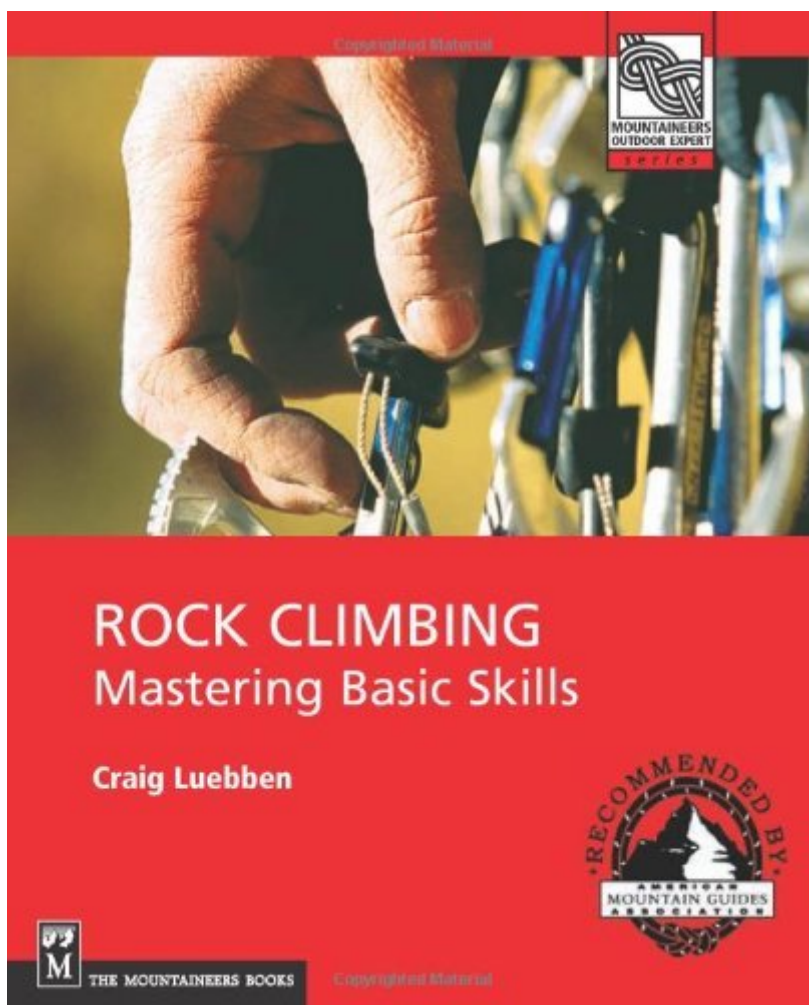


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# Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Expert)



## Synopsis

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.

## Book Information

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## Customer Reviews

Craig Luebben's new book represents a huge leap forward in climbing skills manuals. Though many

excellent skills manuals exist (including Luebben's past works and the vaunted but unweildy Freedom of the Hills which goes beyond rock climbing into aiplinism and mountaineering) this manual really sepetrates itself with its patient explanations and particularly with its photo instructions with added graphics for clarity. Many books of this genre have struggled with the clarity involved with diagramming knots and sysytems and Craig obviously went to great lengths to rectify this issue. The book is organized well and is easy to follow. It is nice to have these smaller manuals which focus on a specific discipline in the sport. As a climbing guide and instructor I am frequently asked to suggest learning manuals. This one will now be at the top of the list.

Guide, author and climbing gear inventor Craig Luebben's book won a National Outdoor Book award and it's well deserved. For anyone taking up rock climbing, or wanting to bring their knowledge up-to-date this is the book to start with. It's well organized and well-illustrated. Luebben starts the basics of pure climbing - footwork, holds and jams along with special climbing challenges like chimneys and off-widths (he's the Yoda of off-width climbing). Then he covers the gear you'll need like shoes, harness and ropes. He describes basic climber knots and working with ropes and slings. Then he talks about protection, natural and man-made. He tells you how to build anchors and keep your partner safe with proper belaying technique. He covers top-roping, sport climbing and the basics of traditional climbing including the approach, route-finding, setting pro and the physics and psychology of leading.. Later chapters introduce multi-pitch free climbing, descending and rappelling, bouldering and training for climbing. The concluding chapter explains how to avoid turning your climb into an epic by learning basic self-rescue techniques. This is by far the best, most up-to-date book on basic rock climbing. After you've read it (more than once) and practiced the skills he describes, get Luebben's book on building climbing anchors. Bill Becher

I began climbing in 1985. In 1992 and 1993, I had the fortune to become friends with Craig when he and Lizz Grenard opened the climbing wall at Health Works in Fort Collins, Colorado and brought me on as an on-staff belayer and then as route setter. Craig and Lizz taught me so much and took me from climbing 5.9s to redpointing a 5.13b. Craig used to lend me his ice gear when I was too broke to afford my own. We lost touch over the years and I was heartbroken to hear of his death a couple years ago. I am now introducing the sport to my girlfriend, and was thrilled when this book was listed first among my search results. I bought it in a heartbeat, knowing it would not disappoint. Craig was one of the foremost mountaineering guides around and will be missed. Those new to the sport are lucky he has passed on some of his knowledge in this book! Highly recommended to

anyone just discovering the sport (of course - I am a bit biased ;- ) )!

I am happy with the information of this book. I have been climbing on and off for over 9 years and can truly appreciate having this on hand to remind of what I forget (time to time) and some very worthwhile info that even experienced climbers have not offered me. I am not sure about the actual book, but the only weakness of the kindle edition is that the explanation for tying a knot and the corresponding pictures are not together and even seem to be out of order. One of the knots is described but not shown. I am not super upset as I intend to get a dedicated book for knots... but still frustrating. Overall... I cannot express how much I believe that this is a book that every beginner and intermediate climber will find useful and should include in their library. Happy climbing

I'm new to the whole idea of rock climbing and I wanted to know more about the basics and fundamentals. From what I can tell, this is a good starting point, talking not only about methods and safety and terminology, but also how to respect the areas and fellow climbers etc, its about the lifestyle too. It can be exciting and dangerous, but thats all part of it, if you're smart and be careful, you shouldn't have a problem. Even if you are just vaguely interested in climbing, this book is a good resource in my opinion. Lot's of good information in these pages.

It's an easy read and it gives a lot of good information, but I think the illustrations were lacking. Especially the sections of tying knots (it seemed like he was missing steps at times) and equipment descriptions (he'd name off all sorts of gear, but not show a picture of each one). The pictures are in black and white, so it didn't seem like you'd have to try very hard to include lots of them. I wasn't thinking of using the book as a training manual, but I wanted to make sure I had the concepts right when taking my classes, so I would know the questions I needed to ask.

If you want to know the AMGA standard way of doing all those things you have been doing wrong, this is a great buy. I wish more climbers would read the first 100 pages, because there are far too many who can't even manage to do a half-acceptable break under slide. Don't be that bad example at the climbing gym everyone avoids: buy this book and practice it!

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