

Orange

Kids boulders problem sheet

Colour:..... Orange **Range: Easy** **Setters: Sam**
Starts: Left side light blue wall
Common Rules: All Aretes in

No	Diff	☺	Rules	No: of attempts
1	-			
2	-			
3	-		Monkey Bars	
4	-			
5	-			
6	-		Traverse Jump start	
7	-		Traverse	
8	-			
9	-			
10	-			

Find an orange problem that uses one of the following techniques or type of hold, climb it and then tick box.

Match – both hands on the same hold, useful on a hard pull or big move



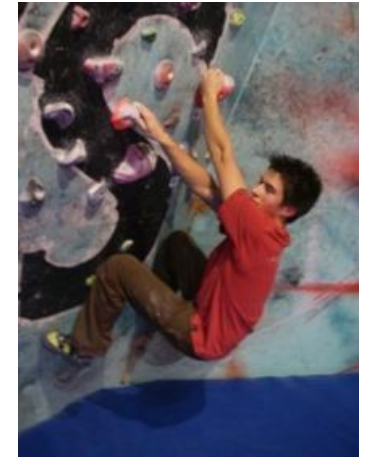
Jug – massive easy hold



Undercut – handhold that is only good on the underneath; hold with your palm facing up



Cross through – hands or feet crossing over or under to reach a hold. Useful to avoid matching every hold



Rock over – transferring weight from a straight leg to a bent leg
Useful: On balance moves and high steps



Brown

Kids boulders problem sheet

Colour:..... Browns Range: Medium Setters: Michelle
Starts: Left hand side light blue wall
Common Rules: All Aretes in

No	Diff	☺	Rules	No: of attempts
1	-		Sit start	
2	-			
3	-			
4	-		Jump Start	
5	-		Sit Start	
6	-			
7	-			
8	-			
9	-			
10	-			
11	-			
12	-			
13	-			
14	-		Sit Start	

Find a brown problem that uses one of the following techniques or type of hold, climb it and then tick box.

Open-hand crimp – gripping the hold with your first finger joints, keeping the hand open



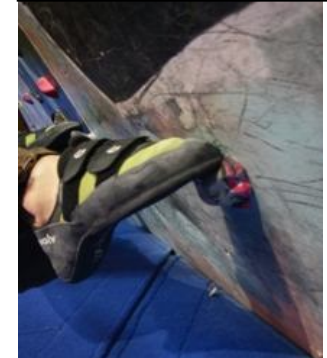
Pinch – holding with your thumb and fingers



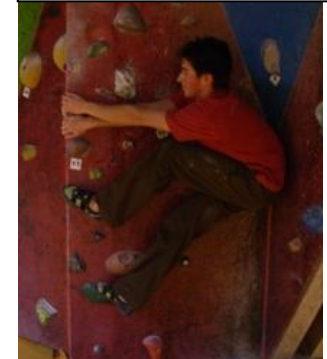
Undercut – handhold that is only good on the underneath; hold with your palm facing up



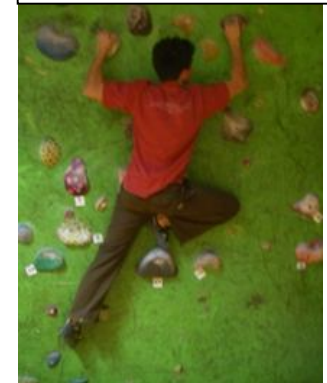
Edging – using the side of your foot when standing on a hold
Useful: On small holds



Layback – pulling with your hands in one direction, whilst pushing with your feet in the opposite direction
Useful: When climbing aretes



Rock over – transferring weight from a straight leg to a bent leg
Useful: On balance moves and high steps



Green and pink spots Kids boulders problem sheet

Colour:..... Green and Pink Spots Range: Hard Setters: Sam
Starts: Left hand side, light blue wall
Common Rules: All Aretes in

No	Diff	☺	Rules	No: of attempts
1	-			
2	-			
3	-			
4	-			
5	-			
6	-			
7	-		Hang start	
8	-			
9	-			
10	-			
11	-		Traverse	
12	-			
13	-			
14	-			
15	-			

Find a green and pink spotty problem that uses one of the following techniques or type of hold, climb it and then tick box.

Sloper – sloping hold with little positive surface.
Get as much skin in contact with the hold as possible.



Crimp – use of the first and second joints of your fingers on a small hold



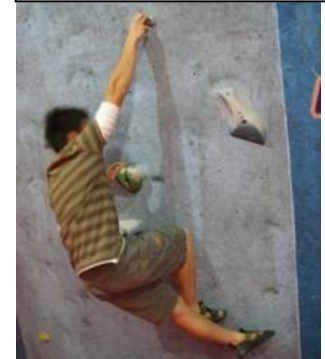
Gaston – reverse side pull; handhold that is only good on the side nearest to you. Hold with your elbow pointing out and your palm facing away from you.



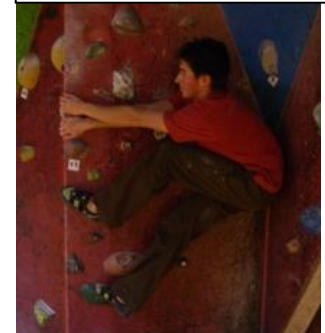
Side pull – handhold that is only good on the side away from you



Flag – one leg crossed behind or in front of the other to shift your centre of gravity
Useful: As a counter balance or to avoid “barn dooring”



Layback – pulling with your hands in one direction, whilst pushing with your feet in the opposite direction
Useful: When climbing aretes



Smearing – placing your foot directly onto the wall and using friction to push off
Useful: On slabs and high steps

