

# Escola Universitària Politécnica de Mataró

Centre adscrit a:



UNIVERSITAT POLITÈCNICA  
DE CATALUNYA

**Grau en Mitjans Audiovisuals**

**Standing out**

**Report**

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SUMMER 2014



**TecnoCampus  
Mataró-Maresme**



## **Dedication**

To my family.



## Summary

*Standing Out* is a documentary about sports commonly called urbans. Many of these were born in the street, some by necessity and others for fun. As these sports have grown and have won a lot of follower the last years, have begun to appear some competitions. But it is a competition to what an athlete should aspire? Many followers of these sports have continued to believe that the most important thing is to enjoy. the sport without other purpose than to fun. *Standing Out* is a documentary about these people. People who see the sport as their lifestyle, a way of escape or a symbol of freedom, completely out of the competition.

## Resumen

*Standing Out* es un documental sobre deportes comúnmente llamados urbanos. Muchos de estos nacieron en la calle, algunos por necesidad y otros por diversión. A medida que estos deportes han ido creciendo y han ganado seguidores, han empezado a aparecer competiciones para algunos de ellos. Pero, ¿es una competición a lo que debe aspirar un deportista? Muchos seguidores de estos deportes se han mantenido firmes en su creencia de disfrutar del deporte sin tener otro objetivo que el de divertirse. *Standing Out* es un documental sobre estas personas. Personas que ven el deporte como su estilo de vida, una vía de escape o un símbolo de libertad, completamente alejado de la competición.

## Resum

*Standing Out* es un documental sobre esports comunament anomenats urbans. Molts d'aquests van néixer al carrer, uns per necessitat i uns altres per diversió. A mesura que aquests esports han anat creixent i han guanyat seguidors, han començat a aparèixer competicions per alguns. Però, és una competició al que ha d'aspirar un esportista? Molts seguidors d'aquests esports s'han mantingut firmes en la seva creença de gaudir del esport sense tenir altre objectiu que el de divertir-se. *Standing Out* és un documental sobre aquestes persones. Persones que veuen l'esport com el seu estil de vida, una via de escapada o un símbol de llibertat, completament allunyat de la competició.



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## **1. Introduction**

This project is a visual piece that could be considered a short documentary. It may seem just documentary about street sports. But in reality these sports are a way to show the true meaning: sports as more than just sports.

The message of the film is that these sports have many similarities between them. They all share a feeling of freedom, expression and self-improvement.

The idea for this project arose from the need to show this hidden part of sports. After discover that the sensations of the different athletes from each sport have a lot in common.

This short documentary is created for distribution on the internet, non-profit, to show these sports and their philosophy. People need to know these sports and perhaps they will find in them, the solution to their problems.

To do this project, is necessary do a study about similar projects that had been done before. To find the best way to explain the idea, is necessary to choose the most suitable sports, find the right people, those who don't see the sport as a competition.



## 2. Previous study

### 2.1. References

The documentaries about street sports, which have been made before, are very different.

Most of these films shows only some of the sports, and focus a lot in their beginning, development and movements.

Similarly, there are also some documentaries that try to show a similar idea. For example, '*Backstreet Atlas*' is a documentary that shows the lifestyle of skateboarders.

From the artistic way, an important reference could be the documentary "Exit through the gift shop" of Bansy. Although it is not a concept directly related to this project, this documentary has been influential about how can be used a story of several people to express a feeling shared by all.

From a technical way, these sports documentaries have helped to learn on how to record these sports: shots, recording techniques and effects

### 2.2. Summary of Sports

A short summary of sports:

#### Parkour

Parkour is a sport of French origin, that involves displacing in urban or natural environments using body's own abilities. Parkour athletes are called Traceurs. These Traceurs displacements should be done as quickly and smoothly as possible. The traceurs should not forget to make it attractive.. In practice parkour trains people with a physically and mentally strong. Many traceurs speak about Parkour as a way to overcome their limits.





### Skateboarding

Skateboarding is a sport that involves sliding on a skateboard and perform different stunts: raising the table, turn, jump. The skateboard is a wooden table with two axles and four wheels. This sport is usually performed in the street or in skateparks. The athletes who practice this sport are called Skaters.

Some of these skaters just skate on ramps and are called "Rampers".

Skateboarding is a sport closely related to surfing

and street culture.

