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The actions that we see in movies are not done by actors themselves but by stuntmen. Therefore, the real heroes are the stuntmen not the actors. In this article, we will learn how to be a stuntman .

In order to become a stuntman, it is necessary that you are fearless. Most of the time stunts are done with the help of proper gears, but in order to perform an action it is also necessary that you are fearless. Jumping from huge heights, falling from the cliff, getting beaten, diving under the sea are all actions and they require fearlessness in order to perform with or without gears.

Practicing is necessary; therefore, arrange a place for you to practise fight movements are other few stunts to improve.

Learn the basic movements like flips and parkour. These movements will help you with your flexibility.

An underweight or overweight stuntman are not good, this is because there is a certain amount of body weight needed for performing stunts. Too much light or heavy weight wonâ€™t allow you to perform and resist as the same time. Exercise and a healthy diet are necessary.

Front and back flips are few of the essential basic stunts that an aspiring stuntman should know, so learn them and keep practicing them continuously to get effective results.

Try not to do larger things at first, get your basics perfect. You will get hurt while performing and practicing. Do not let that stop you because a true stuntman wonâ€™t give up his life for action and adventure just because of pain and few injuries. A stuntmen is the hero, remember this and walking through pain is not a problem anymore.

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