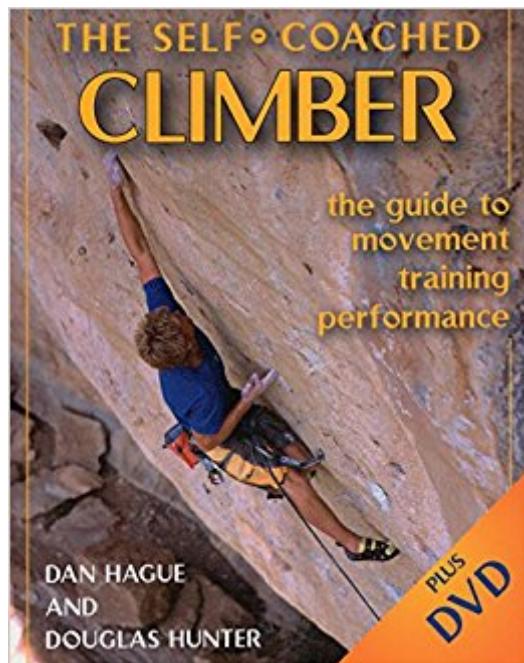


The book was found

# Self-Coached Climber: The Guide To Movement, Training, Performance



## **Synopsis**

"Still the best book on improving at climbing ... worth every penny and more." -- Dave MacLeod, online climbing coach blog In full color with 52 practical training exercises designed to advance technique Detailed anatomical illustrations explain climbing physiology Includes an 85-minute DVD that shows concepts in action A dynamic package of training material from a pair of expert coaches, The Self-Coached Climber offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customized improvement plan. Hague and Hunter base their methods on the four fundamental components of all human movement--balance, force, time, and space--and explain how to apply these principles to achieve efficient results. The DVD presents live demonstrations of training exercises and features an original documentary of a 5.14a/b redpoint attempt by Adam Stack and Chris Lindner. Self-Coached Climber was named a finalist in the Mountain Exposition Category at the 2007 Banff Mountain Festival. For more information go to: <http://www.banffmountainfestivals.ca/festivals/2007/book/finalists.asp>

## **Book Information**

Paperback: 240 pages

Publisher: Stackpole Books; Pap/DVD edition (February 17, 2006)

Language: English

ISBN-10: 0811733394

ISBN-13: 978-0811733397

Product Dimensions: 7.2 x 0.4 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (87 customer reviews)

Best Sellers Rank: #133,245 in Books (See Top 100 in Books) #23 inÂ  Books > Sports & Outdoors > Mountaineering > Rock Climbing #164 inÂ  Books > Sports & Outdoors > Mountaineering > Mountain Climbing #1805 inÂ  Books > Sports & Outdoors > Outdoor Recreation

## **Customer Reviews**

Training to climb is very sport specific. That is..... there is ample evidence that cross training to climb is not useful. For example being able to do 100 pull ups is probably not going to enhance your climbing ability much. Perhaps the only exception to this rule once you reach a certain level of climbing, is "reading" to climb. I must stress that without a certain baseline climbing experience reading about HOW to climb is not going to help you . However, as you excel you will find yourself plateauing. This is when mentoring will be of greatest benefit. Most cannot afford to be mentored by

an experienced climber so you do the next best thing....mentor by proxy...you read a book. In this regard, this book is one of the best "mentors" around. It takes you from your current plateaued level of climbing into an exponential phase of improvement. The book explains climbing by looking at movement which is composed of space, time, force and balance, efficiency of movement and psychology of movement. After explaining these topics the author gives specific exercises to improve these aspects of climbing. The author then integrates these concepts into a coherent training schedule by first identifying your current level of performance in actual climbing. He then spells out what you should be doing at that level of climbing to progress to the next level. I particularly appreciated this part of the book. For example let's say your current level of climbing is 5.10. He gives you a detailed training schedule of how to improve your level of climbing to 5.11. He holds your hand telling you how to warm and for how long, what bouldering problems to do, what climbs to do and how to do them, how to train both aerobically and anaerobically. Detailed training is provided to the 5.

**Pluses:** This is an impressive and comprehensive guide to understanding and improving your climbing. It is my favorite book on climbing technique. (Unfortunately, there isn't much decent competition. Niche, meet potential audience). There are some great movement exercises that I've found very useful in my training (the particularly the traversing and turning section). The authors worked incredibly hard and put together a book that is well worth the cost, even without the DVD. The DVD that's included is worth the price of the book itself, as it's extremely concise, well organized, and clear.

**Minuses:** The title is wrong. This is essentially a textbook written for experienced climbers, or better, for people teaching climbing to experienced climbers. For the lay reader, it is far too dense and jargon-y. The intrasport climbing jargon is always frustrating enough (who makes this stuff up?), and then layer on kinesiology and physics, and...oof. Not an easy read. The overall organizational structure is not that effective (too much theory up front) and some of the instructions seem rushed and are difficult to follow. As a self-coaching guide, it would have been more effective with less theory and more technique and training. Overall, the book is written for someone climbing in the high 5.11s and up - the initial examples are for people climbing around 5.12. There are a few later examples for those of us climbing in the 10s (yes, that's me and that's my bias), but they seem a little tacked on. I would like the glossary to be much more thorough, but again, there is an assumption that the reader already knows quite a bit about the subject.

**Overall:** This is the best reference book on climbing technique that I have ever read. By far.

[Download to continue reading...](#)

Self-Coached Climber: The Guide to Movement, Training, Performance Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Training for the New Alpinism: A Manual for the Climber as Athlete PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy house training, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Puppy Training : How to Housebreak

Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training)

[Dmca](#)