

Rock Monkey Level 1 & 2

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:



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- A pack of playing cards.
- Some climbing shoes (or trainers) and some tape.
- Something with a small edge you can stand on (the skirting board is good - if your allowed)
- Bottle tops (or something small you can stand on)

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

Challenge 1 - Understanding the climbing shoe

When we climb we use climbing shoes, they make a big difference. Using still soles to help spread the weight to our toes and sticky rubber climbing shoes can help our feet stick to the wall.

This first challenge is about learning which parts of the climbing shoe to use so grab, ideally your climbing shoes, or if you don't have any then a pair of trainers.

On your shoes mark out the **Toe Box**, **Inside Edge**, **Outside Edge**, and **Heel**. Get familiar with these parts of the shoe, you're only allowed to use these parts of the shoe when you climb. Now find your small edge, try the skirting board, and place your foot on the edge with the correct parts of your foot.

Challenge 2 - Cards

Grab your cards and some space to move across. Scatter the cards on the floor and move quickly and accurately across the space only using standing on the cards. For the first attempt use all the card then try some variations below:

- Just reds/blacks - This time only use the reds or the blacks, choose the colour and go!
- Just one suit - This time use only one suit of cards.



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- Onsight - Ask somebody else to lay out the cards with your back turned, when they say go you have to turn and go. Trying to improve the accuracy of your feet when reading the route!
- Onsight one colour - Same as the onsight but use one color
- Reduce the cards - Each time you make it through you must take away 5 cards.

In this challenge try and be as quick as possible **but** make sure you are still accurate and precise with your feet. Stay on your toes the whole time you are moving.

Challenge 3 - Bottle tops

Ask your parents if they have any bottle tops, if you can get some then you try this challenge. If not, that's Ok, see what you can find to replace them. The object must be small!

With your bottle tops make a route across the floor, make sure the bottle tops are facing down so they are not sharp to stand on. You must get across the route with only bottle tops!

You have to be extremely precise so slow everything down. Try and stay as silent as possible and watch each foot placement.

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



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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!