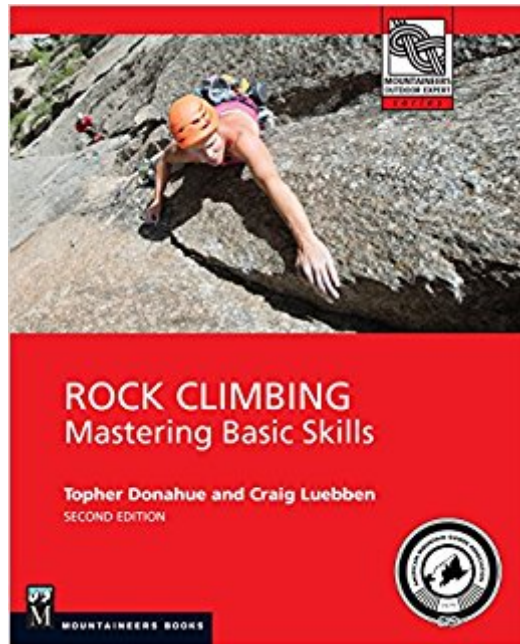




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Rock Climbing: Mastering Basic Skills (Mountaineers Outdoor Experts)



Synopsis

• Approximately 35 new techniques, safety considerations, and subjects • National Outdoor Book Award winner in first edition • First edition of this popular title has sold 50,000 copies Thousands of rock climbers have learned the sport using Craig Luebben's seminal and bestselling text, *Rock Climbing: Mastering Basic Skills*. Now Craig's friend and fellow climber Topher Donahue brings the content up to current standards and includes technological advances, while preserving Craig's comprehensive approach. An award-winning climber in his own right, Topher uses his writing and photography skills to simplify the complex world of modern climbing technique and reveals the thought process behind safe and practical climbing methods. This second edition includes European climbing techniques that offer alternatives to those traditionally taught in North America. Topher has also incorporated new lessons derived from accidents due, in part, to the increased popularity of climbing. Also found in this edition: • Over 10,000 more words and 125 more photos • Three never-before-published techniques: Adjustable Hitch, High Friction Tubes, and Bight Method • Detailed technical updates throughout • New distinction between • anchor • (a group of placements, pieces, or bolts used at the end of a pitch or for top rope or rappel setup) and • placement • or • piece • (individual cams, nuts, etc., used in groups to make an anchor or used individually as protection on a pitch)

Book Information

Series: Mountaineers Outdoor Experts

Paperback: 320 pages

Publisher: Mountaineers Books; 2 edition (September 22, 2014)

Language: English

ISBN-10: 1594858624

ISBN-13: 978-1594858628

Product Dimensions: 7 x 1.1 x 8.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 51 customer reviews

Best Sellers Rank: #64,103 in Books (See Top 100 in Books) #7 in Books > Sports & Outdoors > Mountaineering > Rock Climbing #50 in Books > Sports & Outdoors > Mountaineering > Mountain Climbing #488 in Books > Sports & Outdoors > Outdoor Recreation

Customer Reviews

A comprehensive guide for getting started in rock climbing or improving intermediate skills. --

Tacoma News Tribunelf you're not a rocket scientist but love to climb, this 2004 National Outdoor Book Award winner makes climbing...simple. -- Fort Collins ColoradoanThe book's photos and graphics are easy to understand and master, even for the most ground-bound among us. --Idaho Falls Post Register --This text refers to an out of print or unavailable edition of this title.

