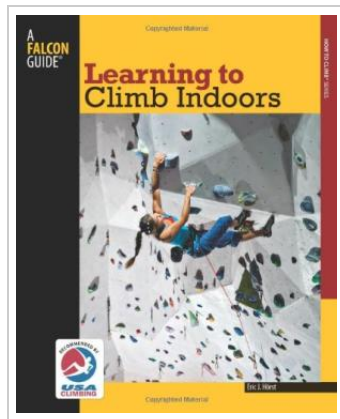




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Learning to Climb Indoors (2nd Revised edition)

By Eric J. Horst

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, Learning to Climb Indoors (2nd Revised edition), Eric J. Horst, 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. Horst 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. Horst 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.



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