



Brione, Switzerland:
Bouldering icon Alex
Puccio in a key position
on *Marilyn Monroe* (8A).

Of course, there are particular climbing techniques that have to be learned, but the important thing is to turn them into your own techniques, so that you have custom tools in your problem-solving box instead of standardized ones. We humans are not machines! We are creative thinkers, with considerable intelligence about how to move and a great instinct for play. You need only look at how children climb to see that it is in our genes! In the course of our conformist lives, we just keep unlearning things we know instinctively.

TRAINING FOR BOULDERING: FITNESS TRAINING

Of course, there is no denying that bouldering also requires strength. You can make time for specific strength training while you set about learning basic techniques. I think it's more important that you stop yourself from developing an imbalance of strength and flexibility by making sure you follow a balanced regimen of exercises for both. Otherwise, the imbalances could get aggravated by climbing, and over time this can result in strains. So, read up on fitness training in the relevant literature, and also follow exercise tutorials, or, even better, do a training course. Personal training with an experienced coach is the best and most sustainable method.

At a more advanced stage of your bouldering career, you might want to think about targeted training for improving finger strength by using a fingerboard.

Many scientific studies suggest that your finger strength is the decisive factor in improving performance. However, remember that climbing on small and rounded holds will also help you train.

LAST BUT NOT LEAST: YOUR ATTITUDE

Be creative and playful in your approach! Get involved in new things and pay attention to your weaknesses. Also, have fun and avoid a competitive attitude in which you constantly compare yourself with your peers.

Concentrate on what you can win and not on what you can lose by getting involved in new things, and always remember: Boulder problems are there to be outsmarted, not conquered!