

Elevation: **5.895 m**Location: **Tanzania**First ascent: **1889** 

Level: 1

## **AORAKI**

Elevation: **3.724 m**Location: **New Zealand**First ascent: **1894** 

Level: 2

## **METEORA**

Elevation: **500 m**Location: **Greece**First ascent: **not doc.**Level: **3** 

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## **MATTERHORN**

Elevation: 4.478 m

Location: Switzerland/Italy

First ascent: 1865

Level: 4

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## DREI ZINNEN - TRE CIME DI LAVAREDO

Elevation: **2.999 m**Location: **Italy**First ascent: **1879**Level: **5** 

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## **DENALI**

Elevation: 6.190 m Location: USA First ascent: 1913 Level: 5

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## **MOUNT EVEREST**

Elevation: **8.848 m**Location: **Nepal/China**First ascent: **1953**Level: **6** 

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## HALF DOME

Elevation: **2.693 m**Location: **USA**First ascent: **1957**Level: **6** 

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## **CERRO TORRE**

Elevation: **3.128 m** 

Location: Argentina/Chile

First ascent: 1970

Level: 7



Elevation: **8.611 m** 

Location: China/Pakistan

First ascent: 1954

Level: 7



can you do?

SKYWALK WALK

How far can you **SKYWALK?** 

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## FREE CLIMBING

Here are some inspirations for FREE CLIMBING on the BOULDERBALL

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## SPECIAL MOVES

BLOCK TO BLOCK

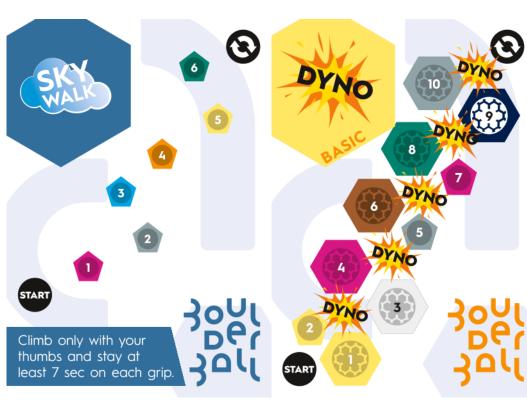
80°

SNAKY

Switch hand

DYNO BLOCK

300(Der30(l)







# how to do the SPECIAL MOVES?



"Pinch" the indicated hold with ▶2 fingers ◀ and climb to the next hold with the next ▶2 fingers. ◀



Spreading 2 fingers apart in one pocket.



Do a 180° DYNO on the same holds.



Jump with the front finger to the next hold and then follow with the back finger.



Change the playing hand.



Jump to the next hold and "block" it with the same 2 fingers.



### Climbing by using the "pockets"

Climb as you like with 3 fingers technique, always along the "pockets".



### Climbing by using the "blocks"

Climb as you like with 3 fingers technique, always along the "blocks".



#### Climbing from "block to block"

Climb from "block to block" using the "pinch" techinque (2 fingers).



#### Crack climbing

Climb along the "pockets" by spreading 2 fingers apart in one pocket.

#### Climbing with the "snaky" technique

Start with 2 fingers of the same hand by jumping forward with the first finger and follow with the other one.