



FUNdamentals of Climbing 3: Advanced Technique

Prior attendance of a FUNdamentals of Climbing Workshop 1 and 2 is required for this workshop.

A one-day BMC workshop for people coaching climbing who have attended BMC FUNdamentals of Climbing Workshops 1 & 2. 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 stages will climbers be able to develop their climbing further. At this much more advanced FUNdamental stage the core skills and areas of knowledge that a coach should be aware of are:

- Body positioning steep rock
 - Base of support and weight distribution on steep rock
 - Maximising centre of gravity
- Body positioning with regard to poor hand holds and poor feet
- Dynamic movement
- Complex techniques on difficult terrain

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 3

Workshop programme

09.15	Arrival
09.30	Introductions Aims and objectives for the day
10.00	Re-cap of Fundamentals 2
10.20	3D centre of gravity and base of support Weight distribution, base of support Role of centre of gravity Video, freeze frames and practical
11.30	Advanced hands and feet
12.30	Lunch
13.15	Brainstorming advanced techniques
13.35	Dynamic movement What is it? Why do it? Movement initiation
15.00	Advanced techniques Roofs, heels, volumes, toes Breaking techniques down Relating centre of gravity and base of support to each technique Movement initiation Presenting back to group
16.00	Summary
16.30	Finish