

DIMINISH FEAR OF

FALLING

IMPROVE

& COMMITMENT

MENTAL TRAINING FOR CLIMBERS CLINIC

Limited
Opportunity

“The Warrior’s Way
is an invaluable guide for anyone
sincerely looking to have a breakthrough
in their approach to climbing.”

—Chris Sharma

- Learn to fall
- Give a cushioned belay
- Climb through doubt
- Commit more deliberately
- Break climb into smaller risk events
- Develop effective risk-assessment
- Learn the mind's limiting tendencies
- Refine effective resting stances
- Improve breathing
- Trust the body
- Create flow and momentum

Hosted by:

**THE
GRAVITY VAULT®**
INDOOR ROCK GYMS

The Warrior’s Way teaches how to focus attention under stress, which allows climbers to better deal with doubts and improve commitment. This clinic develops skills by practicing exercises in falling (introduced in small increments creating appropriate progressions), awareness, movement, breathing, and resting. All learned skills will be applied to a challenging route during the clinic. The take-away is a structured method for engaging risk with diminished fear.

WHEN: Saturday October 16th from 9:00am to 1:00pm

WHERE: The Gravity Vault Chatham - 40 Watchung Ave, Chatham NJ

REGISTER: At the front desk or call (973) 701-7625

INVESTMENT: \$100 members / \$125 non-members

INSTRUCTOR: Dustin Portzline, AMGA Certified Rock Guide - www.advancedrockcraft.com

CLINIC PERKS: Exercises pdf, Ongoing FREE e-lessons, Laminated Risk Assessment Card.

LEAD CERTIFIED: Exercises are on lead and/or toprope. If students want to do exercises on lead, then they must be lead certified with the gym prior to the clinic. Non-leading climbers will also benefit from the clinic material.

