

# ÜBERGRIPPEN SCHOOL OF ROCK



Winter/Spring 2019 Curriculum Guide

# Course Descriptions

## **Raise Your Grade Series: Movement Techniques**

The Raise Your Grade Series is a comprehensive climbing movement course consisting of six progressive classes that cover footwork, body positioning, momentum, and much more. Our coaches will explain the principles of climbing techniques, provide direct feedback to each student, and share movement drills that you can train outside of practice. Whether you're just starting out in climbing or you want to go from 5.12 to 5.13, the Raise Your Grade Series is for you!

**Movement 1:** Body Positioning, Footwork & Flow

**Movement 2:** Overhanging Terrain, Back-steps, Dynamic Movement

**Movement 3:** Building Strength, Red-Pointing & Insight into Training

**Movement 4:** Fundamental Technique Review & Aerobic Fitness

**Movement 5:** Advanced Strength Building & Dynamic Movement

**Movement 6:** Efficiency for Optimal Performance

Prerequisites: This is a progressive series. The only prerequisite for Movement 1 is to be belay certified, but you need to take Movement 1 before Movement 2, complete 1 and 2 before taking Movement 3, etc.

## **Outdoor Sport Climbing**

Übergrippen may be the best indoor climbing crag, but there are many outdoor crags to be enjoyed as well! Our Outdoor Sport Climbing class consists of two separate 2-hour sessions. Under the supervision of our AMGA-trained staff, you will learn and practice all the additional skills and techniques required to take your cragging outside!

Prerequisites: Lead-certified. Please bring the following materials if possible:

4 locking carabiners, rappel device, double-length sling, 20' 6-8mm cordalette

## **Deep Stretching & Myofascial Release for Climbers**

We all know how important finger strength is for rock climbing, but mobility and soft tissue health are equally important, especially if you want to climb hard for a long time. In this workshop, Cheryl will teach DIY techniques you can use to take both your climbing and your overall health to the next level.

## **Advanced Lead Belaying**

Ever wonder what would happen if your climber blew the second clip? Let's find out! This class is for people who have been leading for a while and are looking to sharpen their belay skills. We will practice the scariest belaying scenarios to learn more about the importance of stance, slack management, and giving soft catches.

Prerequisites: Lead-certified. If you took our lead climbing class, it must have been at least six weeks ago so that you have had ample practice.

## **Route Setting**

Learn the method to the madness! Our head route setter Osiris will teach you what goes into constructing artificial rock climbs. Even if you have no interest in route setting, Osiris's class will help you read our routes better and ultimately climb harder.

## **Fearless Falling**

We'll admit it: lead climbing can be scary! Getting far beyond your last draw and committing to a big move is challenging. In this class, we will work on pushing our mental limits in a physically safe, staff-supervised environment.

Prerequisites: Lead-certified.

## **Conquering Overhangs**

They're steep. They're intimidating. And they're fun! Conquering Overhangs is all about getting comfortable when the climbing gets steep. We will practice specific techniques as well as mental strategies to increase efficiency.

## **Mental Training for Climbers**

As the saying goes, 90% of the game is half-mental. Nobody knows this better than Suzu. In addition to being a tremendous route-setter and coach, Suzu has competed at the national level in climbing and has climbed impressively difficult routes all over the world! Come absorb her years of climbing experience and find out how to sharpen your mental game.

## **Slopers**

Slopers are most climbers' least favorite type of hold. In this class, Brian will work through technical movement strategies on how to get the most out of slopers. You will also learn some physical training techniques that can be incorporated into future climbing sessions to build sloper-specific strength.

## **Hangboarding**

Your fingers are never too strong. Hangboarding is a great way to increase your finger strength, especially when you're pressed for time. Ryan will go over the principles of hangboarding safely and effectively so that you can crush your project this spring!

## **Antagonist Training**

Climbers are great at pulling. But if we only train our bodies in one direction of motion, injuries will certainly occur. Ryan will teach principles and theory of antagonist training, and then show you specific exercises you can use to round out your workout and keep your body balanced.

## **Trad is Rad: Placing Gear**

Trad climbing is a grand adventure that demands a ton of technical skills, knowledge, and judgment. Our Trad is Rad series is designed to give introductions to specific skills so that you can practice and master them on your own. All of our instructors are AMGA-trained. In Placing Gear, you will learn the principles of placing both active and passive gear to protect yourself in the mountains.

## **Trad is Rad: Building Anchors**

Trad climbing is tricky. The walls are taller than the length of your climbing rope, and there are no bolted anchors in the rock. In this class, you'll learn how to make your own bomb-proof anchors and rely on your own equipment and skills while hanging off the side of a cliff! (Note: there will be no actual cliff in this class. We will practice on the ground.)

