

CLIMBING FROM GYM TO CRAG BUILDING SKILLS FOR REAL ROCK%0A

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Systematic - but so far its synopsis that it begins at the artificial climbing wall gradually moving step by step to the crag misses the fact it covers the basics for outside knots and equipment first.

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Climbing: From Gym to Crag is written by experts who teach climbing for a living. These long-time instructors have a clear, practical understanding of the different skills and climbing technique needed to go from climbing in the gym to climbing on real rock. From building anchors to leading and self-rescue, they'll teach you how to make the transition safely.

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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.

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Learn This: 5 Common Gym-to-Crag Mistakes - Climbing Magazine

1. Don't lead belay while standing far away from the base of the wall (fig. 1) This stand back and observe habit is a function of wanting to view the entire pitch while belaying, and some gyms require that belayers anchor themselves into the floor, typically 10 to 15 feet from the base of the wall.

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