



Climbing: From Gym to Crag

S. Peter Lewis, Dan Cauthorn

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The only training guide for making the move from indoor to outdoor climbing.

The first book in our new Mountaineers Outdoor Expert Series, which will provide in-depth instruction on a variety of climbing topics.

Surpasses other training guides with a new level of instruction, clarity, and safety. Complements any indoor or outdoor climbing course.

Climbing: From Gym to Crag helps indoor climbers safely make the transition from a controlled climbing environment, which requires few technical skills and presents no objective dangers, to the outdoor environment, where the risks and rewards require a well-honed set of basic skills and awareness.

Each of the four sections-Indoor Climbing, Sport Climbing, Traditional Climbing, and Retreat Techniques-contains instructional chapters on safety, belaying, technique, leading, and anchors. Transitional skills are taught in a logical progression so climbers can begin at the point in the text that their skills dictate. Key Transition Exercises walk climbers through steps on the ground so they can safely master techniques that are not found indoors or are done differently outdoors.

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Isabel McNeal:

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Deborah Anderson:

A lot of people always spent all their free time to vacation or go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity here is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you simply read you can spent 24 hours a day to reading a e-book. The book Climbing: From Gym to Crag it doesn't matter what good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to cover but this book features high quality.

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