

Self-Coached Climber: The Guide to Movement, Training, Performance

By Dan M. Hague, Douglas Hunter

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"Still the best book on improving at climbing ... worth every penny and more." -- Dave MacLeod, online climbing coach blog


Includes an 85-minute DVD that shows concepts in action A dynamic package of training material from a pair of expert coaches, *The Self-Coached Climber* offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customized improvement plan. Hague and Hunter base their methods on the four fundamental components of all human movement--balance, force, time, and space--and explain how to apply these principles to achieve efficient results. The DVD presents live demonstrations of training exercises and features an original documentary of a 5.14a/b redpoint attempt by Adam Stack and Chris Lindner. *Self-Coached Climber* was named a finalist in the Mountain Exposition Category at the 2007 Banff Mountain Festival. For more information go to:

<http://www.banffmountainfestivals.ca/festivals/2007/book/finalists.asp>

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