details	Indoor skatepark in Llanelli, used for parkour training sessions on Thursdays		
Scene/Purpose of filming	To add another location to the project and another indoor space to capture footage during a training session		



Site Address	Ramps Skatepark, Sandpiper Rd, Llanelli, SA15 4SG
Contact telephone	01554773399

Permissions	No permission or payment is needed for spectators, photographers or filmers	
Safety risks	Could get in the way of the free runners	Could slip down ramp
Solutions	Wear grippy shoes and take care when filming, keep in mind where the free runners are going to be and where would be best for me to film	Do not set up equipment such as tripod on an angle or ramp Wear grippy shoes

RISK ASSESSMENTS

FILM PRODUCTION RISK ASSESSMENT
FILMING AT MY E-MOTION PARKOUR ACADEMY, LLANDEILO

Company Name: Kurtis Bray	
Production Title: My E-Motion	Production Date(s): February 9th – February 11th 2019
Producer Name: Kurtis Bray	Director Name: Kurtis Bray
Date of Risk Assessment: 29th December 2018	Risk Assessment conducted by: 29th December 2018

Hazard	Persons who may be harmed	Property which may be damaged	Risk controls already in place	Risk Assessment LOW, MODERATE, HIGH, EXTREME (see table)	Further action required to control risk ***
<i>Risk of slipping on slippery wooden floor</i>	<i>Myself, parkour instructors and students</i>	<i>None</i>	<i>Specific athletic shoes must be worn by anyone taking part in freerunning activities on the premises as part of company policy</i>	<i>Moderate</i>	<i>I will be wearing the appropriate athletic shoes when filming on site</i>
<i>Stunt going wrong</i>	<i>Parkour instructors and students</i>	<i>None</i>	<i>All athletic activity will be instigated via the instructors to make sure no one is trying to surpass their ability. Mike Newman is the stunt co-ordinator for all activity. I am simply there to film them do what they have been professionally trained to do.</i>	<i>Moderate</i>	<i>Substantial planning by instructors and strict limitations to type of stunts performed by students.</i>

Hazard	Persons who may be harmed	Property which may be damaged	Risk controls already in place	Risk Assessment LOW, MODERATE, HIGH, EXTREME (see table)	Further action required to control risk ***
<i>Collisions</i>	<i>Myself, parkour instructors and students</i>	<i>None</i>	<i>Always one instructor making sure that all equipment is laid out into a safe manner preventing the chance of any cross-course collisions.</i> <i>Only a certain amount of apparatus aloud out at the same time due to company policy</i>	<i>Moderate</i>	<i>When filming one person in one area, that area will be isolated purely for myself and the subject being filmed, all other person(s) in the gym must move aside to a safe distance onto the bleachers provided and spectate until shooting is finished.</i> <i>Foam pads will be laid out separating the bleachers and the area that is currently being shot.</i>

FILM PRODUCTION RISK ASSESSMENT

ACTION PLAN

Further action(s) required	By Whom	Date Completed
Appropriate footwear to be worn	Crew and cast	29/12/18
All athletic activity and stunts dictated and co ordinated	Mike Newman, certified stuntman and co-ordinator	29/12/18
Equipment laid out carefully and professionally, separating the crew and subject being filmed at those moments.	Mike Newman	29/12/18

FILM PRODUCTION RISK ASSESSMENT

Essential Contact Numbers

Emergency Services

Fire Brigade	0370 6060699
Ambulance	No Number – Carmarthen Road, SA19 6RB
Police	0845 330 20000
Chemist	Nigel Williams Pharmacy – 01558 823556

Persons / property	Position of person as part of production	Contact
Mike Newman	Parkour instructor, stunt co-ordinator, part of cast	http://www.mikewnewman.info/ 07786650491
Kurtis Bray	Director & Producer	07479531179

