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# 9 Out Of 10 Climbers Make The Same Mistakes Dave Macleod

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*9 out of 10 climbers make the same mistakes - training for ...*

I first read “9 out of 10” in 2013 when I’d only been climbing a couple years. In 2013, the book seemed verbose and not too helpful. It just didn’t click then. I just read it again after 5 more years of climbing. In those 5 years, my improvements from “just climbing” plateaued. I’d flirted half-heartedly with the various training ...

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9 out of 10 climbers make the same mistakes - navigation through the maze of advice for the self-coached climber 9 out of 10 climbers are stuck. They are stuck on the same things. Some of the things that hold climbers back from improving their climbing standard are the same as they were twenty years ago: motivation, managing time, and not being able to analyse and correct their own basic technical or tactical errors.  
*9 out of 10 climbers make the same mistakes Dave MacLeod ...*

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9 Out of 10 Climbers Make the Same Mistakes:

Navigation ...

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@inproceedings{MacLeod2010900, title={9 Out of 10 Climbers Make the Same Mistakes : navigation through the maze of advice for the self-coached climber}, author={D. MacLeod}, year={2010} }

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though, and this is very important, is to tell it straight and transform the knowledge into advice and powerful tools that will work for you, making it impossible to escape by coming up with various excuses.

**9 Out of 10 Climbers Make the Same Mistakes: Amazon.co.uk ...**

9 out of 10 Climbers Make the Same Mistakes. Dave MacLeod, Rare Breed Productions, 2010. Available at Amazon.com. There are a lot of climbing books out there these days that offer to help climbers improve and raise their abilities. In recent years, the sophistication of these has risen considerably. The gold standard remains, in my mind, Performance Rock Climbing by Dale Goddard and Udo Neumann but a number of

other important volumes have appeared including those by Eric Hörst and the ...

**Free PDF Download: Climbing Notes from "9 Out of 10 ...**

Dave MacLeod's book, 9 Out of 10 Climbers Make the Same Mistakes, was a thoroughly transformative book for my personal climbing and effectiveness as a climbing instructor and trainer. You can get the book direct from Dave's website here.

*9 out of 10 Climbers Make the Same Mistakes - BMC Shop*

I really enjoy his blog and I was curious if anyone has picked up a copy of his 9 out of 10 Climbers Make the Same Mistakes book. If you've read it let me know if it's any good. 9 comments. share. save. hide. report. 80% Upvoted. This thread is archived. New comments cannot be posted and votes cannot be cast. Sort by.

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9 Out Of 10 Climbers

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