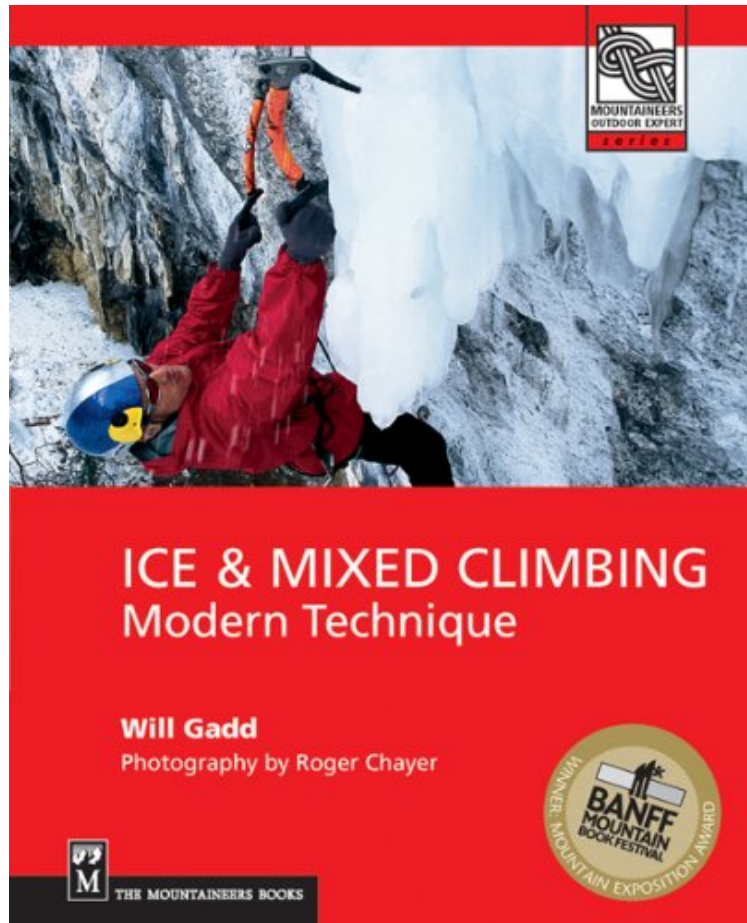


(Read free) Ice and Mixed Climbing: Modern Technique (Mountaineering Outdoor Experts Series)

Ice and Mixed Climbing: Modern Technique (Mountaineering Outdoor Experts Series)

Von Will Gadd

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Von Will Gadd : Ice and Mixed Climbing: Modern Technique (Mountaineering Outdoor Experts Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised Ice and Mixed Climbing: Modern Technique (Mountaineering Outdoor Experts Series):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. THE book on Ice climbing!Von N. Newton TaylorThis book is the best book around on ice climbing. Lots of info, lots of tips on training and nutrition. If you climb ice you have to buy this book if only for the pictures and stories.0 von 0 Kunden fanden die folgende Rezension hilfreich. Top Qualitt!Von Steffen HirzelIch wrde diese Artikel jedem empfehlen, der auf Qualitt wert legt. Ansonsten bin ich beraus zufrieden mit diesem Produkt. Perfekt!0 von 1 Kunden fanden die folgende Rezension hilfreich. Innovative Eiskletterliteratur - mach Lust auf mehr...Von FranzFr mich ist es Momentan das einzige Buch ber's Eisklettern, von dem ich sehr begeistert bin.Das Buch schneidet alle relevanten Themen an, wobei manche ausfhrlicher, andere etwas knapper behandelt werden.Angefangen ber die Ausrstung, Essen und

Kleidung, Eis- und Mixedtechniken, objektive Gefahren und Training. Dazwischen gibts immer wieder den ein oder anderen Erlebnisbericht.OK, für absolute Einsteiger ist eher der Alpin-Lehrplan "Hochtouren Eisklettern" besser geeignet, da hier so manche grundlegenden Thematiken wie Klettertechnik, Sicherungstechnik und Gefahren wie Lawinen eher kurz gehalten sind.Aber für alle, die schon Erfahrung im Eis haben, finden bestimmt einige Anregungen oder Tips, worüber es sich lohnt, nachzudenken.Auch nach 7 Jahren Eisklettern fand ich einige interessante Gesichtspunkte und Anregungen oder auch Bestätigungen eigener Ideen.Kritikpunkt waren für mich die oben genannten kurzen und manchmal schwammigen Erläuterungen. Aber ich denke, dass ihm damit ein gutes Buch über diesen eisigen Sport gelungen ist.Klar lässt sich das Eis- und Mixedklettern nicht mit diesem Buch erlernen, aber es ist ein Anfang...Noch ein interessanter Buchtipp:"Climb light, fast and high" von Marc F. Twight

Kurzbeschreibung* Will Gadd is an ESPN X Games and Ice World Cup winner* There are 1.1 million ice climbers in the U.S. (Outdoor Industry Association, 2001)* Seventh installment in The Mountaineers Outdoor Expert series "Mixed climbing is my favorite discipline. It's the most fun because it has the fewest rules-sort of like professional wrestling compared to boxing." So says Will Gadd, as profiled in Fifty Favorite Climbs. Here the champion ice climber presents the same techniques and veteran wisdom he imparts to those who attend his annual clinics. These include step-by-step instructions for the swing (ice axe), the kick (footwork), and putting it all together (tracking); how to "read" ice to select your line and follow it safely; and drytool techniques for mixed climbing. Training exercises and inspirational stories complete this seminal guide. Will Gadd won every major ice competition in the world in 1998 and 1999, as well as the 2000 Ice World Cup. A resident of Canmore, Alberta, he has written for Climbing and Rock Ice, among other publications. Roger Chayer's photos have appeared in Rock Ice, Climbing, Grippled, Equinox, and the Alpine Club of Canada Journal. He lives in Calgary, Alberta. Part of the Mountaineers Outdoor Expert series.Kurzbeschreibung* Will Gadd is an ESPN X Games and Ice World Cup winner* There are 1.1 million ice climbers in the U.S. (Outdoor Industry Association, 2001)* Seventh installment in The Mountaineers Outdoor Expert series "Mixed climbing is my favorite discipline. It's the most fun because it has the fewest rules-sort of like professional wrestling compared to boxing." So says Will Gadd, as profiled in Fifty Favorite Climbs. Here the champion ice climber presents the same techniques and veteran wisdom he imparts to those who attend his annual clinics. These include step-by-step instructions for the swing (ice axe), the kick (footwork), and putting it all together (tracking); how to "read" ice to select your line and follow it safely; and drytool techniques for mixed climbing. Training exercises and inspirational stories complete this seminal guide. Will Gadd won every major ice competition in the world in 1998 and 1999, as well as the 2000 Ice World Cup. A resident of Canmore, Alberta, he has written for Climbing and Rock Ice, among other publications. Roger Chayer's photos have appeared in Rock Ice, Climbing, Grippled, Equinox, and the Alpine Club of Canada Journal. He lives in Calgary, Alberta. Part of the Mountaineers Outdoor Expert series.SynopsisFrom one of the most prominent names in climbing today, this is a comprehensive guide to a sport experiencing a renaissance. It is a complete instruction guide to ice and mixed climbing.