FILM PRODUCTION RISK ASSESSMENT
FILMING AT RAMPS SKATEPARK LLANELLI

Company Name: Kurtis Bray	
Production Title: My E-Motion	Production Date(s): February 21st – 23rd 2019
Producer Name: Kurtis Bray	Director Name: Kurtis Bray
Date of Risk Assessment: 29th December 2018	Risk Assessment conducted by: 29th December 2018

Hazard	Persons who may be harmed	Property which may be damaged	Risk controls already in place	Risk Assessment LOW, MODERATE, HIGH, EXTREME (see table)	Further action required to control risk ***
<i>Collisions between freerunners and bmxers/scooter riders/ skateboarders</i>	<i>Myself, parkour instructors and students</i>	<i>None</i>	<i>Shooting is taking place on a Thursday between 1pm – 4pm, during these times the park holds a freerunning tutorial session. No skateboarders/scooter riders or bmxers can use the facilities during these times.</i>	<i>Low</i>	<i>Stick to schedule and shoot on a Thursday during free running only session</i>
<i>Slip on floor</i>	<i>Myself, parkour instructors and students</i>	<i>None</i>	<i>As part of company policy, appropriate athletic footwear must be worn by anyone taking part in the session and using apparatuses provided.</i>	<i>Moderate</i>	<i>I must wear appropriate athletic footwear when filming</i>

Hazard	Persons who may be harmed	Property which may be damaged	Risk controls already in place	Risk Assessment LOW, MODERATE, HIGH, EXTREME (see table)	Further action required to control risk ***
<i>Slip or fall on ramp/bank</i>	<i>Myself, parkour instructors and students</i>	<i>None</i>	<i>All person(s) taking part in the production must be wearing the appropriate athletic footwear.</i>	<i>Moderate</i>	<i>When filming, I will be stood on level ground and not stood on any of the ramps.</i>

FILM PRODUCTION RISK ASSESSMENT

ACTION PLAN

Further action(s) required	By Whom	Date Completed
Appropriate footwear to be worn	Crew and cast	29/12/18
Premises to be used by myself, free running instructors and students only	Mike Newman Adam Williams (Ramps Skatepark manager)	29/12/18
Stood on level ground when filming	Myself	29/12/18

FILM PRODUCTION RISK ASSESSMENT

Essential Contact Numbers

Emergency Services

Fire Brigade	0370 6060699
Ambulance	0300 300 0057
Police	01267 222020
Chemist	Gravells Pharmacy – 01554 772156

Persons / property	Position of person as part of production	Contact
Mike Newman	Parkour instructor, stunt co-ordinator, part of cast	http://www.mikewnewman.info/ 07786650491
Kurtis Bray	Director & Producer	07479531179
Adam Williams	Manager of Ramps Skatepark	01554 773399

SHOT LISTS

Shooting Script Scene 1. Int. Gym

Shot	Camera/Action	Time	Audio
1	Mid shot of Mike stood in front of parkour artwork in the training facility (Gym) Title animation displaying his name and qualification	8 seconds	Mike talking about physical literacy (Unscripted) answering interview questions Music begins to fade in
2	Low angle wide shot of Mike running towards a trapeze to perform stunt (ALL LOW ANGLE WIDE SHOTS CAPTURED THROUGH FISHEYE AND GIMBLE FOR STABILIZATION WHEN FOWLOWING THE SUBJECT)	3 seconds	Mike continues answering interview questions Music continues to fade in
3	Close up of Mike's feet making impact with the trapeze	2 seconds	Mike continues answering interview questions Music continues to fade in
4	Point of view shot of Mike in the air performing the stunt	2 seconds	Mike continues answering interview questions, dialogue ends in this frame Music continues to fade in
5	Low angle wide shot of Mike about to land back on the ground	1 seconds	Mike continues answering interview questions Music continues to fade in
6	Close up of Mike's feet making impact with the ground	2 seconds	Music stops fading and is at stable volume on the frame of him landing the stunt and is timed so that the drop of the song happens at this exact frame
7	Extreme close up of parkour students facial expression, low aperture, bokeh	2 seconds	Song continues
8	Low angle wide shot of student approaching vault box	4 seconds	Song Continues
9	Close up on point of impact of students hands hitting the vault box as he uses it to pull himself up and over it	2 seconds	Song Continues
10	Low angle wide shot following student running along vault box and progressing over other obstacles to get onto second vault box	4 seconds	Song Continues
11	Close up shot of students hands making impact with the second vault box as he performs a new stunt to get across it	1 second	Song Continues
12	Low angle wide shot as the student is landing on the other side of the vault box	2 second	Song Continues
13	Low angle pans over to mike running towards other vault box	3 seconds	Song begins to fade
14	Low angle wide shot from the other side of mike now facing him from the left side as he approaches a floor spring and uses it to jump over vault box	4 seconds	Song continues to fade

