

## The Self Coached Climber

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*Pro Climber (Follow Along!) The Self Coached Climber*

A 'must-have' for any climber — written to aid climbers of all abilities, improving both technique and confidence A dynamic package of training material from a pair of expert coaches, The Self-Coached Climber offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customised improvement plan.

Self-Coached Climber: The Guide to Movement, Training ...

This is a book and DVD. A dynamic package of training material from a pair of expert coaches, "The Self-Coached Climber" offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customised improvement plan.

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Self-Coached Climber: The Guide to Movement, Training ...

The Self-Coached Climber is a thorough and extensive book with a rich variety of practical exercises and drills for climbers. In addition, the authors include facts and reference peer-reviewed studies as they progress through each chapter.

Self-Coached Climber: The Guide to Movement, Training ...

The Self-Coached Climber model is based on the four fundamental physical components of all human movement: balance, force, time, and space. Each chapter begins with a conceptual explanation of the principles and then provides activities, developed during the authors' years as coaches, that allow you to see and feel the concepts at work in your movement.

The Self Coached Climber - BMC Shop

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A dynamic package of training material from a pair of expert coaches, The Self-Coached Climber offers comprehensive instruction, from the basics of gripping holds to specific guidelines for developing a customized improvement plan. Hague and Hunter base their methods on the four fundamental components of all human movement—balance, force, time, and space—and explain how to apply these principles to achieve efficient results.

The Self-coached Climber: The Guide to Movement, Training ...

The Self-Coached Climber £24.99 An American slant on how to improve your movement and performance on rock, with loads of training exercises and regimes - well received and one of the best sellers in this market.

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Self-Coached Climber: The Guide to Movement, Training ...

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9780811733397: Self-Coached Climber: The Guide to Movement ...

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Redpoint: The Self-Coached Climber's Guide to Redpoint and On-Sight Climbing by Dan Hague; Douglas Hunter at AbeBooks.co.uk - ISBN 10: 0811707644 - ISBN 13: 9780811707640 - Stackpole Books - 2011 - Softcover

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The Self-coached Climber: The Guide to Movement, Training ...

Douglas Hunter was a full-time climber and coach for 10 years, during which time he trained many elite climbers and was a top level sport climber. He now lives and climbs in Southern California, where he continues to develop new training methodology.

Amazon.com: Self-Coached Climber: The Guide to Movement ...

Amy is a sought-after motivational speaker and coach, sharing her unique, D.A.N.C.E. philosophy in her signature presentation Dance Because You Can. She believes that the process of Creating Your Own Victory Dance is the key to success in business, leadership and life.

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