

# Kraken

## Individual exercise

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### Description

The exercise can be done either in groups of two, or with guidance from the therapist. For this purpose, suitable large holds are selected in advance, on which the participants can hang well and try out their reach. First, the participants are asked to estimate how far they can reach from the respective grip. The presented reach is marked with tape (by the therapist or the partner). Then the participant climbs up the wall (feet placed as desired) and tries out the actual reach by stretching as far as possible in all directions. The actual reach is marked with tape in a different color. When all directions are taped, have participants take a step back and look at the result.

Afterwards, the technique of turning in is explained and demonstrated by the therapist. The participants can then try this out on "their" hold and the range with turning in is again marked with tape.

### Material/wall

Tape

Wall with many different steps and large handles to be able to show turning in and different load directions of the handles/steps

### Therapeutical themes

Expectations and self-estimation, body feeling, centre of gravity, estimation of own performance, boundaries

### Key questions

Before turning in: *How do you notice that you have reached your boundaries? What signals does your body send you, what do you perceive? How do you deal with your boundaries?*

After turning in: *How did the different ranges differ? How does it feel? How did you perceive it when you expanded the boundary? How did it feel to try a new technique?* (Mental boundaries: how to use a new approach or perspective to expand one's boundaries, what feels strange at first, is later relieving)

### Variations

This exercise can also be carried out with a focus on steps/feet; from one start position on the wall (2 boulders, 1 step) one tries to touch as many steps as possible. Further the difficulty can be increased, with the grips not touching, but also held.

### Tips

It makes more sense to mark the reach on the wall than the handles. In addition, it can be helpful to use different colored tape (not a must).