

Contents

Foreword / ix

Acknowledgments / x

Introduction / xi

Chapter 1: The Climbing Game / 1

Chapter 2: Face Climbing Skills / 15

Chapter 3: Crack Climbing Skills / 43

Chapter 4: Ropes, Anchors, and Belays / 73

Chapter 5: The Art of Leading / 129

Chapter 6: Getting Down / 163

Chapter 7: Sport Climbing / 183

Chapter 8: Training for Climbing / 193

Chapter 9: Getting Started and Staying Alive / 205

Appendix: Sources and Glossary / 213

Index / 217