### Slackline

The slackline is a sport of balance in which a webbing that hooks between two fixed points, usually trees is used, and is tensioned. Slackline athletes do not use any tool to help maintain balance, as rods. The dynamic characteristic of the webbing allows for impressive tricks and jumps and flips



### **3. Objectives**

The mission of this documentary is primarily to entertain. These sports are attracting a lot the attention of people. Another goal is to try to let people know these sports, its athletes, what is their philosophy and lifestyle.

Athletes who practice these sports often say that these sports are also a way of life. These sports have changed the lives of these athletes not only when they are training. The other key goal of this project is to relate this thought among different sports and trying to define also the "philosophy of these sports."

The goals I need to achieve are closely related to the athletes. In interviews I will do, I will have to try that athletes talk about how they feel about these sports.



## **4. Methodology**

### **4.1. Find information and choose sports**

This part was one of the most important for the development of documentary. It was necessary to analyze many sports, and their shared aspects. From the first search for information, some sports that were found: skateboarding, parkour, break-dance, roller derby, longboarding, rollerblading, etc.

The choice of sports which appear in the documentary, was not easy. It was important to know where practiced it, and know which cities was the favorites of athletes.

In the beginning, the sports chosen were: skateboarding, parkour and breakdance. But at last, the breakdance was changed by slackline.

All of these sports share the characteristics that have been mentioned before. Skateboarding is a sport that has been practiced for many years and many people already know it. For this reason, it is interesting to show that behind this sport, there is a lifestyle.

Parkour was a sport easy to choose. Maybe it is the less competitive sport, and the most cheaper to practice. The tricking is very similar to parkour. In fact, a lot of traceurs (people that practise parkour) began doing tricking.

The final choice of slackline was to show a new sport and test if it had things in common with the others.

## **4.2. The best way to explain the idea**

When the idea of the film was clear, it was necessary to find a way to explain it with the best way possible. The budget of the project to find the best athletes was a difficult aspect. That is way, the subject of the documentary focuses on people in the street. Athletes who play sports as a way to have fun and express their feelings. The goal was not to find the best athletes. It was better find people who felt the sport.

For this reason, in the documentary does not appear any competitive event. Although sometimes was easy record much interesting material in a tournament.

## **4.3. Find a link**

In the documentary was necessary to find a way to connect different sports. The idea of making a mockumentary using a character may downplay the message you wanted to explain.

In the production of documentary, one of the characters that appeared, knows all of these sports. He was the right person to connect the different sports. Later difficulties arose and he couldn't be appear in the documentary

Finally, it was decided that the link that would connect different sports, were feelings that transmitting these sports and how the sports affect their thinking.



## 5. Global concept

Sports often hide emotions that give value on practicing them. . These values are the difference between seeing a sports fan and an athlete.

From ancient Greece, many sports have been converted into competitions and tournaments, to entertain and to evolve the sport. But this evolution has been entirely positive? May have forgotten the most important to the sport?

Some new sports reflect a goal that goes beyond the rules of the competition. Sports bring out getting their athletes. Not to be better than others, or to practice a more extreme or dangerous sport, but for not having a higher goal that freedom and self-improvement.

“These athletes continue **standing out** above a competitive world”

### 5.1. Project Summary

*Standing out* is a documentary that shows four sports played in the street: parkour, tricking, slackline and skate. These sports have a lot in common. These aren't team sports and usually not taught in any school, and most importantly, these are not competitive sports.

Actually, in recent years have began to appear some specific tournaments for some of these sports, but most of its practitioners do not aspire to compete.

These athletes are looking for other things, like self-improvement, friendship and enjoy the sport. This documentary shows these aspects with a significant visual aesthetics and try to find the relationship between these sports .

Currently there are many documentaries on the subject. These sports are very visual and aesthetically good and for this reason people are usually interested.. Most of these films shows only some of the sports, and focus much in their infancy and development. One goal of this documentary is to show how these sports are from the point of view of the athlete, and the way these sports have changed their lifes.

## 6. Structure

The documentary is divided into different parts: introduction, body and conclusion.

### Introduction (1'30" aprox)

A visual summary of the different sports and the message that has to have the documentary. In this part of the documentary images are displayed only with music. After the title of the documentary is shown.

### Body (16' aprox)

In the beginning of this part, a scene is shown with a slackline, which serves as a connector for the documentary. Different people do tricks on the slackline. Both of slackline, parkour and skate.

This is the most extensive part of the documentary. It is composed of different sports (4-4 'each) showing images with interviews.

The first interview questions define each sport. The other questions are about the sport and the overall theme of the documentary.

### Conclusion (2' aprox)

This part is a summary of the most important aspects of the documentary. Furthermore, this part to unifies the relationship between all sports to clarify the meaning.

In the end, you can return to the scene of the slackline finishing the documentary.

## 7. Preproduction

### 7.1. Search for information and places

Before you start recording, it was necessary to obtain all possible information for each sport that has to appear in the film. Learn his history, his movements and his most important characteristics

The next step was to locate the places that were going to record. In Barcelona, these sports are often practiced. During this process, many athletes recommended some sites that might be of interest to the documentary. Also we made a trip to Madrid to record some footage, because for example the slackline is very practised there.

### 7.2. Equipment

The budget for this project was not very high. The following equipment is the best that we can found.

- Canon EOS 600D
- Standard tripod
- Opteka X-GRIP Professional Camera Action Stabilizing
- TASCAM DR-05
- SHENGGU SG-108 Stereo Microphone
- Shoulder Mount Rig homemade
- GoPro HERO 3 – Black edition
- GoPro head strap camera mount
- SanDisk Extreme 32GB x2



Fig 1. Equipment 1

### 7.3. Interviews

As mentioned before, the documentary does not have voice-over. For this reason it is very important the structure of the questions to achieve clarify the message

To do the questions, I have contacted with an journalist of documentary to help me with how I can do it. I also contacted some athletes to know their opinion about the project and how they would

Some questions:

- What meaning have this sport for you?
- How do you start to practise?
- What has brought you this sport?
- Do you feel a change in your lifestyle?
- What is the most important thing in this sport?
- Do you think that in a future this sport will have competitions?
- Would you like?
- Define the sport in one word
- Do you recommend this sport?
- A positive experience
- A negative experience

## 7.4. Main characters

As mentioned before, the best way to explain the idea of the documentary is to focus on people who practice it. It is not important if they are the best, just enjoy the sport and live it.

For the documentary was closest, in the postproduction process were chosen only some interviews. It is easier to understand the thinking of a person that of many.

A summary of the main characters of the film:

### Sergio Unradelic

Sergio is someone interested in sports balance and Zen. He is 20 years old and he have practiced slackline for a year. Now he works like an independent developer and producer of experimental music. His interest for the Slackline, came from when he knows the sport over the Internet and has since met people with whom to share the sport.



Fig 2. Sergio Unradelic 1



Fig 3. Emi Gimenez 1

### Emi Gimenez

Emi have practice slackline for 2 years. He likes all kinds of sports, especially adventure. He knew the sport when he began living in Madrid after arriving from Argentina. At 23 he won his first tournament and is considered one of the best in Spain.

### Akin Selles

Akin is a 23 year-old from Barcelona. He works as stunt. He has done martial arts all his life and does parkour for 6 years. Since I started doing, his life changed radically. Now he tries to return to parkour everything that it have done for him. For this reason, he teaches for free in Barcelona and is a member of an association of parkour



Fig 4. Akin Selles 1



Fig 5. Arnau Ferrer 1  
Association of Parkour.

### Arnau Ferrer

Arnau is the youngest of the main characters. He is 18 years old but already takes 6 practicing parkour. For him, the parkour means breaking the rules of society. Not limited to not get on a site just because there is a wall. He is also a member of the

### Pau Serrano

Pau is 18 and has only practiced skate for two years. His desire to learn and improve, and little interest in competitions, making it the perfect character to break with the idea of Skate as competition. The thing he likes most of



Fig 6. Pau Serrano 1

SKATE is to make new friends, learn from them and know himself.

## **8. Production**

The production process was to record all the documentary footage. Production lasted approximately 4 months (February-May). The first few months, when it was still winter, not many shots were recorded. Most of these sports are practiced more in spring and summer.

### **8.1. Recording problems**

The recording was stopped one month between April and May. As mentioned before. At first, it was thought that the story could go around a character. This athlete traveled to France for personal reasons, that is why the recording was stopped waiting for his return. Finally, this sportsman announced that he would not return to Spain until August.

A part of the recording was made during the post-production process because during the month of May many events related to these sports are performed.



