

攀岩專有名詞

A.	
Abseil	利用繩索進行下降，同"rappelling"。
Aid Climbing (n.) The use of anything other than the natural rock features to make progress up the rock. (antonym: freeclimbing)	人工攀登：有用到天然把手點以外的用西來幫助攀上岩壁（相反詞：自由攀登）。
Aid route	只能用人工攀登技巧攀登的路線
Allez (v.) French for "Go!" Used to encourage climbers to push on.	加油：法文加油的意思，鼓勵攀登者繼續前進。
Anchor	
Arete Climbing	岩角
A vue (adj.) French for "onsight", a clean ascent first try with no prior knowledge of the route (see onsight).	法文"onsight"之意，完全是第一次嘗試就爬完路線，以前從來沒爬過。
B.	
Back Stepping	【 把手點及動作 】
Barn door (n.) an off balance move that causes a climber to pivot on two points of contact making it more difficult to cling to the rock. 2. (vb.) to perform a barn door.	開門：一種失去平衡的動作使攀登者像開門一樣旋轉而更難抓住把手點。
Belay (vb.) to keep the climber safe by controlling the rope. 2. (n.) a session of belaying	確保：控制繩索以確保攀登者的安全。
Belay Device	確保器
Belayer (n.) the person keeping the climber safe by controlling the rope.	確保者：做確保動作的人。
Beta (n.) information about a route.	有關攀登路線的資訊。
Betaflash (n.) a clean first ascent with no falls after having recieved beta. (This contrasts an onsightflash, a clean ascent with no prior knowledge of the route. 2. (vb.) to perform a betaflash.	在看過攀登資訊後第一次攀登就成功登頂。(和 onsightflash 不同， onsightflash 是沒有任何攀登資訊便一次成功登頂。
Big wall (n.) A long route that takes many pitches or rope lengths to ascend. 2. (adj.) of or pertaining to a big wall. (e.g. big wall climbing gear)	大岩壁：須要好幾個繩距的長路線。攀登時要攀登數個繩距的長度才能完成攀登的長路線。
Biner (n.) abbreviation for caribiner, a short loop of metal with a gate on it to attach things together.	Carabiner 之簡稱。

Bivy (n.) a place to spend the night. 2.(vb.) to spend the night, often in an unexpected location.	
Bolt (n.) metal secured into a drilled hole in the rock as means of protection. Often accompanied by a hanger, an eyelet to which a carabiner can attach.	一種金屬器材，通常釘在岩石上作為保護點，上面有洞可以連接鉤環。
Bomber (adj.) a corruption of "bombproof" meaning very secure.	通常是指特別穩固的把手點或固定點。
Bombproof (adj.) Very secure, unlikely to move even in case of catastrophe.	表示固定點是絕對可靠的。
Boulder (n.) a rock short enough to climb relatively safely without a rope. (vb.) to climb a boulder.	不利用繩索，在安全的高度下進行路線的攀登。
Bowline	稱人結【 總結 】
Bucket (n.) a big handhold that is easy to hold on to.	一個容易抓住的大把手點。
Buildering (n.) to climb on buildings or manmade structures. Often done for training for rock climbing.	攀登大樓或人工建築物。
C.	
Cam (n.) Short for camming device, removeable, portable protection that helps arrest a climbers fall.	可移動、輕便的確保裝備，用來阻止攀登者的墜落。
Campus (vb) to work out on a campus board. 2. (vb.) to rock climbing moves with feet dangling as if using a campus board.	意指只使用手臂來進行攀登，完全不用腳。
Campus board (n.) a wrunged ladderlike training device used to train for climbing. Originated by the Late Wolfgang Güllich, this simple device has been largely responsible for advances in climbing difficulty around the world.	一種木頭做的訓練板，上面有一些突起可用來練習動態的動作或是加強手指的力量。
Carabiner (n.) a loop of metal with a gate on it, much like a removeable chain link, used to attach elements of protection.	鉤環，有分多種型式。
Chalk (n.) white drying agent used to keep a climbers hands dry. Sometimes called "white courage" 2. (vb.) to apply chalk to hands.	白色的乾燥劑，擦在手上可以保持手部的乾燥；有時也稱"white courage"。
Chimney (n.) a parallel sided constriction wider than body width. 2. (vb.) to climb a chimney.	煙囪，平行垂直的裂隙之一，寬度通常比身體要寬。
Chipping (n.) the act of altering the rock by breaking it. Almost universally shunned by climbers, but still performed by those whose bodies and egos are too weak to meet the challenge of a climb.	利用外力來改變岩石的型態。

