



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

*Craig Luebben*

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

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.

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