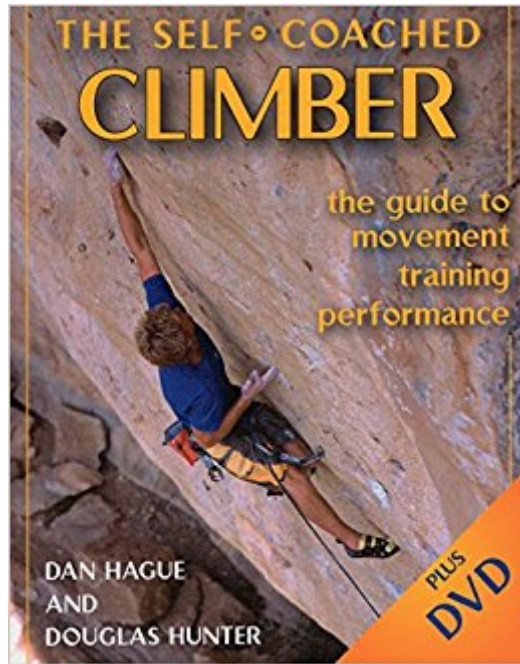


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# Self-Coached Climber: The Guide To Movement, Training, Performance



## 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

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## Customer Reviews

Dan Hague is an 18-year veteran in the indoor climbing industry who has built and managed 4 climbing gyms, the latest in central Virginia. He also consults with gym operators and sits on the Climbing Wall Association's Board of Directors. He is an avid climber, winning his division of the Triple Crown Bouldering Series in 2010. Douglas Hunter was a full-time climber and coach for 10 years, during which time he trained many elite climbers and was a top level sport climber. He now lives and climbs in Southern California, where he continues to develop new training methodology.

As someone who feels he understands movement (previously a professional ballet dancer), and whose brain likes breaking ideas and concepts down into their component parts/works algorithmically and mathematically/wants to understand the relationship between certain actions and their effect on one's equilibrium, this book is an incredible asset. I am a relatively new climber, and while I appreciate the tips and lessons my friends have share with me, few have been able to explain to me the "why" underlying certain moves or actions -- they are able to show me what they do, but the synthesis of those actions within my own body is awkward since no two bodies are exactly alike; accordingly, what works for one, may not quite work for another. This book on the other hand, provides me not only the nomenclature, but also the building blocks and conceptual break down I was so very much looking for. It is no quick-study guide to immediate improvements in one's climbing, but what it did for me is it has given me the tools and mental thought processes/concepts needed, that over time I will be able to work into my own movements. The DVD is relatively short, but gives clear depictions of the drills you can try at your own climbing gym. Definitely recommend this book to climbers - beginner or advanced - that want to more thoroughly understand movement/climbing concepts.

I'm a 5.11 climber with poor technique. I've never really trained and have relied on my good strength to weight ratio to move up the climbing grades, but this is the book I'm using to get to 5.12. I have such a better understanding of my weaknesses and also how to build strength, power, and endurance after reading this book. I took a class recently with a private instructor and found those tips overlapping with the ones in this book. It's spot on! The exercise plans in the back are invaluable. This is going to be a training manual for years to come.

Still didn't finish to read it, but so good so far. I'm starting to do the exercises proposed to better understand the theories and apply on the rock/wall. The DVD helps a lot if you have any doubts. I can't say I'll train as the author suggests because you'd have to employ someone to be your belayer/power spot, just impossible to have someone belaying you for 30 minutes in a row, specially if there are no gyms or rocks close by. In my case I have a home-made boulder and vertical traverse so I can improvise.

Excellent excellent book for understanding climbing concepts. I am a beginner & this book has helped my climbing immensely.

As a relatively new climber of 6 months I have read this book twice already. Each time as I develop in my climbing ability I am able to glean more wisdom from the pages of this book. It is well written with enough pictures to be descriptive without diluting the content. I think I will be referring to this book continually in order to refine how I approach each wall as I continue in my new passion of climbing.

I used this book to help me learn how to boulder at an indoor rock climbing gym with no other instruction (aside from video study). It was an experiment to see how much I could learn from a book. While I didn't achieve great heights, and person to person instruction is better, I think I did pretty well with this and 3 times a week (5 hours total) of practice. Very clear, concise book. Well worth the purchase.

very cool book, if you are serious about climbing this is a must have!

Given the price, you might be better served watching youtube videos and looking up articles on google.

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