Checklist for Basic Climbing

Instructions to students: you are responsible for seeing that you complete all items on the checklist; have an instructor initial in the box to indicate completion.

1. Climb designated route with top delay, using proper signals and form. Show by demonstration that you understand the following techniques:
   - Pure balance climbing
   - Friction (slab) climbing
   - 'Pinch' holds
   - 'Jam' holds
   - Underclinging hold
   - Counter-force in crack
   - Chimneying (stemming)
   - Layback
   - Retable (mantle, mantleshelf)
   - (other)

Demonstrate the following kinds of crack placements:
   - Jamming (incl. slotting)
   - Camming
   - Stacking
   - Opposition

A. (At least one) do the following:
   - Lead one pitch
   - Rig in and delay a second
   - Delay a leader
   - Do a two-step/pull-down rappel