



CLIMBING INTRODUCTION

COURSE BOOK

THIS COURSE IS MEANT AS THE FIRST LINE OF INDUCTION INTO THE CURRICULUM. SPECIFICALLY DESIGNED TO INTRODUCE STUDENTS TO THE BASICS AND PROVIDE THEM WITH A FIRST LEVEL OF INDEPENDENCE WHILE AT THE GYM.

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COURSE STRUCTURE



GOAL OF THE COURSE:

TO DISCOVER THE ESSENTIALS NEXT TO YOUR OWN INSTRUCTOR GUIDING YOU THROUGH THE BASICS STRETCHING TECHNIQS AND ON WALL GUIDANCE.

COURSE STRUCTURE:

1. Safety on the Wall
2. Rock Climbing Warm Up
3. Cooling Down
4. Basic Climbing Equipment
5. How To Use an Autobelayer
6. Basic Climbing Techniques
7. Climbing Grade System



SAFETY ON THE WALL



**NO
ALCOHOL**



**NO
DRUGS**



**NO
SKIRTS**



**NO
LONG NAILS**



**NO
JEWELRY**



**NO
FOOD**

SAFETY ON THE WALL:

As Instructors, we value safety of the student(s) and we believe safety is EVERYONE's responsibility.

We provide the student(s) with the most advanced equipment, TRUBLUE Auto Belays, which is the only auto belay device rated to the highest Worldwide Climbing Standard.

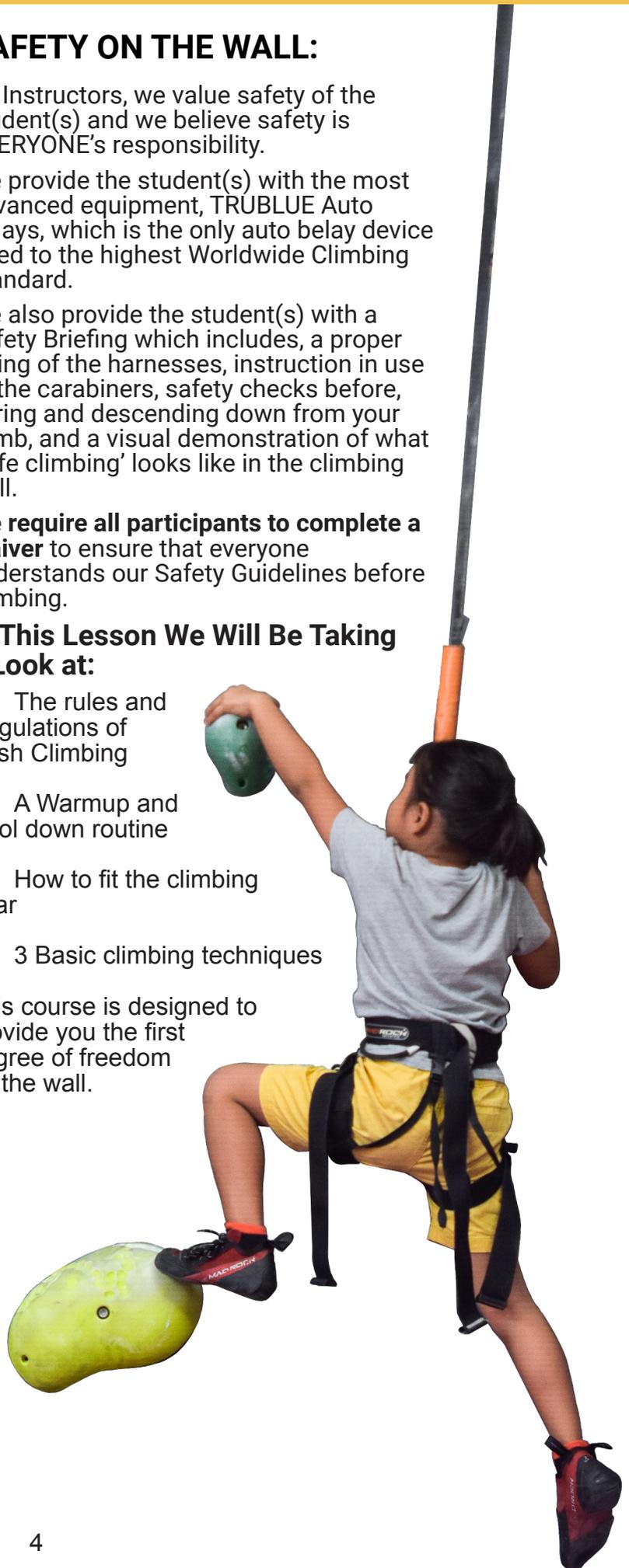
We also provide the student(s) with a Safety Briefing which includes, a proper fitting of the harnesses, instruction in use of the carabiners, safety checks before, during and descending down from your climb, and a visual demonstration of what 'safe climbing' looks like in the climbing wall.

