



DO YOU REALLY WANT IT TO BE EASY?

A REDPOINT JOURNAL FOR CLIMBERS

ANDREI MANDZUK

**GO AND TELL YOUR FRIENDS
THAT YOU LOVE THEM.**

THANKS FOR THE BETA, TOM.



FRONT COVER PHOTO:

PHOTOGRAPHER: EVAN STEWART

CLIMBER: ANDREI MANDZUK

ROUTE: DINOSAUR HIGHWAY (14A/ 8B+)

LOCATION: HORNE LAKE, VANCOUVER ISLAND

DO YOU REALLY WANT IT TO BE EASY?

A REDPOINT JOURNAL FOR CLIMBERS

ABOUT THE AUTHOR:

ANDREI MANDZUK IS A ROCK CLIMBER, WHO JUST CAN'T STOP GETTING WAY IN OVER HIS HEAD ON LONG TERM PROJECTS. HE CREATED THIS REDPOINT JOURNAL TO HELP HIMSELF AND OTHERS RECORD AND OPTIMIZE THEIR LEARNING THROUGHOUT THE PROJECTING PROCESS.

WHEN HE'S NOT CLIMBING, HIS TIME IS SPLIT BETWEEN WORKING AS A MENTAL PERFORMANCE CONSULTANT, COLLEGE PROFESSOR, AND CLIMBING COACH. ANDREI HOLDS A MASTERS DEGREE IN SPORT AND EXERCISE PSYCHOLOGY; HE IS REGISTERED WITH THE CANADIAN SPORT PSYCHOLOGY ASSOCIATION, AND CERTIFIED BY THE ASSOCIATION OF APPLIED SPORT PSYCHOLOGY.

IN THESE ROLES, ANDREI HAS BEEN HONOURED TO WORK WITH PROFESSIONAL AND OLYMPIC ATHLETES ACROSS A RANGE OF SPORTS. INCLUDING AS A COACH WITH CLIMBING CANADA.

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PREAMBLE

**THE ART AND SCIENCE OF PROJECTING
PRODUCED BY ANDREI MANDZUK**

STEPPING INTO THE UNKNOWN, AND CHOOSING TO PROJECT A CLIMB, IS A BRAVE DECISION TO MAKE. IT REQUIRES COMMITMENT, AND A WILLINGNESS TO FAIL.

ON THE BAD DAYS, YOU'RE SIGNING YOURSELF UP FOR FRUSTRATION, DOUBT, PAIN, AND SUFFERING.

YET WHEN THE DAY GOES WELL, BREAKTHROUGHS HAPPEN, AND PROGRESS IS FELT; THEN THE REWARD IS JOY, SATISFACTION, AND THE ELUSIVE FEELING OF ACCOMPLISHING SOMETHING WHICH ONCE FELT IMPOSSIBLE.

TO PUT IT SIMPLY... IT IS A ROLLERCOASTER OF EMOTIONS.

BY CHOOSING TO ACCEPT THE CHALLENGE OF PROJECTING, YOU ARE OPTING INTO AN EXPERIENCE WHICH WILL PUSH YOU TO GROW AND DEVELOP. NOT ONLY AS A CLIMBER, BUT AS A HUMAN.

THE LESSONS, IF YOU'RE OPEN TO LEARNING THEM, INCLUDE RESILIENCE, PERSEVERANCE, OPTIMISM, RECOVERY, AND MORE.

IT HAS BEEN A PRIVILEGE TO LEARN THESE LESSONS OVER YEARS OF CRAG CONVERSATIONS, COACHING SESSIONS, AND SELF-REFLECTION. I HOPE THAT THIS JOURNAL HELPS YOU TO LEARN THEM TOO.

GLOSSARY

REDPOINT:

LEADING A ROUTE YOU'VE PRACTICED OR REHEARSED. OFTEN REQUIRING ADVANCED PREPARATION.

PROJECT:

A ROUTE THAT REQUIRES SUSTAINED AND COMMITTED EFFORT OVER MULTIPLE SESSIONS AND ATTEMPTS.

BETA:

INFORMATION ABOUT THE MOVEMENT AND SEQUENCE YOU WILL USE TO CLIMB THE ROUTE.

CRUX:

THE MOST DIFFICULT OR CHALLENGING MOVE OR SECTION ON THE ROUTE. THERE COULD BE MULTIPLE.

PERFORMANCE GOAL:

WHAT OUTCOME ARE YOU AIMING FOR ON THIS ATTEMPT (FOR EXAMPLE: 5TH BOLT CLEAN).

PROCESS GOAL:

WHAT ACTION IS WILL HELP YOU ACHIEVE THIS OUTCOME (FOR EXAMPLE: CONTROLLED BREATHING).

HIGHPOINT:

THE HIGHEST MOVE ON THE ROUTE THAT YOU'VE CLIMBED TO FROM THE GROUND BEFORE FALLING.

LOWPOINT:

THE LOWEST MOVE ON THE ROUTE THAT YOU'VE CLIMBED TO THE CHAINS FROM WITHOUT FALLING.

