

SARAH SAYS COMMAND CARD

(listed in order of increasing difficulty level)

Sarah says...

- Put one hand on a green hold.
 - Put both hands on green holds.
 - Climb up one move.
 - Put one hand on a yellow hold.
 - Put one foot on a green hold.
 - Climb down one move.
 - Put both feet on green holds.
 - Move both feet to any color holds.
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- Put your right hand on a yellow hold.
 - Climb left one move.
 - Stretch and grab the highest hold that you can with your left hand (don't move feet).
 - Climb down and touch the red line with your left hand.
 - Take one hand off the wall and maintain control and balance.
 - Climb as low as you can while staying on the wall.
 - Climb as high as you can, without going above the line.
 - Try to touch the mat with your hand while still staying on the climbing wall.
 - Put both hands on the same green hand hold.
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- Put your right hand on a red hold.
 - Put both feet on the same yellow hold.
 - Climb up two moves to the right.
 - Move your hands to holds so that your arms are crossed.
 - Take one foot off the wall and maintain control and balance.
 - Climb so that all feet and hands are on red holds.