We require all participants to complete a Waiver to ensure that everyone understands our Safety Guidelines before climbing.

In This Lesson We Will Be Taking a Look at:

- The rules and Regulations of Push Climbing
- A Warmup and Cool down routine
- How to fit the climbing gear
- 3 Basic climbing techniques

This course is designed to provide you the first degree of freedom on the wall.





RULES & REGULATIONS

RULES & REGULATIONS:

WE WILL LOOK AT WHAT THE STUDENT(S) MUST DO AND MUST NOT DO WHEN IN THE CLIMBING GYM, LETS DIVE RIGHT IN WITH:

Climbers Must:

- Climbers must have a color tag before entering the climbing area
- Climbers must wear a harness at all times when inside the climbing area.
- All Climbers must attend a Safety Briefing the first time they visit Push.
- Climbers must always be clipped to the auto belay before climbing.
- Climbers aged 13 and under must have their belay checked by an adult each time before they climb.
- Climbers must follow Staff instructions, at all times.
- Climbers must tie long hair back and take of any jewelry
- Eye wear has to be secured
- Climbers must wear climbing shoes and comfortable clothing.

Now you know what to do, let's look at what you must NOT do.

Climbers MUST NOT:

- Climbers must not eat, chew gum or drink in the climbing area.
- Climbers must not run, jump or push each other in the climbing area.
- Climbers must not hold onto or pull down on the rope whilst climbing.
- Climbers must not bounce out from the wall during descent.
- Climbers must ensure there is only one climber per wall.
- Climbers must not be pregnant, impaired by a medical condition or are wearing a cast.
- Climbers must not wear skirts or dresses, sandals, high heels or climb barefooted.
- Climbers must not consume alcohol and/or drugs before or during their climbing session.





WARM UP

WARM UP:

HOW AND WHY TO WARMUP BEFORE YOUR CLIMBING SESSION. IT'S NO SECRET, THAT PERFORMING WARM UPS IS ONE OF THE EASIEST WAYS TO PREVENT INJURIES. WHEN YOUR MUSCLES AND JOINTS AREN'T PROPERLY WARMED UP, THEY WON'T BE AS FLEXIBLE AND CAN GET HURT A LOT EASIER.

SHORT WARM UP ROUTINE:

1. NECK FLEXTION STRETCH 2 X Times

Put your head forward then back; one side then the other.

2. SHOULDER AND BACK NECK STRETCH 2 X Times

Link hands above your head, then push elbows together.

3. TRICEPS STRETCH 2 X Times

Pull elbow across and down on your back.

4. ELBOW PARALLEL TO THE GROUND 2 X Times

Pull elbow to one side and keep parallel to the ground.

5. QUADRICEP STRETCH 2 X Times

Push against the wall, hand on other foot and pull on the back.

6. CROSS KNEE AND ELBOW ROTATION STRETCH 2 X Times

Commence with straight legs, knee up with other elbow on side, then turn to side and breath out.





