

Rock Monkey Level 4

Week 8 - Footwork

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

When we climb we are often standing on very small, usually a bit rubbish, footholds so knowing how to stand on these holds in the best way possible is key. If we can utilise the footholds to take as much weight from our arms the climbing should be easier.

What is good footwork? What do you think it is? I think good footwork is all about being accurate and precise with your feet. Using the best part of your foot on the best part of the foothold in the most efficient way! Some examples could be, thinking ahead to know you want to swap feet on the next foothold so making sure there is enough space to do so when you place your first foot. Or using the edge of your foot to keep your hips really close to the wall.

Once you have confidence in your foot placements you start to trust standing on worse and worse footholds and manage harder climbs.

To make the most of our climbing shoes we only really want to use the toe, inside and outside edge and sometimes the heel. Generally we don't want to use the arch of our foot on the wall as it limits further movement and doesn't allow us to push with our feet.

Level 1s and 2s will be looking at using their toes, level 3s will be looking at smearing and level 4s will be looking at using footholds when climbing steep ground.

For this week's homework you will need:

- A flat wall
- Something you can hang from and a chair.
- Something you can use to mark a point on the wall, some climbing tape or a sticker would work.

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

Challenge 1 - Standing foot stab

When we start to learn footwork we aim for quiet feet. This promotes accuracy and focuses our attention on placing our feet well. Once we get into climbing on steeper and harder terrain it's often difficult to place your foot slowly and actually being noisy isn't a bad thing as long as you're still accurate and not scuffing your feet around the wall.

Mark some points on the wall with tape around hip height or below. Stand next to the wall, facing it and take a big step back. From here, with one foot, stab towards the wall aiming to land your foot precisely on the marked 'foothold'. Try and be accurate and precise.

Challenge 2 - Blind foot stab

For this challenge set up in the same way as the standing foot stab challenge. Once you are ready, pick your foothold and memorise where the hold is. Now attempt the same stab but this time close your eyes. We are trying our body awareness to be able to find the footholds without being able to see them, which is often the case.

Challenge 3 - Handing foot stab

Find something you can hang on, a pull up bar, a door frame, a tree branch or whatever you have available. Then place a chair in front of you, a little way forward. You can play around with the distance to find something which is hard but do-able.



Hang on the bar, engage your shoulders and use your core muscles to pull your legs up and stab onto the chair. Keep aiming for the seat of the chair first and then to make it harder, aim for the back of the chair instead.

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

Week 8 - Exercise Challenge

If you have been following along with the exercises each week and making up circuits etc then it's really easy to get caught up with new exercises. As you're making progress and getting stronger you will naturally want to keep going but one of the most important parts of exercise is rest.

So for this week, have a rest week. You can stay active, some stretching exercises would be great to do to keep active or perhaps try some other activities like going for a walk or exploring in nature.

When you rest, that's the time for your body to repair itself and make itself stronger so make sure you eat and sleep well and drink plenty of water.

Good Luck!