

## New Vocabulary - Nová slovíčka:

Published by server Czechclimbing.com  
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- **Spray** /sprej/ - **vychloubat se** - Boasting about yours or someone's achievements on rock, may be used as both a verb and a noun, e.g. I can't stand to hear billy spray about his latest sends.
- **Onsight - OS** /onsajt/ - **lezení na první pokus** - bez znalosti cesty - Climbing a route first go with no beta and no falls.
- **Flash - OSF** /fleš/ - **dát flesh, vylézt cestu na první pokus s informacemi** - (vidět někoho, prohlédnout si cestu z vedlejší cesty) o cestě nehledě na to zda je chcete nebo ne, Climbing a route first go after having received beta, regardless of whether or not you asked for it.
- **Red Point - RP** - **vylézt eRPé** - bez sezení a expresek v cestě - Climbing a route no matter how many attempts you need without preclipped quickdraws.
- **Pink Point - PP** - **vylézt PÉPé**, bez sezení a s expresekami v cestě - Climbing a route no matter how many attempts you need with preclipped quickdraws. Nowadays the same as RP.
- **Red Cross - RK** - **vylézt eRKá** - bez sezení s lanem zanechaném v posledním dosaženém jistění - Known also as YoYo style Without resting but rope could be preclipped in last reached bolt/protection.
- **Top Roping - TR** - **lezení s lanem shora, na rybu** - Climbing with the rope already through the anchor at the top of the pitch.
- **Soloing - sólování, lezení solo** - When a climber ascends without a partner, rope or equipment to protect him from a fall. A "Rope Solo" is when a solo climber uses a rope to self-belay.

Don't be  
a player hater!



# Sport Climbing 1.0 Dictionary

Hello, and welcome to the first installment of our **English / Czech** climbing dictionary. In the past there have been several, but none to my understanding were undertaken by both an English and Czech native speaker in conjunction. Also, after reviewing several **Slovníky**, I have concluded that many included simply general climbing terms, with a few pieces of slang which were largely unusable. The terms and definitions below reflect the current state of climbing, which is to say they reflect the large interest now held in sport climbing and bouldering- hard technical rock climbing. Below you will find the terms, their pronunciation in Czech if they differ from the English spelling, direct translations, short definitions, and examples of their use. In a future installment, we will reverse the order and give pronunciations for the Czech terms. We hope you find this dictionary, which by no means is complete, useful.

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- **Sloper** /sloper/ - **sklopan, kulatý chyt na tření** - A rounded hold with little purchase. Can be used as an adjective as well, i.e. The holds on Karma are so slopey.
- **Jug** /džag/ - **madlo** - A rather large, in-cut hold, i.e. The jug halfway up the route is a good rest. The rest of the route is jugs. There are several literal synonyms, such as bucket and handlebar.
- **Pinch** /pinč/ - **menší chyt vystupující ze skály, bere se stiskem, čuro** - A hold used by squeezing between one's thumb and fingers. Can be used as a verb as well, i.e. The route involves wild pinching on an arete.
- **Thumb Catch** /thomkatč/ - **stiskan, pozice pro palec většinou proti prstům při chycení lišty** - A part of a hold that is held by the thumb in opposition to the rest of the hand, i.e. There is a thumb catch next to the crimp which makes it really good.
- **Pocket** /páket/ - **kapsa, kapsička, jedno, dvou, tři prstovka** - A hole in the rock in which you insert your fingers, i.e. Action Direct is mostly one and two finger pockets.
- **Undercling** /andrklng/ - **spodní chyt, spod'ák** - A hold taken with wrist facing up, instead of down. May also be used as a verb
- **Sidepull** /sidpul/ - **boční chyt, bočák** - A hold taken sideways, pulling towards the body.
- **Intermediate** /intrmídiat/ - **mezichyt** - A (usually) bad hold used to get between two good holds, i.e. you can dyno to the jug, or you can use a small intermediate to get closer before you throw.
- **Gaston** - **beckend, často nad hlavou držený chyt působení tlakem směrem od těla** - A hold taken sideways, but pushing away from the body.

Ahoj, vítejte u prvního zveřejnění našeho anglicko / českého slovníku. V minulosti se již objevilo několik slovníků na stránkách různých webů, ale doposud žádný, pokud víme, nebyl obousměrný vytvořený dvěma (českým a anglickým) rodilými mluvčími.

Také po shlédnutí ostatních slovníků jsme došli k názoru, že mnohé obsahují jen všeobecné lezecké termíny a k tomu nějaký ten slang. Většinou však zahrnují výrazivo ne příliš používané.

Níže seřazené termíny a definice zachycují současný stav a mluvu v celé široké oblasti lezení, jako je sportovní lezení, bouldering a technické či bigwallowé skalní lezení.