ROCK CLIMBING WARM UP

DISCOVER THE ESSENTIALS OF CLIMBING THROUGH THE BASIC STRETCHING TECHNIQUES AND ON WALL GUIDANCE.

WARM-UP: STRETCHING EXERCISES

1



01 NECK FLEXION:

Gently tilt your head forwards, then backwards, roll to one side then the other.

2



02 SHOULDER, NECK, AND BACK STRETCH:

Place the back of your right hand on the small of your back, hold the top of your head with the left hand and gently pull your head forwards. Change hands for the other side.

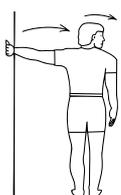
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03 TRICEPS STRETCH:

Put one hand behind your neck, reach for the bent elbow with the other hand, and gently pull the elbow down so the hand travels further down the back. Change hands for the other side.

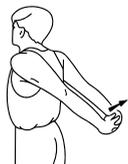
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04 PECTORAL STRETCH:

Place left hand palm against the wall, arm straight, fingers facing backwards. Now turn your head away from wall and look back over your right shoulder. Repeat with the other side.

5



05 BICEPS STRETCH:

Join your hands behind your back and straighten your arms.

6



06 SHOULDER AND TRICEPS STRETCH:

Hold your right arm straight across your body. Now trap that arm at the elbow with your left forearm and pull the right arm closer into your body. Repeat with the other side.

7



07 HIP FLEXOR STRETCH:

Bend one leg at the knee and push the other leg back. Your bent knee should be above or behind the ankle. Drop your hips into a lunge position keeping your back straight. Repeat with the other side.

8



08 QUADRICEPS STRETCH:

Standing on one leg (you can put a hand on a wall for support) bend the other leg behind you and take that foot in your hand. Pull the foot gently upwards. Repeat with the other side.

9



09 HAMSTRING STRETCH:

Sit on floor with one leg straight out in front of you. Bend the other knee and rest the other foot on the inside thigh of the straight leg. Now reach for the foot of the straight leg. Repeat with the other side.

10



10 ADDUCTOR STRETCH:

With hands resting on hips hold one leg straight to the side and bend the other. Repeat with the other side.

11



11 KNEE AND ELBOW ROTATION STRETCH:

Sit on the floor, straighten your left leg. Bend your other leg and place the right foot over the far side of the left knee. With your right arm behind you for support turn your upper body to the right.

12



12 CARABINER:

The Carabiner has a spring gate that you push to open and clip onto your harness. This is secured by then screwing tight the barrel ring that holds the gate closed. Open by unscrewing the barrel ring until it allows the gate to open.

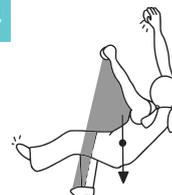
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13 DESCENDING:

Sit back as if into an imaginary chair. Let go with your hands and walk back down the wall with your feet.

14



14 STRAIGHT VS BENT ARMS:

With bent arms your muscle is taking the strain. Hanging from straight arms transfers the weight to your whole skeletal structure which is much less tiring.

15



15 PUSH WITH THE LEGS:

Leg muscles are stronger than arms. Use your legs to push your body upwards to reach for new holds.

16



16 STEP SMART:

Try turning your hips sideways and standing on tip-toe to extend your reach.

WARM-UP

AUTO BELAY

BASIC CLIMBING TECHNIQUES



COOLING DOWN

COOLING DOWN:

A **COOL DOWN** BEGINS WITH REDUCING THE INTENSITY OF YOUR ACTIVITY (I.E. WALKING AT THE END OF YOUR JOG) WHICH GIVES THE BLOOD A CHANCE TO RE-CIRCULATE THROUGHOUT YOUR BODY THUS REDUCING YOUR RISK OF FAINTING AND DIZZINESS.

SHORT COOLING DOWN ROUTINE:

Tip: another fantastic alternative is a light Yoga session after the hard work is done.

1. FOREARM STRETCH

- Extend one arm out in front of you and flex your wrist so your fingers are pointed upward and downward with your palm facing forward.
- Hold your fingers with your other hand and gently pull them back towards you until you feel a stretch in your lower forearm.