**"THE ONE WHO MOVES A
MOUNTAIN BEGINS BY
CARRYING AWAY SMALL
STONES."**

- CONFUCIUS

GENERAL INFO

CLIMB NAME:

GRADE:

LOCATION:

APPROACH:

SESSIONS:

ATTEMPTS:

WHY DO YOU WANT TO TRY THIS CLIMB?:

WHAT TACTICS WILL BE IMPORTANT ON THIS CLIMB?:

OTHER NOTES:

MILESTONES

HIGHPOINT:



LOWPOINT:



BINGO:

GOING TO THE CHAINS	TWO HANG	CLIPPED ALL THE DRAWS ON LEAD
DOING THE CRUX IN ONE GO	FIRST GENUINE REDPOINT ATTEMPT	BELOW THE CRUX TO THE CHAINS
ONE HANG	DOING ALL THE MOVES INDIVIDUALLY	FROM THE GROUND TO PAST THE CRUX

BETA AND GEAR: 1

BETA MAP:

GEAR LIST:

BETA AND GEAR: 2

BETA MAP:

GEAR LIST:

BETA AND GEAR: 3

BETA MAP:

GEAR LIST:

**“SUCCESS COMES FROM
KNOWING THAT YOU DID
YOUR BEST TO BECOME
THE BEST THAT YOU ARE
CAPABLE OF BECOMING.”**

- JOHN WOODEN

SESSION SUMMARY

USE THESE BOXES TO SUMMARIZE YOUR REFLECTIONS AFTER EACH SESSION SPENT TRYING THE ROUTE.

YOU MIGHT WANT TO INCLUDE INFORMATION SUCH AS ENVIRONMENTAL CONDITIONS, HOW RESTED YOU WERE, YOUR HYDRATION OR NUTRITION, CHALLENGING MOMENTS, LESSONS LEARNED, AND ANYTHING ELSE THAT YOU WOULD BENEFIT FROM REMEMBERING.

TRY TO FIND A CONSISTENT TIME AT THE END OF EACH SESSION TO COMPLETE YOUR REFLECTIONS. IT HELPS TO REVIEW YOUR ATTEMPTS FROM THE DAY; REFLECTING ON YOUR PREPARATION AND PERFORMANCE, AND SETTING YOURSELF UP FOR SUCCESS NEXT SESSION.

SESSION 1:

DATE:

SESSION 2:

DATE:

SESSION SUMMARY

SESSION 3:

DATE:

SESSION 4:

DATE:

SESSION 5:

DATE:

SESSION 6:

DATE:

SESSION SUMMARY

SESSION 7:

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SESSION 8:

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SESSION 9:

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SESSION 10:

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SESSION SUMMARY

SESSION 11:

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SESSION 12:

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SESSION 13:

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SESSION 14:

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SESSION SUMMARY

SESSION 15:

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SESSION 16:

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SESSION 17:

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SESSION 18:

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SESSION SUMMARY

SESSION 19:

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SESSION 20:

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SESSION 21:

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SESSION 22:

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SESSION SUMMARY

SESSION 23:

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SESSION 24:

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SESSION 25:

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SESSION 26:

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**"THE IMPORTANT THING IN LIFE IS
NOT THE TRIUMPH, BUT THE
STRUGGLE; THE ESSENTIAL THING
IS NOT TO HAVE CONQUERED
BUT TO HAVE FOUGHT WELL."**

- PIERRE DE COUBERTIN

BEFORE YOU CLIMB

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- 1:
- 2:

TWO THINGS I
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- 1:
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TWO REASONS TO
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- 1:
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TWO KEY WORDS
TO REPEAT:

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I PERFORM MY BEST WHEN I AM:

THINKING



FEELING



DOING



OTHER NOTES:

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WHERE DID YOU FALL:

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I PERFORM MY BEST WHEN I AM:

<u>THINKING</u>	<u>FEELING</u>	<u>DOING</u>
		

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WHERE DID YOU FALL:

WHY DID YOU FALL:

DID YOU ACHIEVE YOUR GOALS?

PROCESS:

PERFORMANCE:

REFLECTIONS?

WHAT WENT WELL:

WHAT DIDN'T GO WELL:

LESSONS?

YOU WILL KEEP DOING:

YOU WILL CHANGE:

OTHER NOTES:

BEFORE YOU CLIMB

SESSION #:

ATTEMPT #:

CONDITIONS:

PERFORMANCE GOAL:

PROCESS GOAL:

I HAVE SUCCEEDED IF:

TWO THINGS I AM
IN CONTROL OF:

- 1:
- 2:

TWO THINGS I
CAN LET GO OF:

- 1:
- 2:

TWO REASONS TO
BE CONFIDENT:

- 1:
- 2:

TWO KEY WORDS
TO REPEAT:

- 1:
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I PERFORM MY BEST WHEN I AM:

THINKING



FEELING



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**“CARETAKE THIS MOMENT. IMMERSE
YOURSELF IN ITS PARTICULARS.
RESPOND TO THIS PERSON, THIS
CHALLENGE, THIS DEED. QUIT EVASIONS.
STOP GIVING YOURSELF NEEDLESS
TROUBLE. IT IS TIME TO REALLY LIVE; TO
FULLY INHABIT THE SITUATION YOU
HAPPEN TO BE IN NOW.”**

- EPICTETUS

NOTES

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NOTES