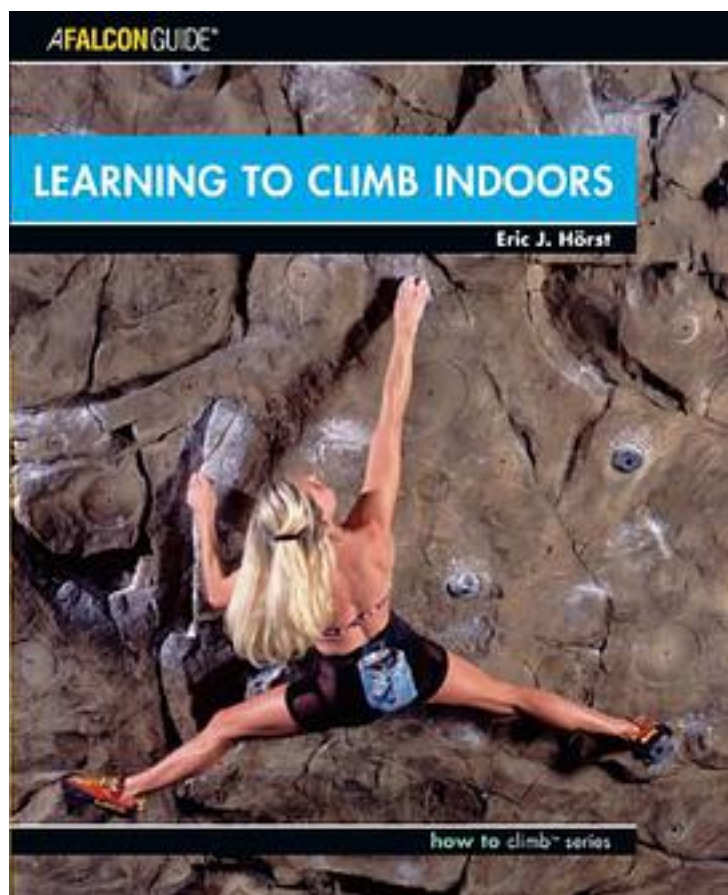


Learning to Climb Indoors



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Indoor climbing on artificial walls is the fastest-growing segment of the sport of rock climbing. With a wide variety of climbing challenges and the safety of a controlled indoor setting, the climbing gym is the perfect place for beginning climbers to develop their skills. In this comprehensive manual, veteran rock climber and climbing author

Eric Horst presents a complete course in climbing equipment and safety gear, basic climbing skills and drills, more advanced technique, lead climbing, mental training and fear management, and physical conditioning. All of these skills and techniques are intended to take the beginning climber through the first few years of indoor climbing in preparation for outdoor climbing.

作者介绍:

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