

## Rock Monkey Level 3

### **Week 7 - Climbing Techniques**

If you haven't already watched it then check out this week's accompanying [video](#).

So far we have talked about agility, balance, coordination and a few other bits which are quite general terms which can be related to most sports. We have, however, tailored the challenges and activities we have been doing, to be useful for climbing. Once we have mastered the basics of movement we can add some specific climbing movements and techniques to help us on the wall. This week we are going to look at some of those movements away from the climbing wall and try and understand the principles behind these movements.

Level 1s & 2s are going to be focusing on 'Rock Overs', level 3s are going to look at flagging and level 4s will work on bridging & drop knees.

For this week's homework you will need:

- Something to pick up from the ground (anything really)
- A flat wall and something to mark your reach, some stickers or tape are perfect.

Please ask your **parents permission** and be careful when doing these activities.

### **Challenge 1 - Learning to flag**

First we need to learn the different types of flagging movement, what they are and why we would want to do them. Flagging is generally using our legs as a counterbalance when reaching and moving to stop us from losing our balance and falling.



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### Wide Flag -

Stand with your feet shoulder width apart and lean out sideways with your left arm. Did you notice your right leg naturally reached out to your right? This leg acts as a counter balance and stops you from falling over, this is a wide flag.

### Inside Flag -

Stand with your feet shoulder width apart and lean out sideways with your left arm. This time you have to keep your right foot on the ground. You can still counterbalance with your left foot, try putting your left leg in front of your body and pointing your toe to the right. This movement reduces the need for us to switch the foot we are standing on so can be more efficient when climbing. This movement is an inside flag.

### Outside Flag -

Try the same rules as the inside flag but rather than putting your foot in front of your body try placing it behind your body. This flag is really useful when needing to stay low, perhaps resting or clipping. This movement is an outside flag.

### Active or Passive?

When you use your leg for counter balance you can either put your balancing leg against the wall or push it away from the wall depending on which is more appropriate. When you're pushing your foot against the wall we call this an active flag and when you're pushing it into the air we call this a passive flag.

Let's put the flags into action! Stand with some room around you and place something on the ground at different points around you. You must pick these up by standing on one leg and flagging to keep your balance. See how many different flags you can do!



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## **Challenge 2 - Reach**

When climbing we need to maximise our reach so we can easily grab the next hold. We can use flagging to help in this situation.

Find a flat wall which you can reach around against and grab something you can use to mark your reach. I'm using some climbing tape. Stand facing the wall with your feet shoulder width apart and without lifting your feet from the ground see how far you reach out to each side.

Repeat this with each different type of flag and see which flag is best for extending your reach.

## **Challenge 3 - Resting positions**

When climbers rest, stop to chalk their hands or clip a quickdraw you can often see them utilising the flag technique to make these resting positions easier. Watch a climbing film or check out some of the climbing world cups at the IFSC website [here](#) and see if you can find each time a climber uses a flag, work out which type of flag they use and try and notice if it's active or passive.

Usually we would look at rest positions on the climbing wall but as we are still not allowed to climb at Redpoint your challenge is to recreate one of the resting positions you have seen. Be careful and have fun!

Video yourself completing any of these activities and challenges and send it over to us either on Instagram (@Repdpointbristol) or email it over to us at [rockmonkeys@redpointbristol.co.uk](mailto:rockmonkeys@redpointbristol.co.uk)



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### **Week 7 - Exercise Challenge**

For this exercise challenge, rather than looking at strength and conditioning exercises we are going to look at some cardio. Generally endurance exercises like jogging or cycles don't naturally transfer into endurance on the climbing wall but working your cardio is fun and keeps up fit and healthy so it's great to include it.

The challenge is to go for a jog, a cycle, a walk, whatever you prefer. Just remember to ask your parents what you're allowed to do and keep up with your social distancing when going outside.

Good Luck!