We were sitting at the base of the Nautilus, a rock formation known for prickly off-width cracks in Wyoming's Vedauwoo, when Sylvia Luebben asked me if I would consider writing a new edition of her late husband Craig Luebben's *Rock Climbing: Mastering Basic Skills*. A kaleidoscope of thoughts went through my mind as I considered her offer. I was honored that she would ask me. I was sad to think that Craig wasn't alive to do it himself. I was intimidated by the undertaking of trying to update an award-winning book. As I sat there below the Nautilus, one of Craig's favorite rocks, his daughter Giulia was climbing a tricky 5.9, and my kids were playing around on the rock slabs at the base. Climbing is very much alive in our families, and while I've mostly stepped away from the big alpine due to the time away from the family, I go rock climbing a few times each week. Some people go to the gym, ride a bike, or do yoga. I climb. I pondered the accident that killed Craig, an ice wall collapse in the North Cascades; the kind of accident that could happen while walking under an icy roof or driving a car across an avalanche zone. There is one big difference: our culture accepts the risk of walking under icy roofs and driving on wintery roads. A couple of weeks later I told Sylvia I'd be honored to take on the new edition. My inspiration was partly his family's steadfast belief in the beauty of climbing, partly his and my friendship that took us up the first one-day winter ascent of the Diamond, up numerous first ascents in the Utah desert, and to China and Canada on ice climbing adventures, and partly a shared passion for showing others how fun it is to climb safe and strong. I've been asked numerous times how I could continue climbing after losing a friend to the sport, and I'm sure people wonder how Craig's wife and daughter continue to climb after losing Craig. It's a good question, one I don't entirely know how to answer, but the best I can do to explain is that life is risky. Some people avoid nearly all risk. Some of them have high blood pressure. Some have strained relationships with their naturally risk-taking children. Some look back from old age with regrets about the things they didn't do when they were young. To people like Craig and I, risk is part of life; it's how you manage the risk that matters. Rock climbing is the safest of the different genres of mountaineering, and modern climbing equipment and attentive technique make it quite reasonable to climb a hundred days a year for an entire lifetime and never have a serious accident. In the end, that's what inspired me to pour my heart and soul into this new edition: Craig and I dedicated our lives to sharing the valuable methodology of calculated risk-taking. For much of our

society, voluntary risk is a contradiction. For us, being bold while staying safe, teaching while learning, and taking risks while avoiding danger all make perfect sense - and those who have tied into a rope and discovered the beauty of climbing tend to agree. I've climbed with many partners, including partners who were paraplegic, strong, weak, blind, obese, old, young, athletic, timid or fearless - and nearly every one of them found climbing to be one of the most rewarding experiences of their lives. Perhaps my mountain guide father, Mike Donahue, put it best: "Life is not found by avoiding the doing; life is a mountain to be climbed."

Clear and direct which was ideal for a beginner and will be useful when reading it again. I found this book would cover all the skills I wanted to know about to get started in climbing, and some parts beyond. I will use the intermediate chapters (Multi-pitch and Escaping) as and when required. A very good compliment to the "Self Coached Climber - Hague & Hunter" which was only covered briefly in chapter 1 (Climbing Technique) and even briefer in chapter 13 (Mental and Physical fitness). Lacked some diagrams about gear that was mentioned and never shown (Kindle) and a couple of knots that I had to look up independently to fully understand. Otherwise would have been 5 stars.

An excellent reference, but don't buy the pdf download version. There are essential techniques demonstrated through photos which are poorly reproduced on the pdf versions. The kindle viewer does not zoom nor is the photo quality adequate to gain an understanding of the technical descriptions of this technical manual. Best to buy the paper version and clearly see the photos.

Luebben explains all the facets for a beginning rock climber to comprehend the complexities of climbing outdoors. This is an excellent resource for climbers who are ready to transition from the gym to the great outdoors and desire to "do some homework" before embarking on an outdoor adventure. I particularly appreciated the homework assignments at the end of each chapter. And while climbing is "inherently dangerous," the only way to really learn is get outside and safely and pragmatically apply these techniques.

I am happy with the information of this book. I have been climbing on and off for over 9 years and can truly appreciate having this on hand to remind of what I forget (time to time) and some very worthwhile info that even experienced climbers have not offered me. I am not sure about the actual book, but the only weakness of the kindle edition is that the explanation for tying a knot and the corresponding pictures are not together and even seem to be out of order. One of the knots is

described but not shown. I am not super upset as I intend to get a dedicated book for knots... but still frustrating. Overall... I cannot express how much I believe that this is a book that every beginner and intermediate climber will find useful and should include in their library. Happy climbing

An outstanding comprehensive read. Definitely covers all bases for the beginning climber.

I bought this book along with "Rock Climbing Anchors: A Comprehensive Guide" by the same author. And I just want to say that these books are terrific. A definite must for the bookshelf of anyone interested in climbing. This book is well written and details many anchoring systems, knots, climbing skills, etc. This book is great if you are interested in any sort of outdoor climbing and if you have any questions about just about any topic in rock climbing at all. And, for more seasoned climbers this book offers many technical tips and suggestions that may make you look at some things in a different (more helpful way). Bottom line: If you are going to be climbing at all, BUY THIS BOOK.

Have a general cover of basics skills with great explanations. Recommended for intermediate and advanced climbers who want to excel on his skills.

Very well put together for the beginner climber, easy to read and understand, very good picture to illustrate.

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