

## Assess Your Technical and Physical Abilities

Evaluate yourself in each area and check the box that best represents your current ability. A most effective training program will then target your lower-scoring abilities.

Technical Abilities	Excellent	Good	Fair	Poor
Precise, quiet foot placements that carry your weight				
Handholds are gripped lightly; arms more often play a secondary role				
Economy of movement (rhythm, pace, poise)				
Use of rest positions				
Use of nonpositive handholds (side pulls, underclings, slopers)				
Use of flagging to aid stability and prevent barndooring				
Hand-foot matching and manteling				
Twist lock, backstep, and efficient movement on overhanging terrain				
Use of creative footwork (heel and toe hooks, and knee locks)				
Dynamic moves (deadpoints and lunges)				
Crack climbing skills				

<b>Physical Abilities</b>	<b>Excellent</b>	<b>Good</b>	<b>Fair</b>	<b>Poor</b>
Lock-off and pull-up strength				
Finger strength on small holds; contact strength				
Muscular endurance of forearm and arm muscles				
Core strength and strength-endurance				
Antagonistic “push” muscle conditioning (for muscle balance and injury resistance)				
Mobility				
Stamina (climbing-specific and generalized aerobic conditioning)				
Recovery ability (between climbs and days of climbing)				