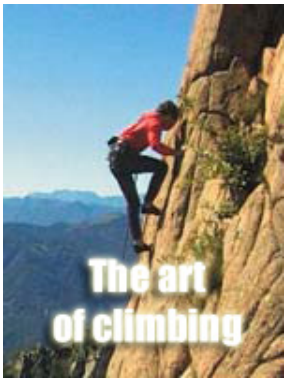
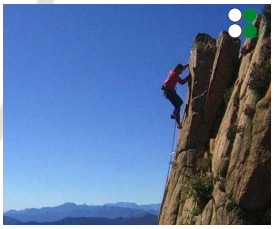


The art of climbing

Directed by: Luigi Cammarota & Paolo Caruso
Produced by: SD Cinematografica
Duration: 2x30'
Versions:
Format: SD

The movement on rocks, artificial structures, snow and ice is substantially the same.
So far, it has been impossible to establish the basic movements of climbing.
At present, Paolo Caruso's technique teaches how to climb in order to develop one's specific motor behaviour even without muscular training.
The author exploited his own experience as Alpine-climber and as teacher of climbing, as well as his practice of ancient Oriental disciplines, to introduce a new technical and didactic method which takes into account, for the first time, the main features of climbing without neglecting the importance of a global view on this matter, so that motor behaviour, breathing and mind can be harmoniously developed.



EPISODES:
- Basic principles of the movement
- Technical progression

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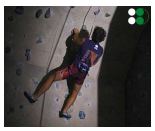
Episodes

Basic principles of the movement
Luigi Cammarota & Paolo Caruso
In the first chapter of "The art of climbing", we focus on the basic principles of the movement.



Technical progression
Luigi Cammarota & Paolo Caruso
In this second chapter of "The art of climbing" we focus on the technical progression.

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