Shooting Script Scene 1. Int. Gym

15	Low angle wide shot from other side of the vault box. Seeing mike land the stunt from the front.	2 seconds	Song continues to fade
16	Back to Mid shot of Mike talking	5 seconds	Song is done fading and stays at a moderately high enough level for it to still be heard but not overpowering dialogue Mikes dialogue as he talks about the vision of free running and how the sport changes your perception on everyday life struggles.
17	Low angle wide shot of mike on trampoline performing flips, mike about to perform a backflip	7 second	Song continues Dialogue continues
18	Low angle wide shot directly underneath mike as he is flipping upside down, camera pulls back as he lands	3 seconds	Song continues Dialogue continues
20	B-roll - Panning shot of rope swings	3 seconds	Song continues Dialogue continues
21	B-roll - Panning shot of graffiti artwork in the gym	2 seconds	Song continues and is about to reach its second drop Dialogue continues
22	B-roll - Mid panning shot of instructors talking and smiling	4 second	Song, drop hits in next shot Dialogue ends in this shot
23	Low angle wide shot following mike running towards rope swings	2 seconds	Song continues
24	Close up of hands making impact grabbing the rope swings	2 seconds	Song continues
25	Low angle wide shot of mike using the rope swings to get into the air performing a stunt	3 seconds	Song continues
26	Low angle wide shot from the other side as mike lands the stunt	3 seconds	Song continues
27	Extreme close up shot of Mike's face panning slowly, focusing on eyes and nose	2 seconds	Song continues
28	Extreme close up of students face	3 seconds	Song continues
29	Mid shot of student preparing to perform a kong vault	4 seconds	Song begins to fade
30	Low angle wide shot as student runs towards vault box	2 seconds	Song continues to fade slowly
31	Close up shot of feet students feet running	1 seconds	Song continues to fade slowly
32	Low angle wide shot of student from left side as he reaches the vault box, jumps towards it	2 seconds	Song continues to fade slowly Dialogue from Mike re-enters as he talks about why it's important for people to get into a sport

Shooting Script Scene 1. Int. Gym

33	POV shot as student jumps over vault box by doing a kong vault and lands the stunt. Shot begins to crossfade into next shot	4 seconds	Song continues to fade slowly Mike's dialogue continues
34	Back to mid shot of mike stood in front of parkour artwork concluding the dialogue Shot fades to black at the end	8 seconds	Song continues to fade Mike's dialogue continues concluding on the point of people needing to have an outlet such as freerunning Fade to black Music fades into silence

