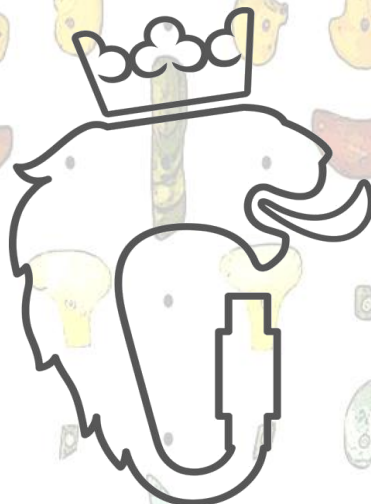


p_board

a Jerry Medernach & Gilbert Kohl Production

CONCEPT



iclimb.lu

COACHING & EVENTS

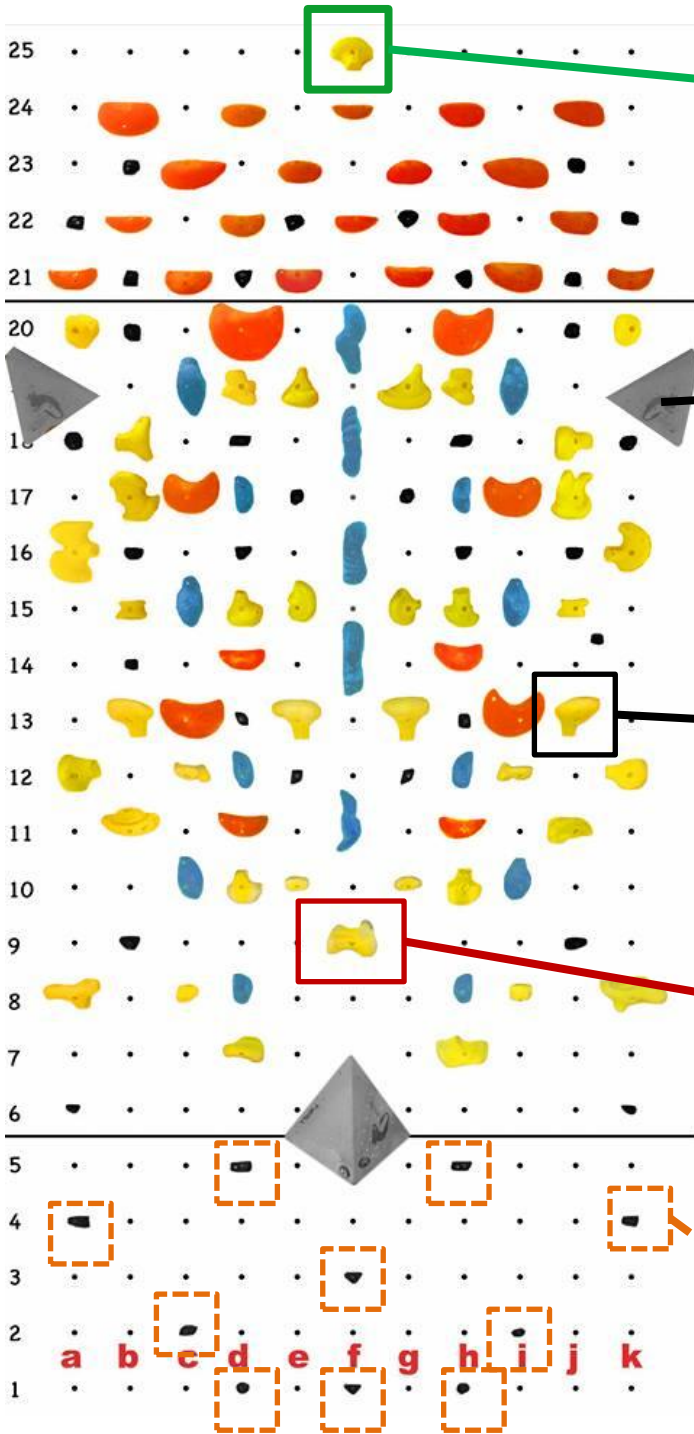
www.pboard.training



CONCEPT OF THE P-BOARD

- ❖ All climbers are welcome to set new Boulders
- ❖ All the Boulders will be reviewed before being published
- ❖ Only the marked holds are used for the corresponding Boulders (see picture below)
- ❖ The dash board footholds can always be used
- ❖ All other footholds (e.g. the two on the lower volumes) can only be used when marked
- ❖ The volumes (not any holds set on) can always be used
- ❖ The start holds are marked red
- ❖ The top is marked green

CONCEPT OF THE P-BOARD



Top hold:

Must be held with two hands for 2 s

Volumes:

Are always part of the Boulder

Hold:

This hold part of the Boulder

Start holds:

Are marked red

Dash Board Footholds:

Are always part of the Boulder