

# Learn To Lead for Rock Climbing

## Knots

- Bowline
- Double Fisherman's
- Figure 8
- Overhand on a Bight
- Figure 8 on a Bight
- Flat Overhand/EDK
- Disaster Knots

## Anchors

- 2 Pt. /3 Pt. /4 Pt. Anchor
- Shelf/BFK/Master Point
- Vectors
- Pre-Equalized/Self Equalized
- Belaying/Anchoring off shelf
- Redirected Belay
- Bolt Anchors
- Tree Anchors

## Gear

- Cams
- Nuts
- Tri-cams
- Best Placements
- Strength Ratings

## Sling/Quick-draws

- Shorts/Medium Length
- 2 Ft. Sling/4 Ft. Sling
- Making a Alpine-draw

## Belaying

- ABC's
- Lowering Commands
- PBUS Technique
- Lowering

## Belaying a Leader

- Voice Commands
- Giving correct amount of slack
- Taking in slack after clip
- Dynamic Belay
- Tight Belay

## Cleaning a Route

- Cleaning gear from the rock
- Using a nut tool

## Rappelling

- Correct body position
- Transition from Anchor to Rappel
- Rappel Extensions
- Friction Hitch
- Fireman's Belay