Shooting Script Scene 2. Int. Ramps Skatepark

Shot	Camera/Action	Time	Audio
1	Mid shot following Mike into the skatepark as he walks through the entrance, past the café area and into the skatepark area	20 seconds	Mike Is talking about how having the benefit of a skatepark willing to allow for free running coaching sessions is great for him and his business
2	Mid shot of Mike now in the skatepark walking around the free running equipment observing students	9 seconds	Mike continues with dialogue
3	Low angle wide shot of student running towards the ramp leading into the foam pit	3 seconds	Mike continues with dialogue
4	low angle mid shot from the other side of student as they approach the ramp and use it to launch into the foam pit performing a stunt	4 seconds	Mike's dialogue finishes in this shot.
5	Low angle mid shot of mike running towards scaffolding and then he progresses up and across it performing a number of many stunts, he is kept in the middle of the frame throughout this whole shot	6 seconds	
6	Low angle mid shot of mike as he lands on the other side of the scaffolding	3 seconds	Music stops fading and is at stable volume on the frame of him landing the stunt and is timed so that the drop of the song happens at this exact frame
7	Close up over the shoulder from behind Mike as he walks from the inside of the skatepark to the outside through the garage door, progressing to the new free running facility in the outdoor section of the skatepark. Mike then stands in front of the new section and talks about how donations from people and governing bodies helped with gaining all of this new equipment.	19 seconds	New dialogue starts, Mike talking about how donations have helped his company stay stable and get new equipment and keep it maintained.
8	Low angle wide shot as Mike climbs up the new scaffolding equipment	6 seconds	Dialogue continues from last shot and is played over
9	Close up panning shot of mikes face stood with the relaxing view of sandy road behind him, shot fades to black towards the end, melodic electronic dance music begins to fade in	4 seconds	Dialogue continues Electronic music fades in
10	Fade back in to a montage of the students and instructors displaying their skills across the new equipment. Low angle wide shot of student running towards the new equipment.	3 seconds	Music continues to fade in
11	Close up of point of impact of student's hands grabbing onto the pole using it to launch himself up onto the next platform	2 second	Music continues to fade in

Shooting Script Scene 2. Int. Ramps Skatepark

12	Low angle wide shot from the front of the student as he is about to land on the next platform.	1 second	Song Continues to fade in
13	Close up of the student's feet landing on the platform, camera pans up until getting to a close up of his face	4 seconds	Song reaches peak volume
14	Low angle wide shot of student as he jumps from the platform onto the wedge landing ramp and uses it to slide down to ground level, student is kept centre of the frame throughout whole shot. Screen fades to black	4 seconds	Song continues to fade into silence

NEXT STEPS

Next Steps

I am excited for this project and I think it has a lot of potential, it is a difficult project to plan out as I cannot instigate what stunts will be when shooting. A lot of the stunts aren't planned and are just thought of on the spot. Much like the shot in my test shot edit where Mike does a backflip on a trampoline and I held the camera directly underneath him. I feel that is the best shot of the video and it was completely on the spot, and it was also Mike's idea. I have not created storyboards as part of this portfolio because it is hard to narrate what happens on the days of shooting, I have some ideas such as a walking and talking type interview, but where and how they are shot will be decided on the day. As of yet, it is undecided where the outdoor scenes will be shot, me and Mike have talked a bit about shooting at castle gardens in Swansea, but we first need to make sure that we will be able to do so without causing any problems. My next step is to take everything I learned from doing my test shot edit and go to their gym again and shoot the first scene there, I may also re shoot the interview with Mike and have him in a different spot.

I am going to conclude this portfolio with the test shot edit that I made in one day when going to visit Mike and some of his younger students at his training facility in Llanelli, I would like to make a few brief points on what I learned from doing this test shot edit and how it will benefit me when shooting next time.

Directing

- I feel I could have been a better director at points, especially with the interview. In first shot of the interview, Mike is perfectly in focus, but in the last shot he steps forward and comes out of focus. He also didn't know whether to talk to me or to the camera.

Camera Work

- I feel that my camera work is good, but would have been better with a gimble, the in body stabilization on my camera isn't really good enough for shooting something that requires me to move very fast.

Editing

- I feel that if I improve my skills with colour grading I could make the interior shots look very nice, for this edit I simply just turned the temperature down on the clips so they did not look so orange and warm
- I like how I used ramped slo mo in the edit, but now I have had time to reflect on it I feel that it was overdone and the points I slowed down and sped up could have been chosen better, I shot it all at 180fps and then changed the speed points with optical flow in post.