

Rock Monkey Level 1 & 2

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:

- Some stairs.
- A chair.
- A wall to lean against.

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

Challenge 1 - Find your centre of gravity

The BMC defines the rock over as 'To gain height by placing the foot on a high hold and rocking the centre of gravity onto it.' So in its most basic form it's moving your weight, your centre of gravity, from one supporting leg to the other.

Before we go into rock overs in detail we need to understand our centre of gravity. Our centre of gravity is an imaginary point

in or around our bodies where gravity appears to pull us down. As it's an imaginary point it doesn't necessarily need to be within our body.

Our first activity is to try and find our centre of gravity so here are some different challenges which should help you find it.

1. Stand up from a chair -

Sit in a chair with your back against the back of the chair and your feet on the ground. Without moving your head try to stand up....

Now you are allowed to move your head and your back away from the chair. See if you can find where you think your centre of gravity is.

2. Stand with your feet shoulder width apart, without moving your upper body try and stand on one leg...

Now you can move your body, stand on one leg. Try and notice your centre of gravity changing as you move your body and see if you can find your centre of gravity. Reach out with your arms and see if this has an effect on your centre of gravity?

3. Stand facing a wall, close enough you can easily touch the wall with your forehead. Place your forehead on the wall using your hands to guide and support you, be careful not to bang your head! Now put your hands behind your body and try and stand up straight...

Did you manage it? If you did take a small step away from the wall and try again. If not then take a small step towards the wall and try again. Try to find the point where any farther away from the wall you won't be able to stand back up. Find where your centre of gravity is when doing each attempt at standing up, and see if moving different parts of your body can affect it.

Challenge 2 - Stair climbing

Now we have an idea of where our centre of gravity is we can look at actually doing a rock over. We do the basic rock over movement all the time in our daily life and one of the most obvious times is climbing the stairs.

Go to the bottom of the stairs, put one foot on the first stair, then transfer your weight to that foot before you stand up. Your body should move in a L shape rather than a diagonal line. Really concentrate on moving your centre of gravity before you stand up. Once you have done this a few times on each foot then, from the bottom of the stairs, put your foot onto the second step and repeat the process. Do you need to change your movement to make it higher up?

Your challenge is to see how many steps your rock over onto, I can make it onto the 4th stair from the bottom. See if you can beat or equal that!

Challenge 3 - Extreme rock over

Once you have got the hang of the rock over movement lets see if we can push it to extreme rock over. Find an object, as high as you think you can manage and, from the ground, rock over onto the object. Some examples could be a chair, or a table (if you're feeling brave!). Be creative and find something you can rock over onto, remember the L shape movement

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



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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!