2. LATZ STRETCH

Grab both hands and stretch them all the way up as high as you can and tilt your body sideways. Do it on both sides.

3. HAMSTRING STRETCH

Start sitting down with both knees slightly bent, push your chest straight towards your feet.





BASIC EQUIPMENT

BASIC EQUIPMENT:

IN THIS LESSON, WE WILL BE LOOKING AT THE 3 MOST IMPORTANT PIECES OF GEAR YOU WILL NEED TO CLIMB WITH:

- THE CLIMBING HARNESS AND HOW TO FIT IT
- THE CLIMBING SHOES AND HOW TO FIT THEM
- THE TRUSTY CHALK BAG AND ITS PLACE IN THE HARNESS

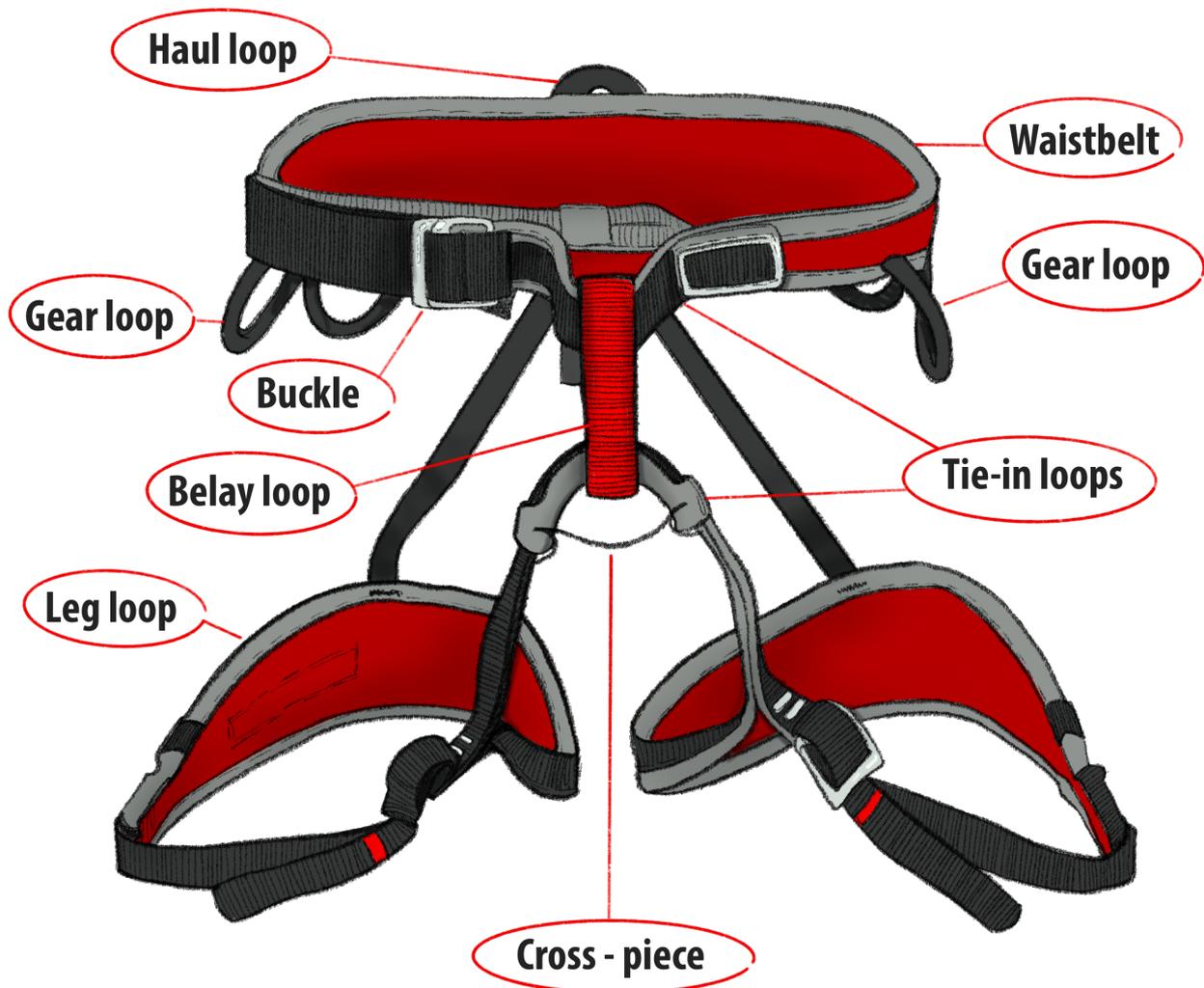
CLIMBING HARNESS

Let's Start With the Climbing Harness:

- A climbing harness is an item required for rock climbing.
- A harness secures a person to a rope or an anchor point.

It's Composed of 3 Main Sections:

- A Waist loop
- 2 Leg Loops
- A belay loop , which is the strongest point in your harness
- And sometimes 1 or many accessory loops





BASIC EQUIPMENT

How To Fit Climbing Harness:

1. We start by making sure the red belay loop is in front of us and then we proceed to pass both of our legs thru the leg loops.
2. Once each leg is passed thru their respective loop, we pull the harness upwards until the waist loop is at waist height.
3. The harness needs adjusting before remaining in place .
4. Hold on to the buckle and pull parallel to the waist loop, this will adjust the webbing to your size.
5. Do the same for both leg loops.

Tip: to know how tight the harness must fit - 1 finger should be able to squeeze in between the belt and you.

CLIMBING SHOES

Next Are the Climbing Shoes:

Properly fitting climbing shoes should keep your toes snug and able to work as a single unit.