Chock	一束鐵絲連接一塊固定形狀金屬所做成的保護裝置。也可稱為 nuts、stoppers、wires、rocks。
Choss (n.) loose, bad quality rock.	脆落、材質不好的岩石。
Chossy (adj.) like choss.	
Chris Sharma	【 Chris Sharma 】
Clip-In	掛繩【 先鋒攀登 】
Clove hitch	雙套結，一種常用，容易調整的繩結。通常連結在鈎環上。
Cord	細的靜態用繩。(5-6mm 直徑)
Crack climbing (n.) the act of climbing continuous cracks in the rock often requiring specific techniques and protection methods.	裂隙攀登，通常需要特殊的攀岩技巧和保護方法。
Crank	
Crater (vb.) to fall off a climb to the ground.	墜落並撞到地面。
Crimp (vb.) to grip in a way such that fingertips contact the hold with knuckles raised slightly.	手部攀岩技巧之一，利用手指尖端和岩面接觸並用力。通常把手點都很小。
Crimper (n.) a small edged hold which is conducive to crimping.	【 把手點及動作 】
Cross through (n.) a reach with hand or foot that crosses the line of the other appendage.	
Crux (n.) the most crucial, difficult part of the climb.	攀登路線中最困難的部份。

D.	
Deadpoint (n.) to catch a hold at the apex of upward momentum at the point where the climber will experience the least force. (see "dyno"). 2. (vb.) to perform a deadpoint	必須要利用動態的移動去抓到的把手點，因為距離很遠，如果沒有抓到把手點，下場就是墜落；成功機率不大。
Descender	垂降時所用的裝備。
Diagonalling	
Dihedral (n.) a flaring rock structure shaped much like an open book. Often conducive to "stemming" techniques.	美國對內角岩面[inside corner]的稱呼。
Dirt me	意指"放我下來"，美國俚語。
Dog	重複的攀登同一條路線一直到產生固定的攀登模式。

Double fisherman's knot	雙漁人結，連接兩條繩子的固定繩結。【 繩結 】
Double rope	同時使用兩條(1/2)的繩子進行攀登。
Downclimb (vb.) to climb downward rather than upward on a climb.	下攀。
Downpull	
Draw (n.) short for "quickdraw", a useful link consisting of two carabiners connected by a length of rope or webbing. Often used to attach the rope to points of protection.	"quickdraw"之簡稱。用繩子或扁帶連接兩個鉤環而組成一個 draw，掛在保護點上作為臨時固定點。
Drop knee (n.) a technique requiring the downward turning of the knee to increase reach efficiency.	一種腳部的攀登技巧，需要將膝蓋朝向下方來達到平衡並移動到下一個動作。
Dude	在美國對攀岩者的通稱。
Dynamic belay	確保的方法之一，墜落時讓一小段繩子先滑過確保器再制動。這種方法可以減少重墜落所產生的衝擊力，不過也可能導致攀登者墜落到地面受傷。
Dyno (n.) abbreviation for "dynamic movement", a move that requires some use of momentum. (antonym: static movement) 2. (vb.) to perform a dyno.	利用動態的移動去抓下一個把手點。
E.	
Edge (n.) a small, horizontal hold. 2. (vb.) to stand on an edge with the corner of a shoe maximizing the pressure applied to a small area of rubber.	岩面上的尖銳邊緣。
Edging	攀岩之腳部技術之一；用岩鞋的邊緣去踩住很小的踏足點。
Elvis leg (n.) the uncontrollable shake of a leg uncontrollably during a climb. Often due to a combination of nerves and overcontraction of muscles. Also called sewing machine leg.	在攀登過程中不能控制的腿部震動。又稱為 sewing machine leg。
Elvis syndrome	【 把手點及動作 】
Etrier	人工攀登時用的繩梯。
F.	
F.A. (n.) abbreviation for "first ascent". Often seen in guidebooks to list the people responsible for the route.	第一次攀登(FIRST ASCENT)的縮寫。根據路線指導手冊的指示所做的第一次攀登。
Face climbing	岩面攀登，不同於裂隙攀登。