## 8.2. Production diary

(07/11/2013 - 11/11/2013) – Recording some tests of Parkour - Terrassa

(12/11/2013 – 25/11/2013) – Editing some tests

(26/11/2013 – 05/01/2014) – Thinking about the idea of the documentary and the structure

03/01/2014 – Recording at Skatepark of San Lorenzo- Terrassa

19/01/2014 – Recording tricking - INEF,Barcelona

25/01/2014 – Recording some traceurs doing parkour - Terrassa

10/02/2013 – Recording SlackLine with Emi Gimenez - Madrid

19/02/2014 – Recording Sergio Unradelic doing Slackline - Barcelona

20/02/2014 – Recording SlackLine event with Sergio Unradelic - UAB, Barcelona

03/03/2014 – Recording Parkour Association with Akin Selles and Arnau Ferrer – Terrassa

10/03/2014 – Recording Skate Ghetto Crew – Terrassa

19/03/2014 – Recording Parkour Clases with Akin Selles – Barcelona

27/03/2014 – Recording Interview with Sergio Unradelic – Terrassa

01/04/2014 – Recording Parkour tricks with Akin Selles and Arnau Ferrer – Terrassa

20/04/2014 – Recording Skate Ghetto Crew Event – Terrassa

25/04/2014 – Recording Skate – Barcelona

05/05/2014 – Recording SlackLine – Terrassa

10/05/2014 – Recording scene with Slackline, Parkour and Skate – Terrassa

(14/05/2014 – 30/05/2014) – Start the editing process

(30/05/2014 – 04/06/2014)– Repeating some shots of parkour, slackline and skate – Terrassa

(04/05/2014 – 13/06/2014) – Final cut of the Documentary

## 9. Postproduction

The editing process began with visualizing every shot, scoring the most important and creating the final structure. To get a good result, it was important that all videos were separated for each sport. After the shoot there were more than 400 GB of videos.

During this part of the project, it had to repeat some shots where the audio failed or the image was not correct

After that, the editing process began. For this purpose, various programs were used like Premiere Pro, After Effects and Final Cut X.

### 9.1. Election of scenes

During this stage there was the need to choose the best scenes to include in the documentary. Choose the best images that help to explain the message of the documentary.

The part of parkour was easier to choose. First, it was important to show the parkour and their feelings. For this reason, the interviews were not about the basic characteristics of parkour, it's better to talk about the feelings in the parkour. To give more strength to the message were chosen images of a free parkour classes. In these images, many of the athletes help new practitioners to learn and improve. Finally, appears an association of parkour, which aims to raise awareness of the nonprofit parkour

In the part of the slackline was easy to choose the images that would appear. It's easy to find people who enjoy doing slackline. It is easy to see how they try to help each other to improve. For this reason, the images chosen are those that were most interesting, and that helped reach the goal of documentary

The part of the skate was the most difficult to choose. Because it is the most competitive. The most important thing was to try to avoid answers about competitions. Focus on the feelings and sensations when doing sport.



## 9.1. Texture and color aesthetics

Much of the documentary was recorded outdoors in sunlight. This fact have been that i could record with a very low ISO, thus avoiding the ISO film grain. In some scenes where there was less light and I had to climb a little ISO, the images have been edited in post. For example, an interview indoors.

From the beginning the color correction would not be very significant. Only to give continuity to the documentary.

At first, the colors of the documentary would be warm colors. But finally it was decided that the colors were a bit colder. After several tests, the choice was between red hue to the most active moments of the documentary, and blue for the most emotional. However, it can see a difference in color temperature between different sports.



Fig.1. After correction test



Fig.2. After correction test

## 9.2. Music and sound effects

The documentary will be shared in pages like YouTube and VIMEO, so can't include any copyrighted song. The songs have been found in Jamondo.

Most of the sound effects used were found on the internet. Some of them i have recorded myself, like the sound of skateboards as a resource for some scenes

### **9.3. Tittles, text and images**

In this document the sources used are fairly simple. The goal was to make it as simple as possible without many effects to be realistic and empathetic. Therefore, the titles, credits and chyrons are simple sources.

During preproduction different posters and images to add in different situations were created. In the mails where appointments were arranged for recordings, it added a Banner. In some groups of Facebook, which was published a hangout maybe some image is also added.

The objective was to show the documentary. To meet more people practiced sports and ensure future visits in the video. It was a good idea, as some athletes, he sent messages interested in participating in the documentary

## **10. Result**

The result of this project is a short documentary about street sports and the life of those who practice. An audiovisual piece intended to be distributed over the Internet.

The documentary is a product to entertain the public, raise awareness it and highlight sports feelings.

As mentioned before, the subject of the documentary was more that street sports. The feelings of the sport were the main topic. The message was correctly expressed.

Initially, the film was going to have a duration of about 30 minutes. During production, it changed the size of the document to make it more interesting. With the initial project duration, the documentary was boring.

