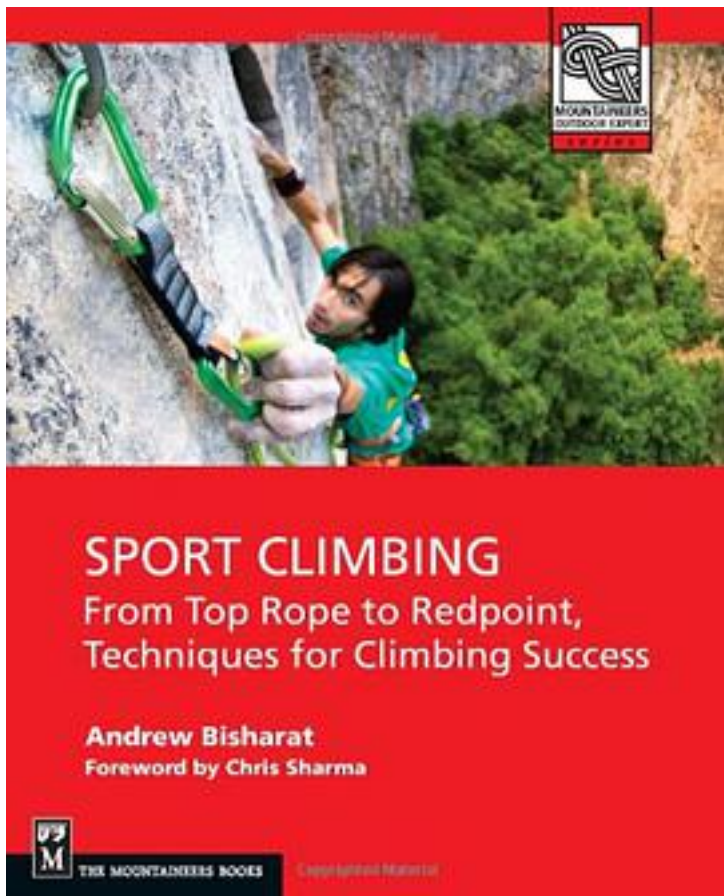


Sport Climbing



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Sport climbers often project a route that tests their physical limits in hopes of an eventual completion. Succeeding requires a solid understanding of great belaying and other lead-climbing techniques that aren't found in other climbing disciplines--but are detailed here in this accessible new guide. Targeting all abilities, Sport Climbing

teaches climbers how to rehearse moves and train for specific routes, how to get through the pump, how to fight until the end of a pitch, how to stay composed when tired, and how to best use their bodies to climb efficiently and expertly. Whether inspiring new climbers to learn the nuances of scaling vertical terrain, or delving into a deeper, more conceptual understanding of how to go about projecting a route, Andrew Bisharat brings confidence and a level of practicality to the sport. He reveals how the skills specific to redpointing transfer over to all climbing disciplines, making this a must-have book for any climber. Featuring anecdotes from famous climbers such as Tommy Caldwell, Katie Brown, Boone Speed, Josh Wharton, and Alex Honnold, the author brings a modern voice to a complex sport.

作者介绍:

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