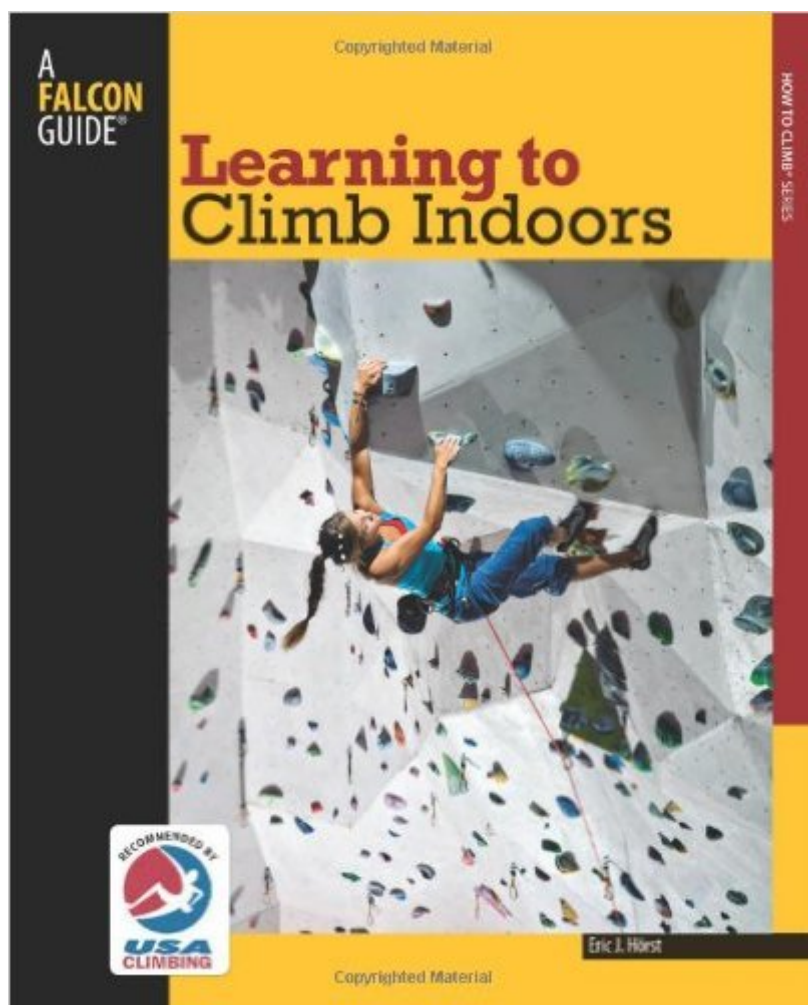


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# Learning To Climb Indoors (How To Climb Series)



## Synopsis

The essential handbook for every beginner, *Learning to Climb Indoors* is the most complete book available on indoor climbing. Veteran climber, performance coach, and renowned author Eric J. H  rst gives you all the information you need to get started and have fun. From what to expect on your first visit to a climbing gym to in-depth instruction on climbing techniques, tactics, strategy, and taking your indoor climbing skills outside, this guide will take you through your first few days  and years  as a climber. H  rst covers basic gear, fundamental safety techniques, and the importance of personal one-on-one instruction at the gym. Chapters on mental control, physical conditioning, and self-assessment round out the training. And as you progress, advice on advanced techniques and tactics will help you conquer the steepest walls. This revised and fully updated edition includes a new section on youth climbing as well as more information on taking your indoor-climbing skills outside onto real rock. Full color photos round out the package to make *Learning to Climb Indoors* an indispensable resource for new climbers.

## Book Information

Series: How To Climb Series

Paperback: 208 pages

Publisher: Falcon Guides; Second Edition edition (December 4, 2012)

Language: English

ISBN-10: 0762780053

ISBN-13: 978-0762780051

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars     See all reviews   (8 customer reviews)

Best Sellers Rank: #103,145 in Books (See Top 100 in Books) #19 in   Books > Sports & Outdoors > Mountaineering > Rock Climbing #118 in   Books > Sports & Outdoors > Mountaineering > Mountain Climbing #232 in   Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

I am new to climbing, and I am really enjoying this book. I  m taking climbing lessons from an instructor too, and this book is the perfect companion to my lessons. I can read this book and then more quickly understand what my instructor tells me in class. The information in the book is presented well, with plenty of pictures and definitions of climbing terminology.

This is a great and broad starter book for anyone starting out. Covers all the good basics and dips into the advanced just enough. All the basics covered here apply to outdoor climbing as much as indoor. It covers outdoor as well.

Great book. If I could I would give 4.5 stars. Beginning indoor climber, serious \*student\*, this book is proving to be very helpful. I climb at Rock Climb Fairfield in CT!

I am new to rock climbing and have been finding this book very helpful. It is easy to read and includes great images of different grips, holds, knots, etc.

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