The most negative aspect was that perhaps cannot be considered a true documentary. Because it don't tell a story. It may seem more like a report. However, this fact don't affect in the message of this project.

### **10.1. Possible extensions**

The main possible extension would be to research other similar sports. Also sports played elsewhere. For example, sports like surfing have a similar feelings.

It might be interesting to know the life of the best athletes. Know if they share the vision of these sports with street people. Even see when a person begins to play a sport in order to compete.

Thus, it could do a documentary that was completely opposite. Choosing sports outset seek perfection to reach championships.

Another possibility would be to record the same sports in other countries and check if these sports have the same feelings than Spain.

In the film appears a group of young people who practice parkour and give free classes. In recent days the shoot, these guys were starting a new project, which is to create a partnership to teach in schools parkour for free. It would be interesting to record this process: how to get it, the difficulties and the result achieved.

## **11. Conclusions**

This project has been very important in many ways, both personally and professionally.

The documentary shows a part of the sports that people does not know. A philosophy, a way of life and sentiments that are shared, such as friendship, love for freedom and self-improvement.

After speaking with the people who appear in the documentary, many of them expressed their appreciation to participate. For them these sports mean a lot in their lives. For this reason, they believe that this documentary can show the world that are not only sports. It is also their passion.

Personally, this project has taught me to manage my resources to get a good result. The difficulty of getting a perfect interview to transmit a message in which he believed through. I have learned all stages of recording a documentary and i have improved my recording techniques





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**Grau en Mitjans Audiovisuals**

**Standing Out**

**Economic study**

**JOSE MANUEL RUIZ MUÑOZ DE LEÓN  
PONENT: MARIA SOLIÑA BARREIRO**

SUMMER 2014



**TecnoCampus  
Mataró-Maresme**



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## 1. Cost of the documentary

In this paper are shown the economic expenses of the documentary production. The most expensive part is the material cost. Indirect costs are also shown, as gasoline and travel.

### 1.1. Material cost

<u>Description</u>	<u>Days</u>	<u>Price/day</u>	<u>Total (€)</u>
<u>Circuits integrats</u>			
Canon EOS 600D	30	125	3.750
Opteka X-GRIP	30	8	240
TASCAM DR-05	30	25	750
SHENGGU SG-108 Stereo Microphone	30	25	750
GoPro HERO 3 – Black edition	30	80	2400
<b>MATERIAL TOTAL COST</b>			<b>7.890€</b>

## 1.2. Human resources

Human resources were important because was necessary somebody for do the questions in the interviews. In some parts of the documentary was necessary to record the same scenes from different angles. For this reason, the project works an another camera

<u>Concepte</u>	<u>Hours</u>	<u>Price/hour (€)</u>	<u>Total (€)</u>
Director (Camera 1)	100	20	1.000
Camera 2/Interviewer	100	20	1.000
Audio engineer	100	16	1.600
Video/audio editor	50	30	1.500
<b>TOTAL HUMAN RESOURCES</b>	<b>5.100 €</b>		

## 1.3. Equipment and software

<u>Concept</u>	<u>Price</u>
Edition computer	1.199
Video edition software	439
Design software	1.149
Microsoft Office	320
<b>TOTAL EQUIPMENT</b>	<b>3.107 €</b>



#### 1.4. Indirect costs.

The main important indirect cost of this project is the trip to Madrid. The costs of the trains were also quite expensive. But much of the film was shot between Barcelona and Terrassa. For this reason there are not expensive costs of transport

<b><u>Concept</u></b>	<b><u>Price</u></b>
Flight Barcelona-Madrid	92,5
Madrid transport	20,00
Madrid accomodation	30,00
Barcelona trains	82,00
Car/Petrol	30,00
<b>TOTAL TRAVEL/LOCATION</b>	<b>254,5 €</b>

#### 1.5. Total project Cost

Material cost	7.890
Human resources	5.100
Equipment and software	3.107
Indirect Expenses	254,5
<b>TOTAL</b>	<b>16.351,5 €</b>



## **2. Selling price of the project**

The objective of this project is to show these sports and be seen by a maximum amount of people. For this reason, this documentary will be shared on the Internet for free.

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## Annex I. Images



Fig 1. Basic poster 1



Fig 2. Banner 1





Fig 4. Tittle test 1



Fig 5. Test 1



Fig 5. Facebook avatar 1



## **Annex III. DVD Content**

- Project documentation (report and economic study)
- The final documentary file