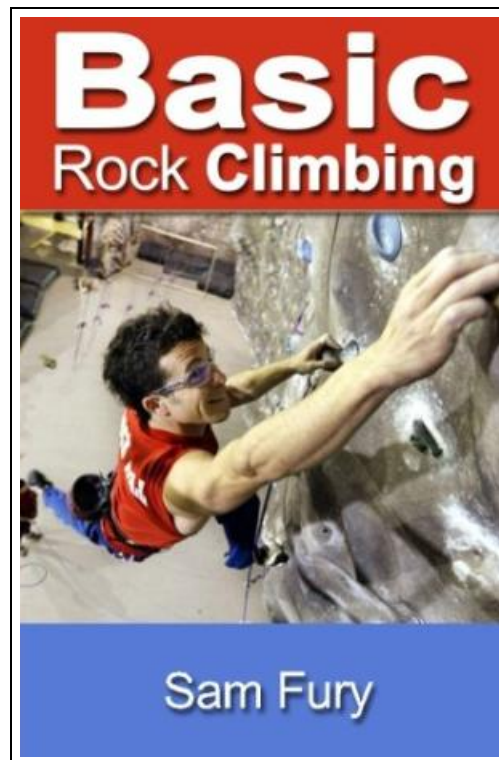


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Shumona Mallick (illustrator). 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover Just How Easy Basic Rock Climbing Is! Basic Rock Climbing: Bouldering, Crack Climbing and General Rock Climbing Techniques will teach you all the basics you need to learn basic crack climbing, bouldering and general climbing skills. Whether you want to become a super rock climber, or just want a fun way to keep fit, these are the fundamental rock climbing skills that you MUST learn. Note: Survival Fitness by Sam Fury contains all the information in Basic Rock Climbing plus a whole lot more! This is a Basic Rock Climbing Training Manual Like No Other * Learn the core climbing skills you need for climbing any type of rock face, including bouldering, crack climbing, indoor rock climbing etc. * Easy to follow step by step instructions that anyone can follow - no prior knowledge or experience of rock climbing needed! * Simple and clear pictures so you can easily see exactly what you have to do to perform these basic rock climbing techniques. Inside Basic Rock Climbing You Will Discover * How to conserve your energy while rock climbing. * The various types of rock climbing holds e.g. slopers, pinches, side pulls etc. and which grip to use when climbing them. * The time tested and proven foot techniques that all Rock Climbers must use no matter what type of climbing they do (bouldering, indoor climbing, sport climbing etc.) or what level they are at e.g. smearing, back-stepping, hooking, mantles etc. * The types of rock faces you may encounter while outdoor or indoor rock climbing and the best way to climb them including overhangs, verticals etc. * Specific crack climbing...



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