

Technique Courses

X.T.1 Fundamentals of Movement

This course covers the **theory of movement** on the vertical terrain. You will learn how to develop and engrave **energy saving climbing** techniques. Review the basics of balance and core control and elaborate on the **footwork and flagging** techniques used by the smoothest advanced climbers. Some topics covered include: footwork, static climbing, core stability, engram development, **sequences** and hold/body orientation.

**Two hours, 2:1 ratio \$25 each
(private lesson for \$45)**

Advanced booking required.

X.T.2 Overhanging Terrain

This courses focus is the importance of correct **body position** on overhanging terrain. Unlock the secrets of: **flagging, twist-locks, drop-knees, heel/toe hooks** and more. Float the steep stuff with confidence.

**Two hours, 2:1 ratio \$25 each
(private lesson for \$45)**

Advanced booking required.

X.T.3. Redpoint Tactics

This course is all about **problem solving**, working new routes and boulder problems. It is designed for those looking to **push** themselves to the next level. Working out **advanced crux sequences** and **evaluating** the efficiency of each move will have you seeing climbing in a new light. Physical weaknesses and technique shortfalls will be exposed. Clients will learn how to **modify** their **training** so that success on projects will be realized sooner. This course is also available in a boulder-only format for the cordless.

**Two and a Half hours, 2:1 ratio \$35 each
(private lesson for \$60)**

Advanced booking required.



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