



## The Rock Warrior's Way: Mental Training for Climbers

By Arno Ilgner

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Mental training is scarcely covered in the climbing literature, yet it is as important to performance as strength, flexibility, and technique. In his unique approach to mental training, Arno Ilgner draws essential elements from the rich 'warrior' literature, as well as from sports psychology, and combines these with his extensive climbing experience to create The Rock Warrior`s Way. Here is a comprehensive program for learning how to focus your mental resources during a challenging climb. It includes step-by-step guidance on motivation analysis, information gathering, risk assessment, mental focus, and deliberate transition into action. Poor use of attention creates fear, which can manifest itself as anything from performance anxiety to sheer terror. By using attention more purposefully we can understand how fear is created, deal with it effectively, and free ourselves to get back in touch with a far more powerful motivating force--our love of climbing. We can then create the kind of unbending intention that leads to outstanding performance. The Rock Warrior`s Way is a revolutionary program for climbers who want to improve both their performance and their enjoyment of climbing.

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# The Rock Warrior's Way: Mental Training for Climbers

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### **Editorial Review**

#### **About the Author**

Arno Ilgner distinguished himself as a pioneering rock climber in the 1970s and 80s, when the top climbs were bold and dangerous first ascents. These personal exploits are the foundation for Ilgner's unique physical and mental training program--The Warrior's Way. In 1995, after a thorough search of the literature and practice of mental training and the great warrior traditions, Ilgner formalized his methods, founded the Desiderata Institute, and began teaching his program full time. Since then, he has helped hundreds of students sharpen their awareness, focus attention, and understand their athletic (and life) challenges within a coherent, learning-based philosophy of intelligent risk-taking. Ilgner considers the joy and satisfaction in the effort the journey intimately linked to successful attainment of goals, the destination. Alumni of his courses now include some of the nation's most prominent climbers. Ilgner has run clinics in the north- and southeastern U.S, to California, Canada, and the U.K. He has worked with young competition climbers and written national magazine articles based on his methods. He holds a BA in geology, spent several years operating his own geological consulting firm in the Wyoming oil fields, acted as Chief Financial Officer for an industrial tool distribution company, attended the Army Ranger School, and served a non-combat tour of duty in Korea. He currently resides with his family near Nashville, Tennessee.

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##### **Richard Riggins:**

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