

# Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

## ROCK CLIMBING TECHNIQUES

### Face Climbing & Bouldering

#### General

- Body mass / center of gravity
- Centering your body while climbing
- As much weight over/on feet as possible

#### Feet

- Precise placement is the key to successful footwork
- Ballet dancer sans jumps
- Smearing
- Edging
- Back Stepping
- Heel Hooking
- Toe Hooking
- Stemming
- Rockon
- Drop Knee
- Flagging -- Inner & Outer
- Positive Foot

#### Hands

- Conserve strength - don't overgrip a hold
- For balance on slabs, for NOT falling on vertical/overhanging walls
- Look with your fingers
- Straight arms whenever possible (conservation of energy/strength.)
- Batwing - NOT good
- Open Hand
- Cling / Crimp / Ring Grip
- Pinch
- Monkey Grip
- Mantel
- Pockets - size translates to the number of fingers they will accommodate
- Sidepull / Lieback
- Undercling
- Turn head /head down for extra reach
- Lock off to conserve strength