



Name

Age

Emergency Contact

Well done –

Now you are in the upper grades we want you to start sharing your skills with others. The instructors will have already used you to demonstrate moves and problems to the lower grades, but we want you to start taking a greater role in assisting with classes; so start preparing yourself to stand up in front of the class lead small sections with the assistance of your instructor.

It's also time for you to start thinking about the way routes are set.

Record experience here..

LEVEL FIVE TEST

PART ONE

Demonstrate 5 different ways to use your hands and why on differing types of holds (one must be a crack)

Pass Instructor Initial

PART TWO

Research Foot work and body position and write a page on the importance of getting these right.

Pass Instructor Initial

PART THREE

Score more than 200 points over 4 weeks in Academy Competitions.

Pass Instructor Initial

Homework

Start thinking about how problems are designed and what makes a problem a certain grade. Spend some time in the wall working out three to four move problems that you can then try out with the lower grades during a class; try to design problems to suit a certain climbing style or height.