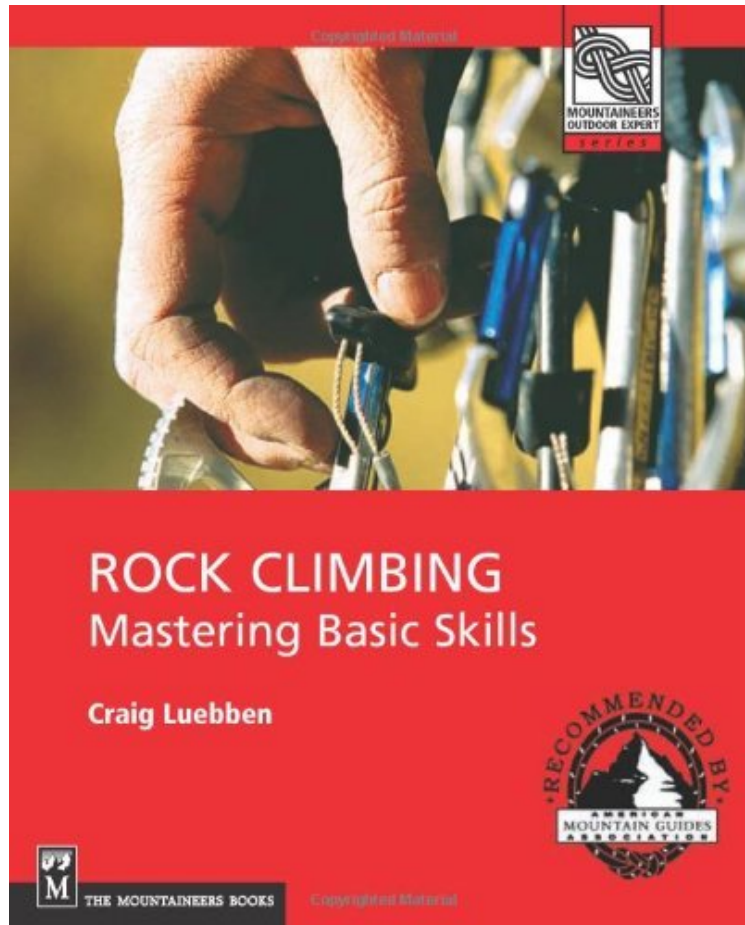


[Read and download] Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Expert)

Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Expert)

Von Craig Luebben

ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



+

READ ONLINE

Produktinformation -Verkaufsrank: #453473 in eBooksVerffentlicht am: 2004-05-12Erscheinungsdatum: 2004-05-12File Name: B004FPYJVW | File size: 64.Mb

Von Craig Luebben : Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Expert) before purchasing it in order to gage whether or not it would be worth my time, and all praised Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Expert):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. good, informative bookVon grkleazThis is a great book for any beginning to intermediate rock climber. It contains the chapters Face Climbing, Crack Climbing, Climbing Gear, Knots, Belay Anchors and Lead Protection, Belaying, Top-roping, Sport Climbing, Traditional Lead Climbing, Multipitch Free Climbs, Getting Down, Bouldering, Training and Climbing Safe.It really does contain a lot of information and basically everything an average climber needs to know. The instructions are easy to understand and illustrated by many good photographs. This book was written for beginning climbers, it won't help the expert. But although I've been climbing for some time now, I still find a lot of

useful information in it.

Kurzbeschreibung New in the Mountaineers Outdoor Expert series: instruction for the beginning to intermediate rock climber by an internationally known guide. *Author is an American Mountain Guide Association (AMGA) certified rock guide and instructor *Learning exercises reinforce key skills *Step-by-step technique illustrated in over 150 photos Craig Luebben has taught rock climbing basics to hundreds of clients and has conducted self-rescue clinics across the U.S. Here he presents the most common foot positions, hand grips, and body positions and how to use them precisely, from the smear to the crimp to the twistlock. Going beyond static moves, he emphasizes a dynamic style of movement for the greatest climbing efficiency--a style that makes the most of your strength and your time on the rock. With an emphasis on safety and how to stay within your abilities, Luebben teaches how to evaluate potential hazards and then avoid them. Topics addressed include: risk management, face climbing, crack climbing, gear, knots, anchors, belaying, top roping, sport climbing, trad climbing, multi-pitch free climbs, rappelling, aid climbing, bouldering, training, and self-rescue.

Kurzbeschreibung New in the Mountaineers Outdoor Expert series: instruction for the beginning to intermediate rock climber by an internationally known guide. *Author is an American Mountain Guide Association (AMGA) certified rock guide and instructor *Learning exercises reinforce key skills *Step-by-step technique illustrated in over 150 photos Craig Luebben has taught rock climbing basics to hundreds of clients and has conducted self-rescue clinics across the U.S. Here he presents the most common foot positions, hand grips, and body positions and how to use them precisely, from the smear to the crimp to the twistlock. Going beyond static moves, he emphasizes a dynamic style of movement for the greatest climbing efficiency--a style that makes the most of your strength and your time on the rock. With an emphasis on safety and how to stay within your abilities, Luebben teaches how to evaluate potential hazards and then avoid them. Topics addressed include: risk management, face climbing, crack climbing, gear, knots, anchors, belaying, top roping, sport climbing, trad climbing, multi-pitch free climbs, rappelling, aid climbing, bouldering, training, and self-rescue.

ber den Autor und weitere Mitwirkende Topher Donahue started mountaineering with his father, Mike, who was a mountain guide in Colorado. As a teenager, he began capturing mountain experiences with both pen and camera. The quest led him on expeditions to Australia, Japan, Kyrgyzstan, Alaska, Canada, Mexico, Ecuador, Peru, Chile, Argentina, Europe, and all over the United States. Today, Topher works in editorial and advertising media as well as offers creative consulting services to businesses who want to genuinely represent the experiences their customers are looking for outdoors.