1. The first step is to undo the Velcro straps and open the shoe with your hands.
2. Then insert the front of your foot as far forward as possible, if your toes touch the end is normal.
3. Once you inserted the front, pull on the two straps located at the back end of the shoe while pushing downwards with your heel.
4. If the shoe fits properly, your toes should be slightly squeezed and no empty space should remain at the back of the shoe.

Tip: With climbing shoes Pain doesn't always Gain. A comfy !t is 100% more effective that over-tight and uncomfortable shoes.





BASIC EQUIPMENT

CLIMBING CHALK BAG

Lastly We Have the Trusty Chalk Bag.

Chalk bag is there to provide support in the toughest of spots.

- The climbing chalk bag is a pouch designed to carry climbing chalk while you are on the wall.
- The chalk acts as a drying agent, providing extra friction thus facilitating holding on to the rocks.
- The chalk bag find its place on the back of every harness , sometimes harnesses have specially made loops to carry them.



TRUBLUE AUTO BELAY

So Let's Start With WHAT Is an Autobelay ?

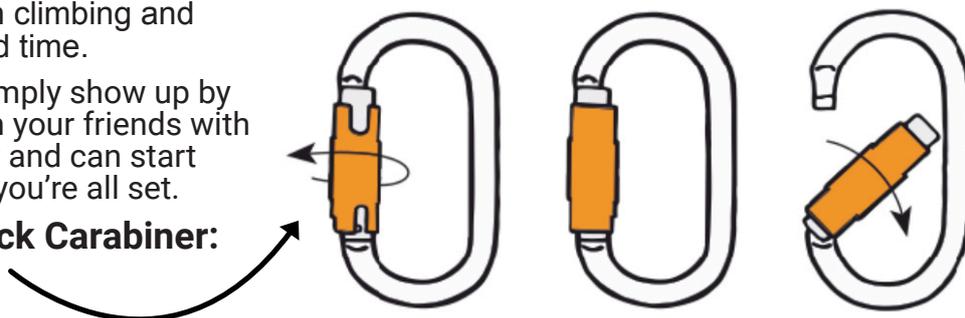
- An auto belay is an automatic belay device that takes up the slack as a climber ascends the climbing wall.
- When the climber reaches the top, or if they fall, the auto belay catches the climber and slowly lowers them to the ground.
- At Push we use Headrush's Technologies TruBlue Auto belays, which are the only auto belays devices rated to the highest Worldwide Climbing Standard.
- However, No matter the brand all modern auto belays operate on similar principles and require every climber to follow the same set of rules.

