



# FUNdamentals of Climbing 2: Technique

**Prior attendance of a FUNdamentals of Climbing Workshop 1 is required for this workshop.**

A one-day BMC workshop for people coaching climbing who have attended a BMC FUNdamentals of Climbing Workshop 1. Broaden your knowledge of athlete development, and develop your coaching techniques for indoor and outdoor climbing.

Only once aware of the techniques covered at the early FUNdamental stage will climbers be able to develop their climbing further. At this more advanced FUNdamental stage the core skills and areas of knowledge that a coach should be aware of are:

- Body positioning on vertical and slightly overhanging rock
- Creating a stable base and weight distribution
- Exploration of techniques involving opposing forces
- Climbing techniques for steeper rock
- Using straight arms

## BMC PARTICIPATION STATEMENT

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement

**Workshop Cost:** £80 for BMC members and £99 for non-members. Course fee includes wall entry fee, but not food or refreshments.



# FUNdamentals of Climbing 2

## Workshop programme

09.15	<b>Arrival</b>
09.30	<b>Introductions</b> Aims and objectives for the day
10.00	<b>Re-cap of Fundamentals 1</b>
10.20	<b>Brainstorming different techniques and when they can be used</b>
10.45	<b>Body positioning on vertical and slightly overhanging rock</b> Weight distribution, creating a stable base Role of centre of gravity Video, freeze frames and practical
12.45	<b>Lunch</b>
13.30	<b>Techniques using opposing forces</b> What are these techniques? Exploration of technique in detail Breaking down the movement Presenting back to group
14.45	<b>Techniques for steep ground</b> What is meant by steep rock? Exploration of flagging and egyptians Breaking down the movement Presenting back to the group
15.45	<b>Straight arms</b> How, why and when to use straight arms How to coach using straight arms
16.30	<b>Review and finish</b>