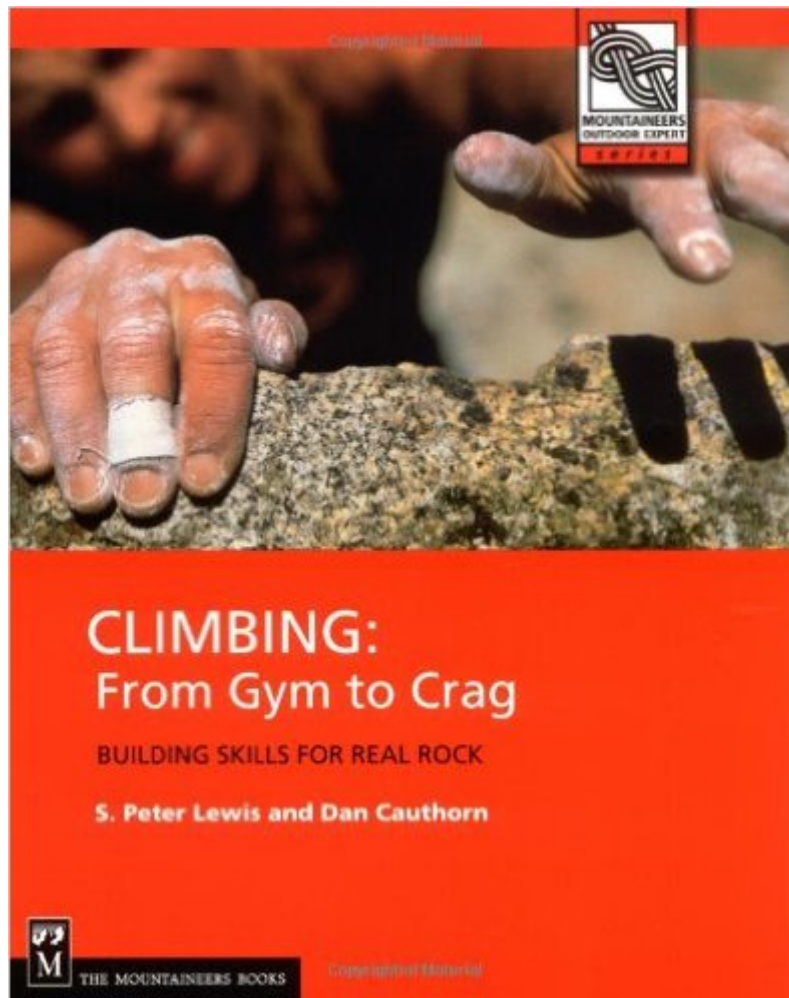


The book was found

Climbing: From Gym To Crag



Synopsis

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.

Book Information

Series: Mountaineers Outdoor Expert

Paperback: 187 pages

Publisher: Mountaineers Books; 60231st edition (September 11, 2000)

Language: English

ISBN-10: 0898866820

ISBN-13: 978-0898866827

Product Dimensions: 6.8 x 0.4 x 8.6 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #749,023 in Books (See Top 100 in Books) #122 in [Books > Sports & Outdoors > Mountaineering > Rock Climbing](#) #959 in [Books > Sports & Outdoors > Mountaineering > Mountain Climbing](#) #10486 in [Books > Sports & Outdoors > Outdoor Recreation](#)

Customer Reviews

Any gym climbers who are aspiring to climb outside must buy this book. It is a very comprehensive book that helps guide the transition from gym climbing to outdoor climbing. There are detailed exercises on proper top rope placement, rappelling, self-rescue, and a number of other safety issues. The advice is clear and safe. You really should go with someone more experienced when

you try these techniques, but the book makes an excellent case for being safe and going beyond what is normally done. For example, you should back up your rappel with an autoblock or a fireman's belay. Why not do this easy thing that may save your life? Your friend that teaches you how to climb may not show you these lifesaving techniques. I rarely see people back up their rappel! As you get more experienced and want to make the transition to trad climbing, it teaches important techniques like making a multi-directional anchor for your first trad anchor by using a sliding girth hitch. It takes extra time, but it may save your life by preventing all your gear placement from zippering (popping out) after your fall. Happy climbing and safe climbing to you!

I've been gym climbing off and on for years, mostly in the last three months as there is an excellent wall at the school I go to, and found this book to be quite helpful in getting me ready for the trip outside. I have been able to climb outside in the past only with the help of other more experienced climbers, and thanks to the help of this book and other resources, I am beginning to feel comfortable going out without the help. However, do not let this book be your only resource. There are many terms not adequately defined and several concepts are not introduced, but are referenced. For instance, the author refers to the "magic X", a method of attaching to anchors, but never defines it, and doesn't even say anything more than "use the magic x method of equalizing the anchors" for many pages. However, if you have other available sources of information, this guide can fill the gaps.

Very well written and organized however some confusion once in a while with the illustrations being mis or non labeled. The magic x should have been defined earlier in the text. Limited look at building anchors. Minor items - loved reading it.

As a climbing guide I found the book accurate with easy to follow text and great photos. Novices as well as seasoned climbers will learn a ton of useful and important techniques.

This book was a thorough and easy-to-understand overview of gym climbing, sport climbing, and trad climbing. For a complete novice it does a great job of illuminating some of the mysteries associated with things like building anchors, traditional and multi-pitch climbing, and the beginnings of self-rescue. I would say that it goes above and beyond describing just the transition between the gym and the crag. One word of caution (which the book reiterates): just because you've read this book and practiced the "key-transition exercises" doesn't mean you are an expert climber. If you're

a novice you should still seek the guidance of someone who is an expert.

[Download to continue reading...](#)

Climbing: From Gym to Crag Coaching Climbing: A Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series) Rock Climbing Joshua Tree West: Quail Springs To Hidden Valley Campground (Regional Rock Climbing Series) Rock Climbing Virginia, West Virginia, and Maryland (State Rock Climbing Series) Rock Climbing Virginia, West Virginia, and Maryland, 2nd (State Rock Climbing Series) Rock Climbing the San Francisco Bay Area (Regional Rock Climbing Series) Rock Climbing Smith Rock State Park: A Comprehensive Guide To More Than 1,800 Routes (Regional Rock Climbing Series) Thailand: A Climbing Guide (Climbing Guides) Alaska: A Climbing Guide (Climbing Guides) Climbing Colorado's Mountains (Climbing Mountains Series) Rock Climbing Montana (Regional Rock Climbing Series) Climbing and Hiking in the Wind River Mountains, 3rd (Climbing Mountains Series) Rock Climbing Connecticut (State Rock Climbing Series) Gief's Gym: A Guide to Street Fighter V PokÃ©mon GO Guide for Newbies to PokÃ©monia (iOS, Android, Tips, Tricks, Secrets, Game Plays, PokÃ©mon Trainer, PokÃ©mon Master, PokÃ©monstops, PokÃ©monballs, Gym) The Thought Gym: Train the mind...and the body will follow! Brain Gym: Simple Activities for Whole Brain Learning SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2) No Gym Needed - Quick & Simple Workouts For Gals On The Go: Get A Toned Body In 30 Minutes Or Less! No Gym Needed - Quick & Simple Workouts for Busy Guys: Get a 'Fit' Body in 30 Minutes or Less!

[Dmca](#)