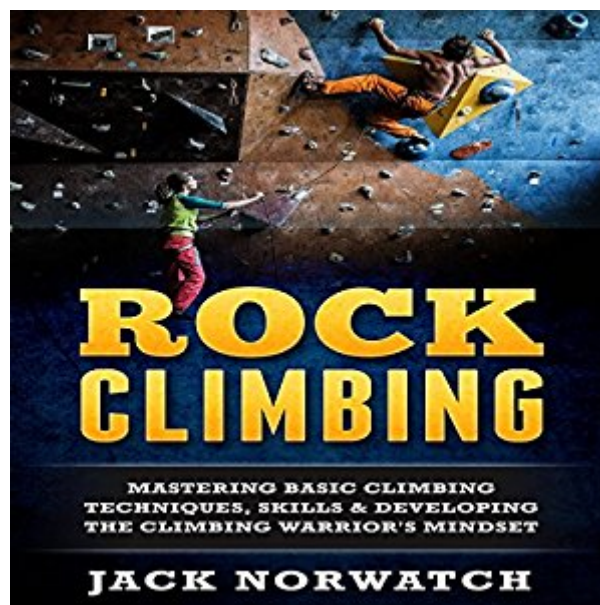




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# Rock Climbing: Mastering Basic Climbing Techniques, Skills & Developing The Climbing Warrior's Mindset



## Synopsis

Rock climbing for beginners! Become a warrior of the wall! Rock climbing is a rush! There's no doubt about it. The physical fitness, fun factor, and skill built via rock climbing is unmatched in any other hobby or sport. Want to get started with rock climbing but have no idea where to begin? This is the book for you! From the equipment to the body positioning and mindset, we'll cover it all. Regardless of your gender, age or experience you're going to learn everything you need to know to get started rock climbing. Here is a preview of what you're about to learn: An introduction to rock climbing Climbing & movement - a forgotten key Foot movement, how to maneuver your feet the right way Rock climbing grips & building an unbreakable grip for climbing success Understanding & learning proper body positioning while climbing 10 rock climbing essentials that're often forgotten Anchoring, knotting & belaying explained The inner climber, building the mindset of a climbing warrior And much, much more!

## Book Information

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## Customer Reviews

Very appealing! This is one activity that I'd like to engage in if given the time. My friends are challenging us on this activity. I have tried it once and it was a failure LOL! I got this book thinking I'd get a tip or two. Turns out I got more than I bargained for! This presents very detailed instructions in managing one's body to get the hang of rock climbing in no time.

You don't have to have super strength to have fun rock climbing and this guide will help you to

prepare on it , gear up and learn the basic as well as enjoying it while doing the process. This book has the basic guide to climbing styles, techniques, and tips as well. If you want rock climbing but don't know where to start, this book is a must read!

My son loves it.

Really helpful book!!! I'm new to the whole idea of rock climbing and I wanted to know more about the basics and fundamentals. From what I can tell, this is a good starting point, talking not only about methods and safety and terminology, but also how to respect the areas and fellow climbers etc, if you're smart and be careful, you shouldn't have a problem. Even if you are just vaguely interested in climbing, this book is a good resource in my opinion. Lots of good information in these pages. Recommended!!

Experienced climbers will find little, if any, of this information useful. Unless, they've learned about climbing from someone who doesn't really know what they're doing. There are lots of people out there who act like they know what they're talking about, but they don't really know. To you beginners: This information can easily be found on the internet for free. But it would be hard to find it all in one place. The knowledge contained in this book is good and reliable. This could make a good quick reference guide; since it contains basic info on just about everything you need to know when taking up climbing. I liked that they included, towards the end, some advice on how to approach climbing mentally and emotionally.

Some good content but amateurish production. Most of the low quality images are culled from the web. Some original, simple, good diagrams explaining techniques would vastly improve this book.

Great start in a new environment. Basic but serves its purpose in opening a door into climbing world. I thought it was helpful.

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