Fall	【墜落】
F.F.A. (n.) abbreviation for "first free ascent", first ascent that did not use aid gear.	沒有使用人工攀登器材所做的第一次攀登。
Figure 4 (n.) An uncommon technique to make long reaches that requires lifting a leg over one arm putting the body in a position that resembles a "4".	比較少見的技術，為了提升較長的距離將腿提高超過一支手臂來拉住身體使身體呈現像數字 4 的形狀。
Figure 8 (n.) a common rappel / belay device shaped like the number "8".	制動器之一種，形狀像數字八。
Figure 8 knot (n.) Also known as the "double figure 8" or "figure 8 follow through". The most common knot used to attach the climber's harness to the rope.	八字結。【繩結】
Finger jam (n.) a specific climbing technique that involves inserting fingers into a crack or slot and increasing their volume so that they will not pull out. Also called a finger lock. 2. (vb.) to perform a finger jam.	一種特殊的攀岩技巧；將手指塞入裂隙中使其固定無法拉出來。
Finger lock (n.) see "finger jam"	同"finger jam"。
Finger Pocket	【把手點及動作】
Fixed protection (n.) gear that is left on the rock for future use.	任何留在攀登路線上的器材用來保護攀登者。
Flag (vb.) to dangle a leg in a way that improves balance.	【把手點及動作】
Flapper (n.) a superficial injury resulting in a loose flap of skin.	因為墜落造成一小塊皮膚脫落而受傷。
Flash (n.) completion of a climb first try with no falls. 2. (vb.) to perform a flash.	第一次攀登路線就完攀而且沒有墜落、沒有事先練習。
Follow (vb.) to climb after the leader had finished setting up the rope at to top anchors. Involves top roping and removing protection placed by the leader.	跟著前一位攀登者完成路線的攀登。
Foot Switch	換腳
Free Climb (vb.) to use of only natural rock features to make upward progress on a route. Man made gear may be used only for protection. (antonym: aid climbing) n free climbing	只利用手、腳、以及自然的岩點來完成路線的攀登。
Free Solo (vb.) to free climb without any manmade protection at all.	攀登時不用繩索確保，如果發生墜落，自求多福吧！
Friend	活動岩器的通稱。

Gaston (n.) a climbing technique that involves sidepulling with an elbow pointed outward.	一種攀登的技術：手臂側拉而手肘朝向外側。
Gate	鉤環的開門部份。
Gemini Cord	
Gerry rail	把手點的形式大到可以適合任何等級的攀岩者。
Girth Hitch	鞍帶結【 繩結 】
Glove Hitch	雙套結【 繩結 】
Greasy (adj.) slippery	
Grimp Grip	
Gripped (adj.) tired and/or scared. Often a synergy between the two.	疲倦和恐懼。
Grigri	自動確保器
Gym (n.) an indoor climbing facility consisting of manmade walls.	室內的攀岩場所包括人工岩牆。

