



Beginners Guide to Rock Climbing

Before you start climbing, there are a few things that you need to know that will help you in your climbing experience.

Handholds

Handholds 01: Jugs

A hold that is incredibly easy to hold. The hold itself sticks out leaving an often large gap behind, making it easy to hold with your entire hand.

Handholds 02: Pinches

A hold that you literally pinch with your hand. Four fingers grab one side, while your thumb wraps around the other.

Handholds 03: Crimps

A small handhold that you can hold only with the tip of your fingers.

Handholds 04: Slopers

A round handhold that is gripped by squeezing your entire hand on as much surface as possible.

Handholds 05: Pockets

A hold with a hole within. The hole is usually large enough for at least two fingers.



Figure 1 Types of Handholds found in a climbing wall.

Here are some techniques that will effectively make you climb more efficiently

Technique 01: Drop Knee

To place the outside of the foot on a hold in order to gain more leverage.

Technique 02: Sit In

To shift your bodyweight from one leg to the other in a squatting position.

Technique 03: Heel Hook

Instead of having your toes on a hold, a heel hook is when you place your heel on a hold parallel to the wall. This keeps you locked into the wall making it easier to move up.

Technique 04: Toe Hook

Hooking your toe behind a hold to keep you sucked in to the wall.

Technique 05: Dyno

Jumping between holds dynamically.



Figure 2 Drop Knee



Figure 3 Heel Hook



Figure 4 Toe Hook

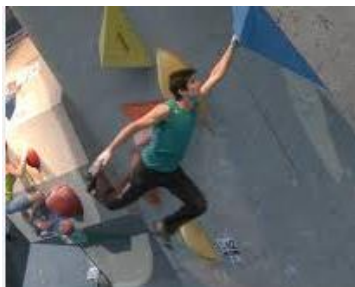


Figure 5 Dyno