



*Instruction - Guiding - Coaching*  
**JB Mountain Skills**  
*Climbing - Mountaineering - Qualifications*

### **Rock Climbing Improver, 2 Days**

This course is great fun to run because we see people achieving their goals and having great fun on brilliant routes.

Over the two days we'll look at your strengths and weaknesses before tailoring the coaching appropriately. This will involve a mix of indoor and outdoor climbing on crags that we know will work well for our aims.

The Rock Climbing Improver Course will suit people who are currently climbing somewhere around VS or 6a and are looking to kick start their journey to climbing harder.

Day 1: Meet at Pete's Eats 0900, discuss the course, your aims and set the scene.

Normally we'll then head to the Beacon climbing wall to look at movement, tactics, falling etc, before moving outdoors to continue your development.

Day 2. Meet at Pete's again for a small amount of classroom chat, then head out for a full day at a crag that fits with your aims.

#### **WARNING!**

This course will build on your climbing obsession!

We will cover subjects such as:

- Performance preparation
- Movement techniques
- Falling practice
- Route tactics - spotting rests, spotting gear / clipping spots etc
- Route finding
- Route choice
- The head game....
- Good decision making
- How to train for climbing

Course cost: £195

***Jez Brown, MIA & WML***

***[www.jbmountainskills.co.uk](http://www.jbmountainskills.co.uk)***

***[jbmountainskills@gmail.com](mailto:jbmountainskills@gmail.com)***

***07772 769582***

***Trigfa, Cwm y Glo, Gwynedd, LL55 4DE***

