

Climbing

Bouldering from your first gym session to steep, dynamic problems, outdoor rock and your first rope climbs. A structured climbing progression across 6 levels.

by the Progresspedia community

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About this book

This book was compiled from Progresspedia, an open learning platform where anyone can contribute. Every article here was written, edited, and voted on by the community - the content lives as open markdown, free to read, share, and improve. Spotted a mistake or want to add something? Open the course online and suggest an edit.

by the Progresspedia community

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2. Climbing Shoes & Chalk - pick climbing shoes that fit and use chalk
3. Gym Etiquette & Safety - climb safely without getting in anyone's way
4. Understanding Grades - read the grades and pick problems at my level
5. How To Fall - fall onto the mat safely
6. Downclimbing - climb back down instead of jumping
7. Warming Up - warm up properly before climbing
8. Your First Boulder Problem - send my first boulder problem
9. Straight Arms - climb with straight arms to save energy
10. Quiet Feet - place my feet precisely and quietly
11. Edging - stand on small edges with the inside of my shoe
12. Smearing - smear my feet on the wall where there are no holds
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