

# Advanced Technique

## Body position

- Relaxed upper body
- Fluid, controlled movements

## Arms & Hands

- Cross over arms and hands
- Matching (both hands on one hold)
- Underclinging hand holds (grasping the underside of hand holds)
- Switching hands (using the same one hold)

## Legs & Feet

- Cross over legs and feet
- Edging (using the edge of a small hold)
- Smearing (placing a foot/feet only on climbing wall and using friction to move)
- Matching (both feet on one hold)
- Toe hook/heel hook (hooking toe/heel on a hold)
- Switching feet (using the same one hold)

## Sequencing

- Anticipate needed movement

