



## Basic Rock Climbing: Bouldering, Crack Climbing and General Rock Climbing Techniques (Paperback)

By Sam Fury

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Shumona Mallick (illustrator). 198 x 129 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover Just How Easy Basic Rock Climbing Is! Basic Rock Climbing: Bouldering, Crack Climbing and General Rock Climbing Techniques will teach you all the basics you need to learn basic crack climbing, bouldering and general climbing skills. Whether you want to become a super rock climber, or just want a fun way to keep fit, these are the fundamental rock climbing skills that you MUST learn. Note: Survival Fitness by Sam Fury contains all the information in Basic Rock Climbing plus a whole lot more! This is a Basic Rock Climbing Training Manual Like No Other \* Learn the core climbing skills you need for climbing any type of rock face, including bouldering, crack climbing, indoor rock climbing etc. \* Easy to follow step by step instructions that anyone can follow - no prior knowledge or experience of rock climbing needed! \* Simple and clear pictures so you can easily see exactly what you have to do to perform these basic rock climbing techniques. Inside Basic Rock Climbing You Will Discover \*...



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