H.	
Half rope	直徑約 8.5-9mm，在先鋒攀登時需使用兩條一起操作。
Hand jam (n./vb.) a climbing technique involving insertion of a hand into a constriction and expansion of the hand so that it will not pull out.	手部攀岩技巧之一，將手掌放入裂隙之中支撐住。
Hand Taping	貼手膠布
Hang Dog (vb./n.) to repeatedly rest on the rope while climbing.	在攀登時不停地在繩子上休息。【 先鋒攀登 】
Harness	吊帶，攀登時穿在身上的東西。
Heel hook (n./vb.) a climbing technique involving the use of a heel to pull down like a third arm.	腳部攀登技巧之一，利用腳尖鉤住岩壁如同第三隻手。
Heel toe lock (n./vb.) a climbing technique involving the wedging of a foot lengthwise in a constriction	利用岩鞋的前後邊緣塞住裂隙進行攀登。
Helmet	頭盔。
High Stepping	【 把手點及動作 】

HMS	鉤環的一種，其中寬的一邊用來操作義大利半扣的確保方式。
Hooking	
Hueco (n.) a large indented pocket in the rock. From Hueco Tanks, a popular climbing area with many such features.	
I.	
Italian hitch	義大利半扣。【 繩結 】
J.	
Jam	將身體的一部份擠入裂隙中。
Jug (n.) a large easy to hold feature. 2. (vb.) to use jummars to ascend a rope.	
Jummar (n/vb) a device used to ascend a rope by sliding in only one direction.	攀登器之一種，用來抓住繩子向單方向移動。
K.	
Karabiner	鉤環；又稱'biner'（美）或 'crab'、'krab'（英）。
Katie Brown	【 Katie Brown 】
Kernmantle	編織繩
kN	千牛頓；1 千牛頓=100 公斤=220 磅
L.	
Lay back (n/vb.) a move requiring pulling with arms to the side and pushing with the feet in the opposite direction. (syn. lieback)	攀岩技巧之一，手臂拉的方向和腳施力的方向正好相反。
Lead (vb/n.) to climb starting with the rope on the ground clipping into protection points on the way up.	從地面上開始往上攀登，沿線架設確保點確保自己安全。
Locking biner	保險鉤環。
Lock-off	一隻手臂抓住把手點後完全彎曲並固定住，另一隻手再去抓下一個把手點或架設確保點。
M.	
Mantel (n./vb.) a climbing technique involving the transfer of upward force from a pulling action to a pushing action much	攀岩技巧之一；利用身體平衡提高身體高度至某一點，高度通常在腰部的位置。【 把手點及動作 】

like a child would climb the kitchen counter to reach the cabinets above.	
Match	【 把手點及動作 】
Mono / Monodoigt (n.) French for "one finger" pocket, a pocket in which only one finger can fit.	法語之"一指洞"；表示只能適用一根手指的小洞。
Munter hitch	用來確保的繩結。同"Italian hitch"。【 繩結 】
N.	
Nuts (n.) a flared piece of metal placed into a bottle neck constriction as a means of protection.	金屬製的確保岩器用來放在裂隙中。
Nut key	用來取出放在裂隙中的岩器。
Nut tool	同"Nut key"。
O.	
"Off Belay"	表示攀登者不需要確保，確保者可以解除確保。
Offwidth (n/vb) a crack that is neither wide enough to fit the whole body (chimney size) nor narrow enough to hand jam. Notorious for the necessity of awkward technique to climb.	表示裂隙的寬度寬到無法用擠塞的方式攀登，但是並沒有寬到可以用爬煙囪的方式進行攀登。
Onsight (n/vb.) a clean ascent with no falls, first try, with no prior knowledge of the route.	在沒有看過別人爬過路線、之前沒有資料的情況下，第一次攀登就無墜落完成整條路線的攀登。【 先鋒攀登 】
Open book	同"inside corner"。
Open hand (n.vb.) a technique that requires a maximum amount of skin contact from the hand. Often used on slopers. (antonym: crimper)	攀岩手部技巧之一，利用手部最大的面積和岩面接觸產生摩擦力，進而抓住岩點。
Overhand knot	單結【 繩結 】
Overhand Slip Knot	【 繩結 】
Overhang	岩面角度超過垂直面。
P.	
Party ledge	在特別困難或長距離的攀登路線上有一個可以用來休息的較寬的平台；有時候被用來作為確保的位置。
Perlon Cord	

