

20. TURN IN WRITTEN TEST
21. TURN IN CRITIQUE

K-B-CL
 15 SEPT. 75 KC
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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.

	A	B	C	
1.				CLIMB DESIGNATED ROUTE WITH TOP BELAY, USING PROPER SIGNALS AND FORM. SHOW BY DEMONSTRATION THAT YOU UNDERSTAND THE FOLLOWING TECHNIQUES:
2.				- PURE BALANCE CLIMBING
3.				- FRICTION (SLAB) CLIMBING
4.				- 'PINCH' HOLDS
5.				- 'JAM' HOLDS
6.				- UNDERCLING HOLD
7.				- COUNTER-FORCE IN CRACK
8.				- CHIMNEYING (STEMMING)
9.				- LAYBACK
10.				- RETABLE (MANTLE, MANTLE SHELF)
11.				- (OTHER)
				DEMONSTRATE THE FOLLOWING KINDS OF CHOCK PLACEMENTS
12.				- JAMMING (INCL. SLOTTING)
13.				- CAMMING
14.				- STACKING
15.				- OPPOSITION
	A. (B. if Time allows)			DO THE FOLLOWING:
16.				- LEAD ONE PITCH
17.				- RIG IN AND BELAY A SECOND
18.				- BELAY A LEADER
19.				- DO A TWO-STEP, PULL-DOWN RAPPELL