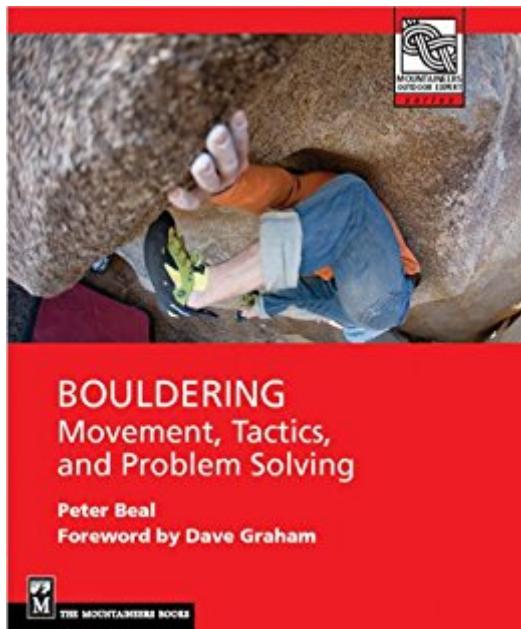


The book was found

Bouldering: Movement, Tactics, And Problem Solving (Mountaineers Outdoor Expert)



Synopsis

CLICK HERE to download the free chapter called, "Training for Power" from Bouldering(Provide us with a little information and we'll send your download directly to your inbox)* Includes technical photographs, charts, and illustrations* Contributing photography and advice from Dave Graham, Daniel Woods, Jamie Emerson, and many others* Appendix highlights top bouldering destinations all over the worldBouldering: Movement, Tactics, and Problem Solving demonstrates not just the basics of how to boulder, but also how to get better at it and take it to the next level. Whether you're a beginning climber who just started at the local gym, a competitive sport climber looking for a new challenge, or an aging alpinist who needs to take a season off from high-altitude, this guidebook offers something for everyone pursuing the art of bouldering: gear, movement, tactics, training, injury prevention, competitions, and more. Contributing photography and insights come from climbers such as Dave Graham, Jamie Emerson, Paul Robinson, Chris Schulte, Daniel Woods, Ty Landman, and many others, and an appendix highlights many of the top bouldering destinations all over the world.

Book Information

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Customer Reviews

This is the best book I've read that covers bouldering as a stand-alone sport, separate in its own right from trad and sport climbing. Beal has taken incredible care to describe the minutiae of this craft, and pretty much everything you can conceive of has been dealt with in an even, eloquent manner. This is not a training book - do not buy this expecting to find details of weight exercises to make you strong. Look elsewhere for that. It's a coherent overview of the art of bouldering as a fusion of strength with agility and coordination, and places an emphasis on the latter. If you boulder enough, you'll get the former anyway. The book works for those at many levels, from the absolute beginner up to those who have been bouldering fervently for years and want to up their game. I'm glad I bought it!

This is not a bad book as an intro to Bouldering; however, I would not recommend it to the advanced climber looking for an edge. If you are new to the sport this is a great place to start.

Instruction was limited. Chapter on basic movement was very good. The rest of the time it was about PUSH PUSH PUSH your limits.

I purchased this book expecting to find some insight to help me break through to the next level in this sport. As an intermediate/advanced boulderer (v6-v7) I didn't find much useful information in this book that I didn't already know. For the beginner this book might be a good resource, as much of the book is written for an audience with no familiarity with the sport. For the intermediate or advanced athlete, however, there isn't much valuable information here. A much better buy for the money would be *Self Coached Climber* by Douglas and Hunter, or even the venerable *Performance Rock Climbing* by Goddard and Neuman.

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