

## FUNDamentals of Climbing 2

10am	Introduction and warm up	½ hour
10.30	<p><b>Footwork</b></p> <p>Recap of FUNdamentals. Weight transfer between feet when climbing.</p> <p><i>What skills should be developed</i></p> <p>1. Heightening awareness and use of feet, why footwork is so fundamentally important to increase the efficiency of climbing. Identification of examples of common bad footwork problems</p> <p>i) Silent climbing</p> <p>2. Awareness of usable parts of boot</p> <p>i) Identification of different footholds and how shoe can be used on each i.e. inside, outside and front of boot</p> <p>3. Precision and accuracy</p> <p>i) Bullseye and target. Stick target onto the wall. Whilst standing, the climber has to hit the bullseye with the toe. Practise with both feet.. Repeat when not looking directly at target to see how precision and accuracy are affected.</p> <p>ii) Place corks on holds to ‘remove’ the usable part of a foothold. Requires both accurate and precise footwork for cork not to be knocked off</p> <p>iii) Mark ‘bullseyes’ on traverse footholds with felt tip pen.</p> <p>4. Foot Swapping</p> <p><i>What is a foot swap?</i>  <i>Why foot swap?</i>  <i>How can you foot swap?</i></p> <p>1) Hop. Involves a ‘bounce’ as feet are swapped</p>	1 hour

	<p>2) Tablecloth. Just like a magician pulling a table cloth from under a set table, the top foot is placed on top of the other, and the bottom foot slides out from underneath.</p> <p>3) Smear. One foot smears above the foot hold, then both smear. This makes the foot hold 'free' for a foot to be placed on it.</p> <p>4) Ankle twist. The foot twists from side on to front on exposing part of the hold to be used by the other foot.</p> <p>5) Roll. The foot on the hold rolls up as the other one rolls down</p> <p>6) Match. Often involves a step through as both feet temporarily share one foothold.</p>	
<b>11.30</b>	<b>Tea break</b>	<b>15 mins</b>
<b>11.45</b>	<p><b>Handholds</b></p> <p>1. What types of handholds are there?</p> <p>Group discussion on all the holds they know.</p> <p>Jugs, Crimps, Slopers, Pockets, Cracks, Jams, Pinches, Undercuts, Moulds, Open hands, Gastons, Palms, Layback</p> <p>i) Have laminated cards with all the different handholds written on them. Get group members to mark different holds, and then compare 'decisions' as a group.</p> <p>ii) Blind hold identification. With their eyes closed, lead someone to a hold, get them to feel it. Lead them away and turn them round and round. Once disoriented, ask them to find the hold again with eyes open.</p> <p>iii) In small groups, create a traverse with as many different hand hold types in it, each marked with a laminated card to direct how a hold is to be used. Reverse the traverse to compare how the same holds may be used differently</p> <p>iv) Hand swapping</p>	<b>1 hour</b>

	<p><i>What is a hand swap?</i>  <i>Why hand swap?</i>  <i>How to hand swap?</i></p> <p>Compare with the foot swapping classifications.</p> <p>v) Deadpointing: understanding how use of legs to push can aid moving between handholds.</p>	
<b>12.45</b>	<b>Lunch</b>	<b>45 mins</b>
<b>1.30</b>	<p><b>Techniques</b></p> <p>i) Using straight arms on vertical ground. Developing the centre of gravity principle further: hips in, straight arms, not getting too stretched out like a star fish or tangled up. Moving between stable positions</p> <p>ii) Laybacks and arêtes. Continue theme of straight arms and understanding body's balance</p> <p>iii) Corners: palming and finding optimal foot positions to aid movement and resting.</p> <p>iv) Resting</p> <p><i>What is meant by 'a rest'?</i>  <i>Why rest?</i>  Group discussion on types of rest. Body position and resting.</p> <p>Bridging, Chimney, Knee bar, Foot plant, Toe hook, Heel hook, Jam, Crook of elbow over big hold, Standing on heels on big holds, Head or body wedge into a roof</p> <p>Designate a particular rest to each group member, who then has to go and find it.</p>	<b>1 hour</b>
<b>2.30</b>	<b>Tea break</b>	<b>15 mins</b>
<b>2.45</b>	<p><b>Steep Rock</b></p> <p><i>What is meant by steep rock?</i>  <i>How is it climbed?</i></p>	<b>1 hour</b>

	<p>i) Stand on the floor against a vertical part of the wall and reach up as far as you can, marking the point with chalk. Introduce a twist in the hips and see how much further you can reach, mark this point with chalk.</p> <p>ii) Repeat the above process whilst climbing using a twist and straight arms and comparing with front on technique.</p> <p>iii) Apply this process to a steeper bit of wall. Introduce rolling the body around the shoulder and keeping the hips closer into the wall.</p> <p>iv) Flagging. Compare the same movement with flagging, understanding the counter balance principle</p> <p>v) Climbing steep rock using the Egyptian/drop knee. Understand when to use the drop knee solution or the classic steep rock twisting solution.</p>	
<b>3.45</b>	<p><b>Route reading</b></p> <p>i) How to plan a sequence of moves from the ground. Where will the feet go, where will the hands go. How will your hands and feet be positioned.</p> <p>ii) Consider a plan A and a plan B for the move</p> <p>iii) Introduce visualisation techniques. First person and third person, as if watching yourself on TV. First person produces stronger reinforcement.</p> <p>iv) Consider route reading/visualisation techniques such as writing down the sequence of moves on paper or taking a photo of the climb</p>	<b>45 mins</b>
<b>4.30</b>	<b>Finish and questions</b>	