

Climbing and Mountaineering

History of the Sport

It's nearly impossible to tell when humans first began what may be considered rock climbing. Historical paintings and evidence suggest that humans have been climbing mountains since at least 400 BCE, but it's likely the practice **predates** even this. Great Britain may be seen as the official birthplace of the sport of rock climbing as W. P. Haskett Smith, known as the Father of Rock Climbing, became a national **phenomenon** for climbing the Napes Needle, on Great Gable in The Lake District, in 1886.

Due to the **accomplishments** of Smith and others, rock climbing began to be officially practiced as a distinct hobby throughout many areas of Europe. Clothing probably included a coat of tweed and boots **shod** with conical hobnails. Rope if used would be made of hemp. In winter an ice axe fashioning a 3ft shaft from seasoned **hickory** may also have been employed.

The 1950s witnessed an explosion of rock climbing popularity, as new grading systems, techniques, and equipment helped bring the sport to previously-unseen levels. As public interest continued to rise across the globe, rock climbing became increasingly safer, as researchers worked to produce upgraded equipment. Throughout the latter half of the twentieth century, rock climbing saw a **meteoric** rise in popularity and respect. During this time, the sport underwent a period of rapid development, as techniques and practices were refined to **hone** the practice. Because of the free flow of ideas and of the popularity of rock climbing, the first indoor rock climbing wall was built at Ullswater School in Penrith in 1960. The production of this rock-climbing wall changed the face of the sport forever, as it gave **aspiring** athletes a new method of competition. Additionally, it provided a training ground for experienced climbers who looked to practice and improve their techniques in a safer setting.



Shauna Coxsey

Born: 27 January 1993. **Runcorn**, England.

Only in her mid 20s, Shauna Coxsey is already Britain's most successful ever competitive climber and the UK's first ever **Bouldering** World Champion. Considering she does not come from a climbing background,

Coxsey first went to a climbing wall when she was only four years old. She immediately knew that climbing was her thing – and hasn't looked back since. In 2016, she was named in the Queen's Birthday Honours list as a recipient of an **MBE** – the very same weekend she claimed the IFSC Boulder World Cup title.

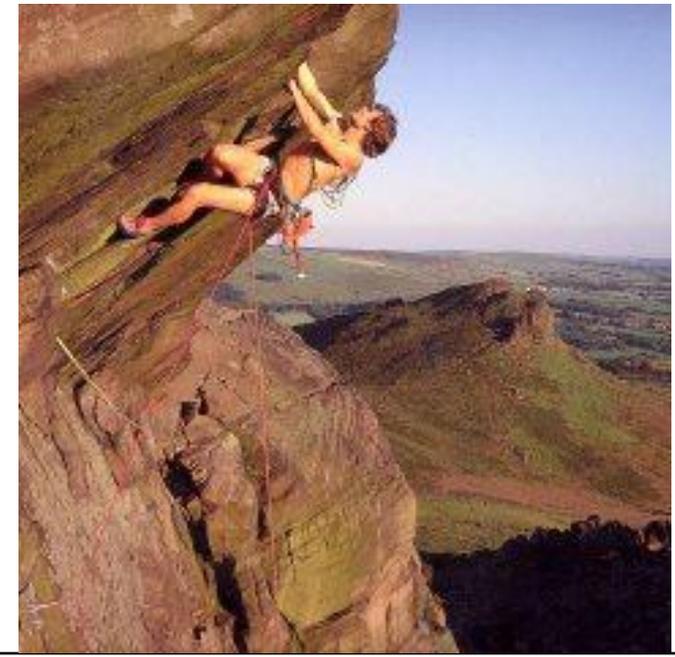
Now, Shauna has her sights on the 2020 Olympics in Tokyo, where climbing will make its debut.



Climbing Milestones

Some of the major milestones in climbing are as follows: 1802 first recorded **ascent** of Scafell Pike. 1857, The Alpine Climbing Club was founded and is recognised as the first ever climbing club. 1944 BMC British **Mountaineering** Council formed. 1938 North Face of The **Eiger** climbed. 1953 Everest **summitted**. 1989 First Climbing World Cup. 2020 Climbing in The Olympics.

Climbing and Mountaineering - Vocab



1. Ascent _____
2. Mountaineering__ _____
3. Summited _____
4. Predates _____
5. Phenomenon _____
6. Accomplishments _____
7. Shod _____
8. Hickory _____
9. Meteoric _____
10. Hone _____
11. Aspiring _____
12. Runcorn _____
13. Bouldering _____
14. MBE _____
15. Eiger _____

What else I would like to know.....