

# DIMINISH FEAR OF **FALLING** & **COMMITMENT** IMPROVE MENTAL TRAINING FOR CLIMBERS CLINIC

Limited  
Opportunity

“The Warrior’s Way  
is an invaluable guide for anyone  
sincerely looking to have a breakthrough  
in their approach to climbing.”

—Chris Sharma

- **Learn to fall**
- **Give a cushioned belay**
- **Climb through doubt**
- **Commit more deliberately**
- **Break climb into smaller risk events**
- **Develop effective risk-assessment**
- **Learn the mind's limiting tendencies**
- **Refine effective resting stances**
- **Improve breathing**
- **Trust the body**
- **Create flow and momentum**

The Warrior’s Way teaches how to focus attention under stress, which allows climbers to better deal with doubts and improve commitment. This clinic develops skills by practicing exercises in falling (introduced in small increments creating appropriate progressions), awareness, movement, breathing, and resting. All learned skills will be applied to a challenging route during the clinic. The take-away is a structured method for engaging risk with diminished fear.

**WHEN:** September 4-5, 2021 8am-4pm

**WHERE:** Santa Fe, NM

**REGISTER:** Mountain Skills [www.climbingschoolusa.com](http://www.climbingschoolusa.com)

**INVESTMENT:** \$495

**INSTRUCTOR:** Lor Sabourin

**CLINIC PERKS:** Exercises pdf, Ongoing FREE e-lessons, Laminated Risk Assessment Card.

**LEAD CERTIFIED:** Exercises are on lead and/or top rope. If students want to do exercises on lead, then they must be lead certified with the gym prior to the clinic. Non-leading climbers will also benefit from the clinic material.

