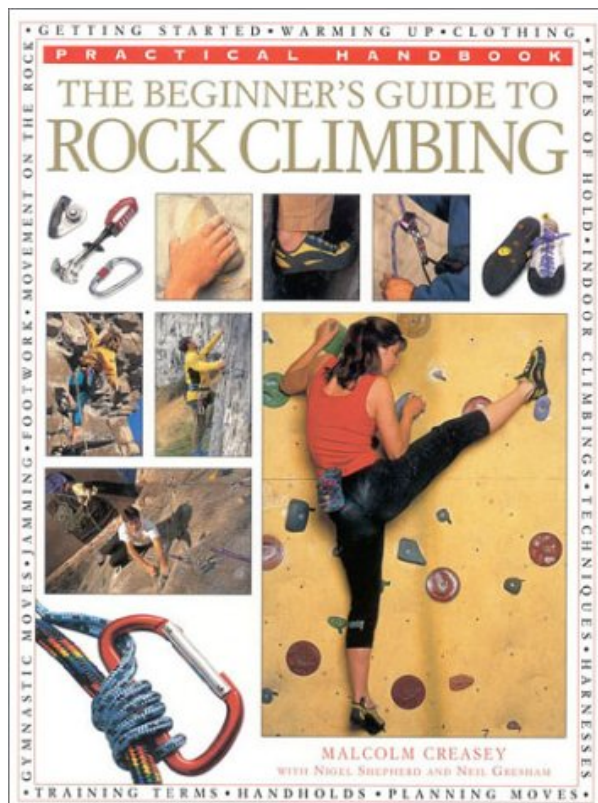
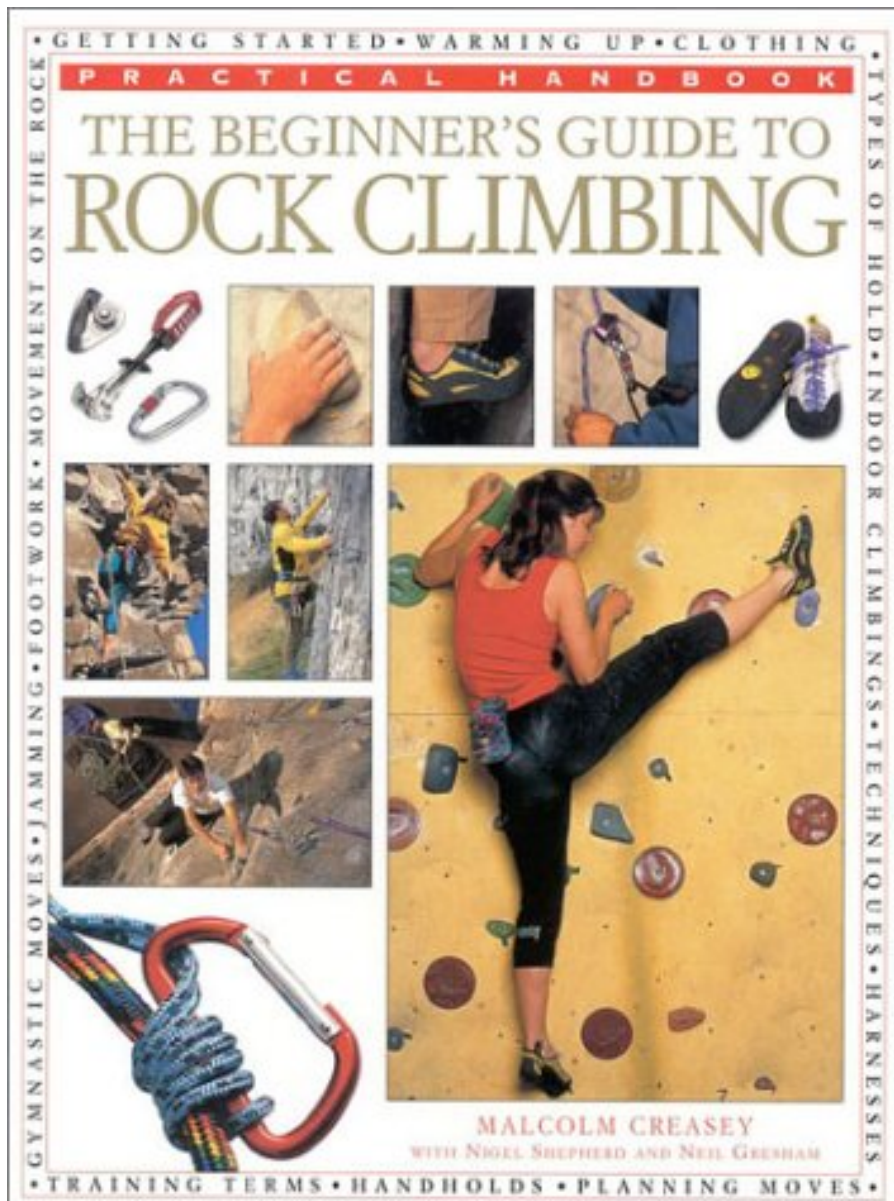


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The complete introduction to rock climbing, from first steps to learning ropework and safety.

- Sales Rank: #1886704 in Books
- Brand: Brand: Anness
- Published on: 2000-11-01
- Original language: English
- Number of items: 1
- Dimensions: 8.94" h x .41" w x 6.64" l,
- Binding: Paperback
- 132 pages

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- Used Book in Good Condition

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One of the best beginners' guides to rock climbing!

By Amazon Dummy

What a gem! I was surprised nobody had yet rated this fine book. After taking introductory lessons and going on my first climb, I went to the nearest bookstore to examine all the intro books to rock climbing. After searching through about ten of them, I pulled two from the pack and bought them: "The Beginner's Guide to Rock Climbing" and "Rock Climbing: A Trailside Guide."

Half the book is filled with expertly-taken color photos to illustrate in detail the many techniques (e.g. movement on rock, specific types of holds, ropework, belaying, etc.) you will need to quickly ascend the learning curve.

Most important in my decision to buy this book was the fairly large section dedicated to technique (the very experienced instructor couldn't overemphasize technique, technique, technique). While most books only explained technique in words and/or accompanied it with black and white pictures, this book does it with detailed close-ups in full color. The book gives you plenty to learn from: creative handholds, unusual positions, chimneying, jamming, etc. In addition, anyone who has climbed will appreciate the section on how to conserve energy using different techniques outlined in the book. It may literally be a life-saver when going on longer climbs.

In your research, you may also come across Malcolm Creasey's other intro books. A good 70-80% of those other books are made up of the exact same sections from this book! It is no surprise given how instructive and valuable these core sections are.

If you're looking for one of the best introductory texts on rock climbing, look no further, because you get it all from this very comprehensive guide at a relatively rock-bottom price!

5 of 7 people found the following review helpful.

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