



CLIMBING FACTORY

BEGINNER COURSE

NAMES : _____ INSTRUCTOR : _____

Day 1	Day 2	Day 3	Day 4	Day 5
DATE /	DATE /	DATE /	DATE /	DATE /
<input type="checkbox"/> History <input type="checkbox"/> Equipments <input type="checkbox"/> Safety Procedure <input type="checkbox"/> Physical Training <input type="checkbox"/> Slow Climbing <input type="checkbox"/> Belaying	<input type="checkbox"/> Standing Up <input type="checkbox"/> Frog Movement <input type="checkbox"/> Toes On Quiet Feet <input type="checkbox"/> Straight Arms <input type="checkbox"/> Drop Knees <input type="checkbox"/> Smearing <input type="checkbox"/> 1F1H : <input type="checkbox"/> RHLF-LHR	<input type="checkbox"/> Hold Recognition <input type="checkbox"/> Matching Hands <input type="checkbox"/> Crossing Through <input type="checkbox"/> Flagging <input type="checkbox"/> Swapping Feet <input type="checkbox"/> Knots	<input type="checkbox"/> Bouldering <input type="checkbox"/> Route Setting <input type="checkbox"/> Equipment Tips <input type="checkbox"/> Abseiling	<input type="checkbox"/> Outdoor Climbing
INSTRUCTOR _____	INSTRUCTOR _____	INSTRUCTOR _____	INSTRUCTOR _____	INSTRUCTOR _____

NOTE

Safety Rule:

Always double check knot and harness belt before climbing.

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