

What is Bouldering?

Bouldering is a formal discipline of rock-climbing and now an Olympic sport in it's own right. Performed at low height without ropes or belay devices, it involves a high degree of problem solving and physical exertion.

At Freestyle there are many different routes in the gym. Each route is formally called a '*problem*' and each '*problem*' is defined by coloured holds/grips. Each '*problem*' has a defined start point A and a defined finishing point B. The aim is to work out how to physically get from point A to point B with using the one colour only. '*Problems*' are graded from easy to hard to cater for all levels of physical capacity.

Solving these '*problems*' often involve a lot trial and error and adaptation. There is no right and wrong - just whatever works for you! If something isn't working, try another way! Think different. You'll be surprised just how much energy you use *working the problem*. Think of it as a marriage between yoga and chess!



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Because holds are installed on a interchangeable grid system there are regular changes to keep things fresh, interesting and unpredictable.

Whilst there is no one 'right' way over another, there are specific skills and techniques that help. Many of these skills can be applied to everyday life. The better your get at this, the higher the grades and the more refined is the craft as it illustrates a beautiful act of calculated efficiency and control.

“A beautiful act of calculated efficiency and control”

How's it so healthy?

Once you learn some foundation skills, Bouldering becomes a whole-body activity. There's way more to this than strong fingers as this fast-growing popular global sport has evolved ... a lot.

The cognitive learning is significant due to its problem-solving nature and having to constantly adapt to different situations. Nothing is the same.



Confidence is built on the back of achieving small goals one at a time. Every attempt is an opportunity to learn and a step closer to solving the problem. As such, lessons in resilience also form as every failure is a step closer towards a positive outcome.

Is it safe?

Absolutely and our record proves it.

Safety mats and correct technique provide the assurance that you're safe at all times. You also need to earn the right to progress at Freestyle which means you won't find yourself in a compromised position. However, your comfort zone has a fine line and stretching it gently is important because this is where the magic happens!