

## **CLIMBING**

Skill Tree: Color in the Boxes

Color in the boxes of anything you've already completed, visualize your skills and identify your skill gaps. Get inspired to try new things and tailor the skill tree to suit your own journey by swapping in your own goals.



(set your own goal)

Climb on an

overhang

Mantle onto a

ledge

Pull on a crimp

Make a friend

while climbing

Acquire and

apply your first

climbing sticker

 $\sqrt{U}$ 

Translate a

bouldering grade into

the French system

Smear your

foot on the wall

## (set your own goal) Climb a multi-pitch Use a double loop figure eight D Flake some rope Squeeze a pinch hold to progress Touch your toes without bending your knees •1 Train on a campus board

Flash a climb

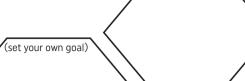
Rest and shake

out to recover

Squeeze your

feet into small shoes

1



(set your own goal)

Take a whip

\*

Lead a route

X

Resole some

climbing shoes

Hangdog on a

route

Complete a pistol squat <u></u>

Rappel from

an Anchor

Overcome a

crux

climb

Hold your body with just one arm

Dyno to a

sloper

Lead belay

Hang like a bat 

Pinkpoint a

Redpoint a climb

Identify a crux

A

Balance on

X Participate in a



climb

X

(set your own goal)

Campus to the

top

Share beta

under cling

Top out a

climb

X

9

one foot Pull on an

Tie a figure-eight knot for your harness

D

Pull yourself

up on a jug

Move your hips

to reach the next hold

X

Use a toe hook

Match a hold

Use a foot flag



Cover yourself



Hang for one minute



1 tile = 1 point

**Total Score** 

**START** 



Scrub your

feet

Brush a hold

Use a heel

hook **@≥** 

Climb until you are pumped

<u>.</u>

Ask someone for beta

8

Give someone a fist bump



(set your own goal)

Place a cam

Build an

anchor 

Use a hand jam



Onsight a climb

X

Start a project

X

Do a dyno

Belay a climber

on a top rope

I

fingers

B

Trim your nails

山

Top rope a



Find a pocket



Complete a traverse



Slab, only use your feet for 90%





Hug the wall





Reach the top of a climbing wall



Visit a climbing gym



**HERE** 

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Name: