

## Rock Monkey Level 4

### **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:

- A door frame

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

### **Challenge 1 - Bridging**

When two footholds are opposing each other, often in a corner we can distribute our weight, or centre of gravity, evenly between the holds. This can sometimes even let us take our hands off the holds and just use our feet. This movement is called bridging in climbing and it can be really useful as it can let you rest.

Your challenge is to find somewhere in your house or garden you can bridge and take your hands away.

## **Challenge 2 - Learning to twist**

When we are climbing there isn't always a corner we can easily bridge and rest but there are often two footholds on opposite sides of the climb which can be used in a similar way by twisting our hips close to the wall.

Stand with your feet shoulder width apart and reach your arms out in front of you. From this position try and keep your feet planted on the ground and reach one of your hands forward. Notice the top half of your body starts to twist?

Now try the same movement but stay on your toes, allow your hips to rotate and you naturally drop your knee to twist even more.

## **Challenge 3 - Use the drop knee**

Find a door frame which is solid and sturdy and check with your parents they think it will be safe to support your weight.

The challenge to twist your body and drop one knee to support your weight between the 2 sides of the door frame.

If you don't have a sturdy enough door frame then try and be creative and see if there anything you can twist and drop knee between to support your weight.

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)



**REDPOINT**

### **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!