How To Use the AutoBelay?

1. Before you start climbing, make sure you properly put on your harness and always double check!
2. Open or unlock the Carabiner by Pushing, twisting and then Pulling the gate backwards.
3. Pull down the lanyard and remove the carabiner from its anchor
4. Clip it to the belay loop on your harness and double check if it's locked
5. When you want to go back down, simply let go both of your hands and sit on the harness
6. When lowering to the ground, always face the wall and use your feet to walk down
7. When you reach the ground, return the carabiner back to its anchor point.
8. You will have to repeat these steps every time, before and after a climb.
9. It might seem challenging at first but with practice it will become second nature. Trust me . The Auto belay is one of the best ways to simply learn climbing and have a good time.

You can just simply show up by yourself or with your friends with or without gear and can start climbing once you're all set.

How To Unlock Carabiner:





3 BASIC CLIMBING SKILLS

3 BASIC CLIMBING SKILLS

TO NEW COMERS, THE ART OF CLIMBING MOVEMENT SEEMS STRANGE AND MYSTERIOUS. ALMOST LIKE A DANCE AGAINST GRAVITY. HOWEVER NO MATTER HOW COMPLICATED THE MOVEMENT MIGHT LOOK, ALL CLIMBERS RELY ON THESE 3 BASIC PRINCIPLES.

The First Skill Is FOOTWORK

Beginner climbers often concentrate on looking upwards for something to grab with their hands and they tend to forget about their footwork.

Having good footwork takes an enormous strain of your arms, making the climb much easier.

- Try to keep your feet directly below you. Keep an eye out for footholds in good positions, so you can maintain better balance
- Look for foot placements even more than for handholds.
- Once you set your foot, keep it still. You'll have a better chance of staying on the hold as you make your next move.

The Second Most Critical Skill Is Maintaining Balance

Finding your center of gravity is very important in climbing. The more you find your center, the more balanced you are. Maintaining balance allows you to move flawlessly while doing different movements.

- Press your foot in the opposite direction of the pull to create counter pressure.
- Lean over hard and use your body weight as a counter balance
- Always have four points of contact on the wall and maintain a triangular position

The Third Life Saver Is “Straight Arms Are Happy Arms”

- Straightening your arm allows your skeleton to take most of the weight, not your muscles.
- Even a slight bend in your elbow means your muscles are working to hold it there.





THE GRADING SYSTEM

THE GRADING SYSTEM

BEFORE WE GET INTO THIS LESSON WE HAVE AN IMPORTANT PIECE OF ADVICE, AS THIS SUBJECT TENDS TO BE HIGHLY DEBATED AMONG THE CLIMBING COMMUNITY. CLIMBING GRADES ARE SUBJECTIVE. AND AS HARD AS WE MAY TRY, THERE IS NO PERFECT SYSTEM FOR GRADING CLIMBS.

While our systems have improved over the years, the fact remains that climbing is a highly individualistic and subjective sport.

Our differences make us stronger in some areas, weaker in others, and that makes it ultimately impossible to bring together a perfect system for grading climbs.

This is what makes our sport special, though. So try your best to embrace it!

