

Redpoint: The Self-coached Climber's Guide To Redpoint And On-site Climbing - , Douglas Hunter

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Hague and Hunter offer the first in-depth book on redpointing, where the climber does not weight the rope or pull or stand on manmade equipment. The authors offer tips for preparing mentally, physically, and emotionally for flash and on-sight burns, climbs that you haven't attempted previously, assessing your redpoint and on-sight skills, choosing a route, and practicing with learning burns. The duo also offer their opinions on the best ways to use equipment and safest belay methods and rope tricks for working routes. Author: Hague, Dan Author: Hunter, Douglas Publisher: Stackpole Books Illustration: N Language: ENG Title: Redpoint: The Self-Coached Climber's Guide to Redpoint and On-Site Climbing Pages: 00228 (Encrypted PDF) On Sale: 2011-09-01 SKU-13/ISBN: 9780811707640 Category: Sports & Recreation : Hiking

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