



The Warrior's Way®

Clinic at NJ Rock Gym

Mental Fitness Training for Climbers
with Arno Ilgner

- Are you accomplishing all your climbing goals?
- Are you frustrated or disillusioned with your climbing?
- Have you hit a performance plateau?
- Could your mental approach be to blame?

New Jersey Rock Gym is hosting Arno to teach his unique Warrior's Way® clinic on mental fitness.

The clinic will involve climbing exercises. You'll learn to:

- Be more self aware
- Assess risks
- Practice falling in small increments
- Set intentions and commit deliberately
- Trust in the process
- Deal with climbing stress/chaos
- Improve problem-solving skills
- Reduce fear, and more

Investment: \$79 for non-members; \$69 for gym members; limit 8/clinic.

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

--Chris Sharma

When and Where:

NJ Rock Gym – **Friday, September 12th, 6-10pm**

Contact NJ Rock Gym to register:

973-439-9860, www.njrockgym.com

Clinic Title: Warrior's Way Espresso Clinic for Rope Climbers

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Clinic description: The Warrior's Way® teaches how to focus attention during the climbing process, especially when you're full of doubt and under stress. By focusing this way you improve your commitment and climb more deliberately.

You'll learn to:

- Be more self aware
- Assess risks
- Practice falling in small increments
- Set intentions and commit deliberately
- Trust in the process
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- Improve problem-solving skills
- Reduce fear, and more

Content of the class

- We'll do exercises on moderately difficult top rope routes, some falling practice, and a challenging route on lead or slack top rope (depending on your leading experience).
- We'll begin by learning how to break a climb into decision points.
- Next, we'll develop awareness of our mental chatter.
- Next, we'll practice falling.
- Next, we'll work on commitment and breathing.
- Finally, we learn how to prepare and commit at each decision point.

Requirement for class:

- It's helpful if you've read the *The Rock Warrior's Way* book, but it isn't absolutely necessary. You can email me (arno@warriorsway.com) for a pdf handout to become familiar with the Warrior's Way®.
- The clinic seems to be best for those who have hit a plateau, experience frustration, fear, loss of motivation, or other mental fitness issues.
- You do need to know the fundamentals of knots, belaying, and basic climbing skills.

Equipment Needed:

- Harness, shoes, belay device, and a helmet (if you have one). The gym usually provides lead ropes and sometimes helmets.