Pillar	凸出的岩角。
Pinch Clip	【 先鋒攀登 】
Pinch Grip	【 把手點及動作 】
Pinkpoint (n.vb.) A clean (no-falls) ascent of a route on lead with gear pre-placed. The climber need only clip the rope into the preplaced protection while climbing. Note: This term has disappeared from sport climbing terminology with all clean leads called redpoints.	無墜落之先鋒攀登；但是攀登路線已經事先架好快扣或確保點，攀登者只需要將繩子掛入鉤環內。【 先鋒攀登 】
Pitch	繩距；兩個確保點之間的距離，通常不會超過繩子的長度。
Piton (n.) a long-nosed, spike shaped, piece of metal driven into cracks for protection or aid.	岩釘；金屬製的鐵片用來敲入裂隙中作為固定點。
Plastic (n.) common name for the material of which artificial holds are made.	意指人工製造的把手點的材質。
Pocket (n.) an indented climbing feature that requires insertion of appendages to use.	一種低窪的岩點形式，需要用插入的方式來使用。
Portaledge	一種懸吊式蓋在吊床上的帳篷，通常掛在大的岩壁上用來過夜。
Pro (n.) short for protection.	protection；在攀登中架設用來確保攀登者的確保點。
Prusik	利用繩索上升的滑動繩結。【 繩結 】
Pumped (adj.) tired. refering to the state of forearms in a desparate state, swollen and unresponsive.	肌肉疲勞、無力的感覺；特別指前臂部份。
Quickdraw (n.) two carabiners connected by a webbing or rope. used to link elements of protection.	兩個鉤環用一條短的扁帶連接在一起的裝備。
R.	
Rack	在攀登過程中攜帶的裝備。
Rad	運動攀登之俚語。
Rally	攀登路線時表現異常好；特別在普通難度路線。
Rappel (n/vb) the act of self belaying down the length of a rope to descend.	垂降；從繩索上利用自我確保的方式滑下來。【 垂降 】

Redpoint (n/vb.) a clean ascent with no falls, placing protection while climbing.	在先鋒攀登時沒有發生墜落、自行架設確保點，而完成路線的攀登。【 先鋒攀登 】
Resin	"pine tree resin"之全名，有別於 chalk 的另一種選擇，在某些地方使用可以有和 chalk 一樣的效果；但是它會永久性的傷害到岩石，因此並不被允許在美國使用。
Roll Clip	【 先鋒攀登 】
Roof	接近於平行水平面的岩壁；是 overhang 地形中極端困難的一種。
Runner (n.) a sewn or tied loop of webbing or rope used to connect protection elements.	將寬繩帶或扁帶縫成固定長度的繩圈。
Runout (n/vb/adj.) without adequate protection.	表示兩個確保點之間的距離太長了。
S.	
Sandbag (n/adj/vb) a climb that receives a rating inappropriately low rating for the difficulty.	
Schwag	不好的岩石狀況。
Scrambling	簡單的攀登路線，通常不用繩索。
Screamer (n) a very long fall.	距離非常、非常長的墜落。
Screwgate	利用螺絲鎖住的鈎環。
Second	跟在先鋒者之後的攀登者。
Send (vb) to complete a route successfully.	成功地完成路線的攀登。
Shoe (climbing shoes)	岩鞋
Side pull	需要手臂做水平側拉動作的把手點。【 把手點及動作 】
Sit start	在開始 boulder 之前的開始動作是坐在地上，然後再開始攀登。
Sketch pad	在 bouldering 時使用的護墊。
Slack	當攀登者需要更多繩索時所喊的口令。
Slab (n) a ramp. any climb that is less than vertical.	平坦的斜坡，低於垂直面。
Sliding X	【 確保系統架設 】
Sling (n/vb) a loop of webbing or rope (see runner)	同"runner"。

