

Quickdraw transport

Individual exercise

Description

The aim of the exercise is to learn safe and quiet stepping while bouldering. An object is put on top of the climbing shoe (a small object like a bell or a gummibear, or a quickdraw or belay device). With this object on the shoe, participants walk around on a soft mat carefully, and try not to let it slip for their shoe. Later on, participants boulder with the object on their shoe along an easy traverse.

Material/wall

Quickdraws or other objects that can be placed on the shoes (small bell, gummibears, toys etc.)

Traverse with many holds and steps, ideally at a sloped wall

Therapeutical themes

Dealing with success/failure, expectations, body sensations, learning a new behaviour, mindfulness

Key questions

What was the key of this exercise? (It is to practice quiet and mindful stepping, however it shifts for participants towards "the object cannot be dropped") *How do we deal with failures?* *How does it feel to focus one's attention mostly on ones feet?* *What was tried to achieve the goal* (not putting too much weight into the leg, move slowly) *- are there equivalents to everyday life?* *Where was your attention?* (Recognising mindful and attentive actions as requirement for reaching goals/success; mindfulness and openness vs. success-orientation and self-judgement)

Variations

As a variation, participants climb with two loaded shoes instead of one, or they vary the size or type of objects.

Tips

Please make sure that the objects are placed loosely on the shoe and not fastened! They should really be able to fall off.

Guide the exercise in such a way that the aspect of the body sensation is focused (the calm and secure stepping), not the aspect that the express should not be dropped.