



# GECKOS



MAY 2020

CLIMBING FOR KIDS

## THANK YOU!

A couple of weeks ago we sent out details of the [Castle Food Service crowdfunder](#). We would like to say a huge thank you to you, our Geckos families, for your support of this initiative. This is a challenging time for everyone but your support has helped to raise over £11,000!

### CARRY ON CLIMBING...

Last month Geckos' instructors Doug & Kei showed us their lockdown climbing frame (if you missed it, [check it out here](#)). We have been totally inspired by the creativity of the climbing community during lockdown - just look how [this man from Bermondsey converted his stairway!](#) Don't fancy redecorating? Check out [this video for ways you can train during lockdown](#).

**Kids!** If you want to try anything in this video you must be **supervised, safe and ABOVE ALL have permission.**



### OR TRY SOMETHING NEW?



If your parents don't want you climbing around the table and you're getting a bit bored of Netflix, why not try a new skill? Last week the BBC said that [more than 1 in 10 people are using lockdown to learn something new](#). Lerner, our Kids Club Manager, is trying her hand at the piano but lots of people are learning languages, trying out crafting or even giving coding a go. Don't know where to begin? [Here's a handy guide to get you started](#).



### GOODBYE TO..

It is with great sadness that we learned of the death of Joe Brown, CBE. A climbing pioneer, Joe established a number of new routes in Snowdonia and the Peak District and opened one of the first climbing shops in Britain. [He died peacefully at his home in April](#)

## THE BEST PLACES TO ROCK CLIMB IN THE WORLD!

Our holidays may have been cancelled but we're already planning our next climbing trip. Check out these incredible pictures from Chris Santella's new book 'Fifty Places to Rock Climb Before You Die'



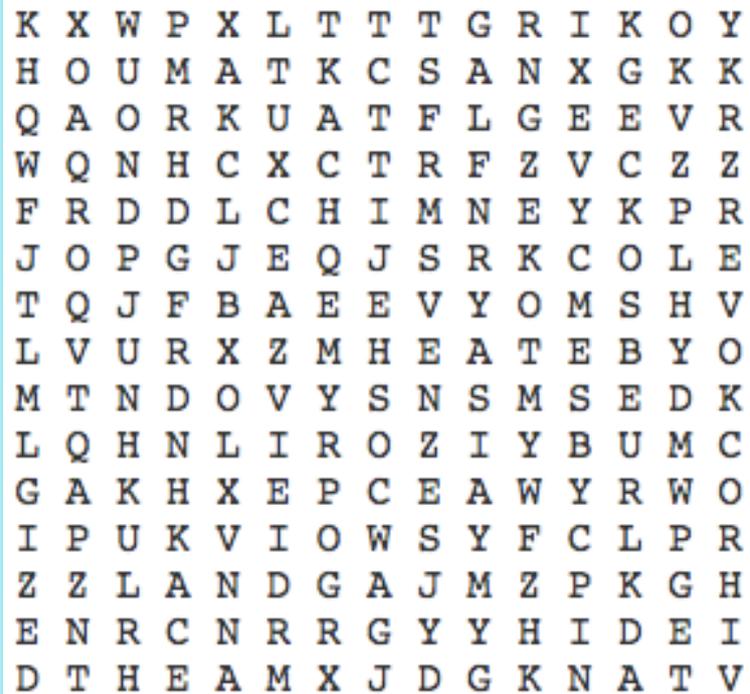
## THE VINTAGE CLIMBING LOOK

Last week's V.E day celebrations prompted us to take a look back at some 20th century climbing wear. Here's 'Angel of the Dolomites' Emilio Comici. Look at those boots! We much prefer the lightweight fabrics (and harnesses) of today.



## WORDSEARCH

Know your beta from your boulder? Sharpen up your climbing vocabulary with this wordsearch.



**BETA** - This is what other climbers give you when imparting information about a route such as any trick moves or equipment placements.

**CHIMNEY** - A feature of rock; a crack wide enough to fit your whole body in to.

**CRUX** - The most difficult move on a climb or the hardest part of the route.

**FLAG** - Dangling or sticking a leg out to improve balance when climbing.

**GECKOS** - nocturnal and often highly vocal lizards which have tiny hairs on their feet which are so small that they bind on to surfaces at a molecular level.

**HAND JAM** - Inserting the hand into a crack and squeezing it so that it grips.

**HEELHOOK** - Using the heel to grip and pull the body towards the rock.

**PINCH** - A hold that is squeezed between the thumb and fingers for grip.

**ROCKOVER** - To gain height by placing the foot on a high hold and rocking the centre of gravity onto it.

**TRAVERSE** - A lateral move or route; going mainly sideways rather than up or down.