



Cracknique Flash Clinic (Crack Climbing)

This Flash Clinic focuses on Cracknique: an introduction to the art of crack climbing techniques. This can include hand jams, fist jams, and foot placement while ascending a crack. Take this in conjunction with our Intro to Trad Leading for a well rounded intro to traditional climbing.

Flash clinics are small clinics of up to 4 hours focusing on one climbing topic or skill. Flash clinics will be held at the Seattle Mountaineers.

Pre-Requisites:

1. Knows how to tie oneself in to the rope for climbing
2. Uses a belay device properly for top rope belaying

Student Equipment (minimum)

1. Harness
2. Helmet
3. Rock Climbing Shoes (non aggressive)
4. Climbing tape and/or crack gloves

Student Equipment (optional)

1. Crack climbing shoes
2. Crack gloves

We do have a gear library that includes harnesses. Climbing shoes and helmets may be rented at [REI](#). Youth who are POC may borrow shoes from our [free youth shoe library](#). Youth shoes may be borrowed beyond the duration of the course(s).

A list of recommended gear will be provided upon registration for the course.

Language

Certain language and cultural norms of the mainstream climbing community are not acceptable in our climbing classes. This is not an all encompassing list, nor is it here to chastise: we are all here to learn together. It takes a group effort to make an inclusive space.

- belay [slave](#): say *Dedicated Belayer/Designated Belayer*
- [biner](#): say *Carabiner*



- [bomber](#): say *Solid/Strong/In tight*
- [Chinese virus](#): say *Novel Coronavirus/Coronavirus/COVID*
- [crazy/insane/nuts/psycho](#): say *Unreal/Ludicrous/Dreamlike*
- [fireman](#)'s belay: say *Firefighter's belay*
- girlfriend climb: *Describe the climb as a warm up or easy, etc*
- [guys](#) (when referring to a mixed gender audience): say *people/everyone/folks/team/you all/etc*
- [savage](#): say *Cool!/Awesome!/Rad!/¡Venga!/Crushing!Nice!So strong!/Wild!/Unreal!/etc*
- [sketchy/shady](#): say *Scary/Nervy/Challenging/Unsure/Downright dangerous*
- gear/climbing [junkie/fiend](#): say *Gear/Climbing Enthusiast/Gear Collector*
- Seattle [native](#): say *Seattle born and raised*

We encourage you to bring your own culture and swag into the language as long as it is not rooted in another's oppression or humiliation. Have fun with the language!

Progression Overview:

1. What is crack climbing
2. When is crack climbing used
3. How is crack climbing protected (short overview)
4. Crackniques
5. Gloves
6. Hand sized cracks
7. Fist sized cracks
8. Finger sized cracks
9. Quick note on gear placement in relation to jams