



Geckos' beginners course syllabus

Day One: Tuesday - Learning the basics

- Putting on a harness.
- Tying in with the rethreaded figure-of-eight
- Belaying
- Top-roping

Day Two: Wednesday- Climbing techniques

- Bouldering
- Traversing
- Bridging
- Smearing and footwork

Day Three: Thursday - Improving

- The big abseil!
- Graded climbing
- The high walls