

Movement and Technique for the Rock Climber: Clinic Handout



Outdoor Adventures, UREC

There will be one instructor for four-six participants. The clinic will run approximately 1.5 hours with an open climbing session at the end. The instructor will explain the basics of climbing movement while providing examples.

Purpose of the Clinic:

The goal of this clinic is to familiarize students with the fundamentals of climbing movement. The focus of this clinic will be on developing a more advanced style of climbing. Students will learn about climbing terms, gear, safety, holds, mechanics and movement. The clinic is structured to give students maximum time to learn new moves by actually performing them on the wall and receiving feedback.

Introduction

- Outline of the clinic:
 - We will first discuss the basics of climbing and safety
 - We will learn different climbing terms and movements and practice them on the wall
 - We will end with a free climbing session
- Review the rules of the gym with the participants.
- Safety Briefing: Inside and Out
 - “You are responsible for your own safety, as well as the safety of others”
 - Never climb alone
 - ALWAYS use a spotter
 - Always use a crash pad
 - When spotting keep thumbs in so that they do not get broken or injured
 - CLIMBER ALWAYS ASSUMES RISK! This means that the climber understands when he/she reaches a height that is unsafe for the spotter to continue spotting safely, the spotter will gladly move the crash pad. However, the spotter WILL NOT put themselves in danger of being CRUSHED!
 - Move any loose debris from fall zone
 - Cover any unmovable, hazardous objects in the fall zone with crash pad(s)
 - Place pad in most prominent fall zone. If the climb traverses to a “sketchy” area, don’t just place pad at your feet so that you have clean shoes. Protect the most hazardous fall area.
 - Attempt to keep landing zone flat
 - When falling, try not to spin, kick, or flail- keep spotter in mind

Chalk and Chalk Bag

- To soak up moisture in order to provide a better seal between your hands and the rock/holds.

Crash Pad

- The purpose of the crash pad is to absorb the shock of a fall

Climbing Vocabulary

- Basic Terms

- Arete
 - A protruding corner of rock
- Big wall
 - A multi-pitch climb that typically takes more than a day to complete
- Chimney
 - A crack wide enough to fit your entire body in
- Crux
 - The hardest move on a route
- Dihedral
 - An inside corner formed by two intersecting rock faces
- Features
 - The unique features of the rock that allow climbing - (i.e. holds, cracks etc.) At indoor gyms, people refer to features as the permanent textures or holds in the wall itself, as opposed to holds which are bolted on and can be moved around to create routes and boulder problems
- On-sight-
 - To climb from bottom to top without falling and without previous knowledge of the route
- Red-point
 - To climb from bottom to top without falling after rehearsing the moves
- Flash
 - To on-sight with beta
- Climbing Holds
 - Jugs
 - A large, deep hold usually easy to grab
 - Ledge/rail
 - A large, positive hold similar to a jug, however flat on top
 - Crimp
 - A small hold only allowing fingertips to contact the hold (open and closed hand)
 - Pinch
 - A hold allowing fingers on one side and thumb on other side
 - Sloper
 - An open hand hold with palm and fingertips pressed against hold
 - Pocket
 - A “hole” allowing multiple or one finger to contact hold
 - Jib
 - A small common foot, but may be used as a hand hold

Upper Body Movement

- Bump
 - Using an intermediate handhold to shift to a higher hold without changing body position
- Campus
 - To climb using only your arms
- Crimp
 - First knuckle is extended, second knuckle is flexed

- Gaston
 - A hold above and to the side of the body with hand in a thumbs down position
- Lock off
 - Grip a single hold with enough strength to release the other hand and move to another hold
- Latch
 - To successfully grip a hold
- Slap
 - To touch a hand hold but not latch it
- Match
 - To bring both hands to the same hold
- Sidepull
 - A hold that is oriented to the side of the body and can not be pulled down on
- Crossover
 - To bring one arm across the other as you reach for a new hold
- Undercling
 - A hold which is oriented downward, opposition can be created by pulling upward

Lower Body Movement

- Backstep
 - Placing a foot on its outside edge, allowing hip to roll inward toward the wall
- Drop knee
 - Similar to a backstep, but the foot is rotated inward and downward, allowing the foot to push sideways
- Flag
 - An extended leg that counter-balances the body, preventing the body from barn dooring
- Hand foot match
 - To place a foot on the same hold as the hand
- Heel hook
 - Resting or pulling with the heel on a hold to take weight off the upper body
- Toe hook
 - Using toes to pull on hold or wall to stabilize body
- Knee bar
 - A resting position achieved by camming the top of the knee and the foot between two holds
- Frog step
 - Both feet are placed high and then extended at the same time to reach higher
- Rock on
 - To shift body weight from one foot to the other
- High step
 - To lift one leg high to reach a high foot
- Step through
 - To step sideways in front of the foot on which you are standing
- Swap feet
 - To exchange feet on the same hold

- Smear
 - To place foot directly on wall and rely on friction as a foot hold

Full Body Movement

- Barn door
 - Tendency of the body to swing “open”
- Dyno
 - A dynamic movement where the whole body is in motion, to reach on other hold
- Lay back
 - To support the body by creating opposition with the arms pulling and the feet pushing
- Mantle
 - Using the palm to push up and off of a hold, similar to getting out of a pool
- Twist lock
 - A transitional movement in which the body is twisted towards the hold being locked off, allowing the locking-off arm to straighten and bringing the reaching shoulder higher and closer to the wall extending its reach
- Stem
 - Using opposition to support the body

Additional Areas of Teaching

- Body tension
- Overhung climbing
 - Give some tips for climbing over roofs and overhung climbs.
- Arête climbing
- Use of “natural” features

Practice Exercises

- Shifting body weight:
- No hands traverse
- Climbing movements:
 - Two introductory problems with specific moves discussed.
 - Two intermediate problems with specific moves discussed.
 - One advanced problem with specific moves discussed.

Open Climb

At the end of class, climbers will have an open climbing session so that participants can attempt problems and ask questions about the movements on the climb. This is the time for participants to get feedback on their movement skills and to finalize the recently gained movement knowledge.