Climbing Grades

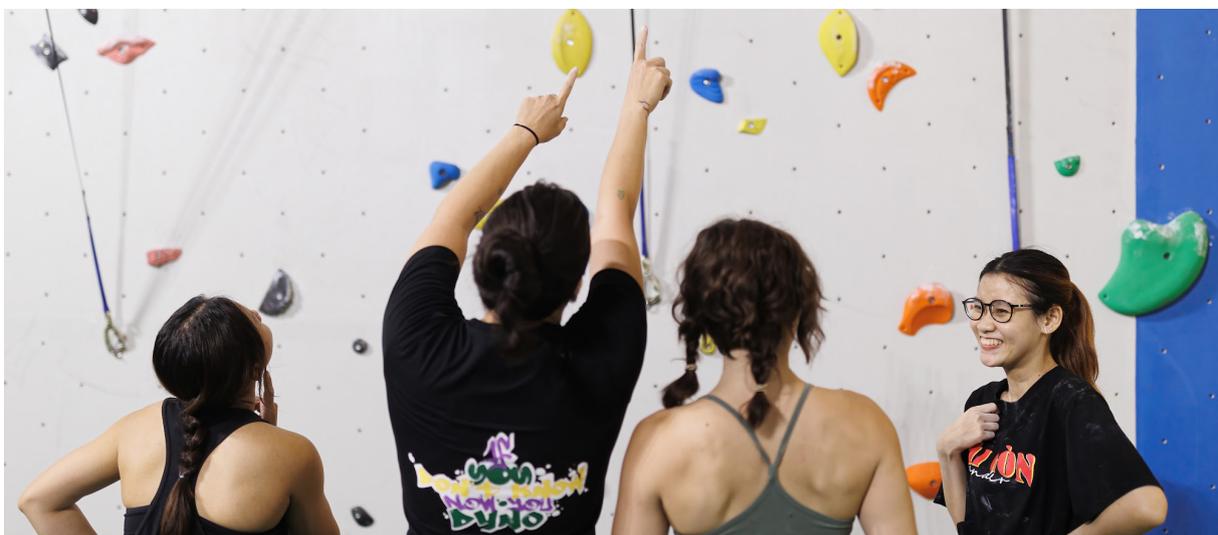
Climbing grades are easy enough to understand. The bigger the number the more difficult the climb. Right?

While this is true, understanding climbing grades, may give you a little more insight into picking climbs and also make talking about climbing a whole lot easier.

OK, How Do We Know if a Route Is Hard or Not?

- The two most popular scales for roped climbing are the French and the American system.
- The French is based on codes like 4 a,b,c where 4 represents the level and “abc” a difficulty within the level.
- In the French version the numbers range from 1 to 9 and have sub-levels of abc, sometimes a + is used to even further narrow the level .
- On the American system or also known as the Yosemite Decimal Scale the difficulty is shown on numbers ranging from 5.1 to 5.15.
- The American system goes even further in the subdivision of levels by using “ abc and d” to avoid using “+”.
- Climbers on the 4 to 6a bracket are considered beginners
- 6a+ to 7a+ climbers are considered intermediate
- 7b to 8b monsters are considered Advanced
- 8b+ to 9b+ is pro level or downright Alien.

Tip: Don't get too caught up on the numbers, enjoy the climb and track your progress.





THE GRADING SYSTEM

	V-Scale	Font (French)	
NOVICE	V0	4	CƠ BẢN
		4+	
BEGINNER	V1	5	MỚI BẮT ĐẦU
		5+	
	V2	6A	
INTERMEDIATE		6A+	TRUNG CẤP
	V3	6B	
		6B+	
	V4	6C	
	V5	6C+	
ADVANCED	V6	7A	NÂNG CAO
	V7	7A+	
EXPERT	V8	7B	CHUYÊN GIA
	V9	7B+	
SUPER EXPERT		7C	CHUYÊN NGHIỆP
	V10	7C+	
ELITE	V11	8A	ƯU TÚ
	V12	8A+	
SUPER ELITE	V13	8B	XUẤT SẮC
	V14	8B+	
ALIEN!	V15	8C	NGƯỜI NGOÀI HÀNH TINH
	V16	8C+	



ONLINE COURSE



FREE ONLINE VIDEO COURSE

Scan QR code below to get free access to the first video series of Push Rock Climbing Courses. In this video you will learn all you need to know to start your rock climbing journey.





SOUTH
RADISH
DESIGN