

# The Bouldering Beginner's Guide

Climb smarter, fall safer, send harder

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Bouldering is climbing stripped to its purest form — short, powerful problems close to the ground. It's beginner-friendly and addictive. This guide gets you climbing with good habits from day one.

## Your first session

- Rent shoes a half/full size snug (not painful). Chalk optional at first.
- Climb with your LEGS — beginners over-grip and burn out their arms. Push with feet, keep arms straight.
- Grades start at V0/V1 (or font 4-5). Don't chase numbers; focus on movement.

## Fall safely (this matters)

- Down-climb when you can; if you fall, land on both feet and roll backward onto your back.
- Never walk or sit under someone who's climbing.
- Keep arms in on a fall — don't reach back and post on a stiff wrist.

## Improve fast

- Read the route before you climb ('the beta') — plan your hands and feet.
- Quiet feet: place them precisely, don't scrape. Footwork is 80% of climbing.
- Rest fully between hard attempts; bouldering is power, not endurance.

## Insider glossary

**Beta** — The sequence/method to solve a problem.

**Crimp** — A small edge held with fingertips.

**Send/Flash** — Complete a problem (flash = first try).

**Project** — A problem at your limit you work over many sessions.

## Starter checklist

- Climbing shoes (snug)
- Chalk + bag (optional)
- A gym or spotted outdoor pad

- Warm up fingers/shoulders
- Climb with a buddy

**Talk beta to me — 'Eat Sleep Climb Repeat' tee (coming to the shop)**