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Indoor Climbing

A Guide for Beginning and Intermediate Climbers

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THE indispensable guide for all indoor climbers trying to start or get better.

As a sport, rock climbing has greatly evolved in the last decade. Equipment, difficulty level, basic techniques, safety, getting over the fear of falling, building your strength, climbing with kids: these topics and more are covered by a climbing teacher and a former world climbing champion, sharing their know-how in a guide that will answer all your questions. A new edition, completely updated, with a list of essential equipment.
