

Hitting heights rock climbing

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MY hands are tired and my body is shaking. I can't loosen the grip in my hands! I go one more step. What am I doing?

I have three reasons on why I like rock-climbing. It is fun going up the wall. When I pull myself up, I like how I can feel the cool air swooshing towards me. The cool air makes me want to do rock climbing. When I reach the top, I always look down. It feels great to look down. The feeling I get when I look down is that I feel like I'm on top of the world! When I come back down from the top, people give me good comments. For example, they say, "You are the best in rock climbing!" I am always happy to get good comments on rock climbing.

Rock-climbing helps me in many different ways. Rock climbing is good for your hands and feet. Rock climbing is an exercise where you can use your hands and feet. You pull yourself with your hands and you step on the wall with your feet. When I do rock climbing, I get stronger. I think I got stronger by pulling myself up and climbing the wall a lot of times. I think I became more brave, because I could do rock climbing and didn't become afraid of letting go of my hands. When I do rock climbing, I get muscles. I also get a lot of energy. When I exercise, I want to get muscles, because that proves that I'm exercising properly. Rock climbing is excellent exercise in lots of ways.



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This is when I started to like rock climbing. I didn't know what rock climbing was at first, but now I know. I got to know it when I first tried. I tried the easiest one which was the one with straight walls. I tried rock climbing in PE at first. In PE, Mr Potter (PE teacher) held on to me with a rope that was connected to the harness I was wearing. When I couldn't go any farther, I was scared if I will crash onto the ground, but I couldn't hold it! I let my hands go free and I landed safely! I was so surprised and glad that I didn't crash onto the ground. I got braver after I tried it. My mom took me to a rock climbing center and I became better and better!

Now you know about why, how, and when I like rock climbing.