Slingshot	同 top-rope ，事先在路線上方架好固定點、繩子，確保者在地面確保攀登者進行攀登的形式。
Sloper (n.) a downward sloping hold.	岩面向下傾斜的把手點。【 把手點及動作 】
Smear (n/vb) the act of placing a large surface area of shoe rubber on a hold to create maximum friction.	將岩鞋底面的大部分橡膠與岩點接觸產生最大摩擦力的腳部攀登技術。【 把手點及動作 】
Snaplink	英國之"karibiner"正式名稱。
Solo (n/vb) abbreviation for free solo, climbing without protection or aid.	獨自進行路線攀登，沒有繩子的保護；在英國，它們叫做"free solo"。【 攀岩的種類 】
Spectra Runner	
Sport Climbing (n) a school of climbing that generally emphasizes shorter routes, physically difficult movement, and bolted protection. This includes gym climbing and competition.	強調短路線攀登、路線困難、用 bolt 做確保點、自行掛繩的攀登方式；一般在室內岩場或比賽的攀登方式皆屬此種。【 攀岩的種類 】
Stem (n/vb) movement requiring opposing outward pressure much like a child climbing a door jam.	類似裂隙攀登將兩腳分別向相反的方向推以保持身體的平穩，進而向上移動攀登。【 把手點及動作 】
"Stick it"	美國俚語，意指"hold on"or"go for it"。
T.	
Take	通常用來指攀登者已經完成路線的攀登，通知確保者放他們下來。
Tension	通常是攀登者要墜落前出聲向確保者提醒繩子太鬆，請確保者收繩。
Topo (n) a map of routes and their names.	攀登路線之簡圖；一份好的 topo 應該有 bolt 和確保點的位置、困難點的位置、路線的等級。
Top rope (n/vb) a climb that has the rope anchors preset at the top of the climb. In general this requires shorter falls than a "lead"	事先將確保點架好在攀登路線的上方，然後進行攀登。【 攀岩的種類 】
Traditional/ trad / trad climbing (n/adj) Climbing that emphasizes longer routes and removeable protection.	傳統攀登的形式，在可以見到的裂隙或岩洞中架設確保點，利用多次的繩距來完成路線的攀登，此種攀登通常要幾天的時間才能完成。
Traverse	橫渡；水平路線的攀登。
Trucker	同"bomber"。
Twistlock	

U.	
Undercling (n/vb) a hold that requires fingers to face upward rather than downward.	倒拉；需要向上施力的把手點。【 把手點及動作 】
Up rope	同"tension"。
V.	
V ratings (n.) an open ended scale used to rate the difficulty of boulder problems. See "ratings" in the beginner section for a conversion chart.	【 抱石難度系統 】
W.	
Water knot	水結【 繩結 】
Webbing	傘帶
Whipper (n) a fall.	非常長距離的墜落。
Wired (adj.) describing a well rehearsed climbing sequence.	
Woodie	家裡自置的攀登岩牆。
Wrap Grip	
X.	
X Games	極限運動會。
Y.	
Yabo	同"sit start"。
Yosemite Decimal System (YDS) (n.) the most common system used to rate difficulty in the U.S. Most technical rock climbing is rated on a scale of 5.0 to 5.14c/d with higher numbers representing harder climbs.	美國攀登路線的等級制度。【 難度系統 】
Yoyo	【 先鋒攀登 】
Yuji Hirayama	【 Yuji Hirayama 】
Z.	
Zipper (vb.) to pull out protection sequentially while falling.	墜落時將路線中之確保點扯下來。
Z-Pulley System	複雜的繩索運送系統；可以用很少的力量來拉很重的東西。