Níže naleznete výrazy jejich výslovnost v angličtině, (v případě, že se liší od anglické psané verze), přímý překlad a vysvětlení a jejich použití. V budoucnu, bychom rádi udělali i opačný česko/anglický slovník. Doufáme, že tento slovník bude pro vás užitečný.

výslovnost

překlad čeština

**Player Hater** /pleɪr heɪtər/ - **žárlivý, závistivý parchant** - one who is jealous of others who are doing well for themselves, i.e. Don't be a player hater because I am beautiful. Can also be used as a verb, i.e. why you always playa' hatin'? Or simply, Why you be hatin' on me?

vysvětlení pojmu čeština/angličtina



## Hold Types - Typy chytů

- **Hold** /hold/ - **chyt** - Any part of the rock used with your hands. Grip can also be used, but is less frequent.
- **Crimp** /krɪmp/ - **lišta, malý chyt, jebka, necht'ák** - A small edge, also know as crimper or simply edge. Can be used as an adjective as well, i.e. Necessary Evil is a very crimpy route. Can be also used as a verb, i.e. I was crimping so hard, but still I could not hold on.
- **Knob** /nab/ - **větší chyt vystupující ze skály většinou zaobleného tvaru, čuro, kdoule** - An unusual hold that sticks out from the rock, also called a chicken head, i.e. in sandstone you can thread sanduhurs and sling large knobs for protection.
- **Finger Lock** /fɪŋgər lɒk/ - **vklinění prstů do díry nebo spáry v zužujícím se místě** - A hole or pocket in which you hang off fingers jammed in the rock, i.e. Serenity Crack is mostly thin finger locks up a beautiful crack.
- **Hueco** /waeko/ - **velká oválná kruhová díra** - Also known as a dish, a large pocket or bowl, i.e. I put my heel in the hueco and heel hooked. Named for the many dishes in Hueco Tanks.
- **Flake** /fleɪk/ - **odštěp** - A flake is a thin piece of rock that is detached from the main face, creating an incut hold.
- **Foothold** /fuθhɒld/ - **stup** - A hold on which to place your feet, often shortened to 'foot.' Chip, edge, divot, and smear are all versions of this.
- **Divot** - **malý stup** - A small hole of indentation in the rock, i.e. the limestone in Beaux has lots of divots in which to put your feet.
- **Nubbín** /nabɪn/ - **stup, výstupek** - A small knob or spike to place your foot on.
- **Smear** /smɪər/ - **stup na tření** - A flat or sloped foothold. Can be used as a verb, i.e. Hard slab climbing involves smearing on almost nothing.
- **Edging** /edʒɪŋ/ - **lišťovačka** - Climbing on crimps and positive features that are small, also called dime edging, i.e. hard vertical routes often require good edging skills. The opposite of smearing.
- **Holdless** /hɒldləs/ - **bez chytů** - Walls that are too holdless for free climbing often can still be ascended with the use of direct aid.

## Ratings and Grades - Stupně

- **Grade** - **stupeň** - a grade in regular terms is a mark indicating a level of accomplishment, an accepted standard, and a degree or stage in a process. Many people think bouldering grades are life or death but we know they are way more important than that. Bouldering grades can be used to measure your progress, impress your friends or inflate/deflate your ego. Once you have climbed the hardest grade you are free to disown the whole grading process and take a spirituality angle.
- **V-Scale** /ví skej/ - **boulderová stupnice** - The current grading scale used by most of the developed world. The 'V' comes from the safety conscious originator of the grading scale, John 'Volvo' Sherman [ed. note: the 'V' in the V-scale comes from John Sherman nickname of 'Vermin'].
- **YDS** - **Yosemite Decimal System - North America** - známá stupnice 5.12a, 5.12b...
- **UIAA** - **UIAA stupnice** - německá nepískovcová stupnice, German rating system
- **The French rating system** - **francouzská stupnice** - The French rating system is slowly becoming the international standard, at least for comparing really hard climbs. It's used in France (what a surprise), but also in Spain and Italy. Note that "+" but not "-" is used for further subdivisions.
- **Send** /send/ - **úspěšný pokus** - A successful ascent. The term 'to send' is a shortened version of the word 'ascend'.
- **Simul-climb** - **paralelní lezení** - When both the leader and follower are both climbing at the same time, connected by a rope with several pieces of protection between them. This is done on easy terrain, or if the rope is too short to reach a belay.
- **Follow** - **lézt druhý, na druhém konci lana** - na druhém konci lana - To be the second climber up a pitch, belayed by the leader from above.
- **Trad** - **tradicionalistické, klasické lezení většinou s vlastním jištěním** - Trad or Traditional climbing requires a leader to place his own protection, e.g. nuts, pitons, cams, slings etc.
- **Head point** /hedpoint/ - **přezení cesty po řádném nacvičení, ošetření** - To top rope the shit out of a difficult or hard to protect trad climb, and then lead it once you have learned the moves and protection.
- **Wired, Dialed** /vɪrd, daɪləd/ - **mít cestu dokonale nacvičenou** - to have a route completely figured out because you have climbed or tried it so many times, e.g. I wired the route on top rope before I headpointed it.
- **To Hangdog** /to hɛŋgdɒg/ - **nacvičovat, pilovat** - To take a long time to study a route while hanging from it. A belayer's worst nightmare.
- **Problem** - /prɒbləm/ - **boulder, boulder problem** - routes on boulders are dubbed 'Problems' because it requires more thinking, consideration and solving than simple route climbing. This might even be true if you exclude chalk, tick marks and climb V14.
- **Bail** - **zapylit cestu, vzdát** - (vzniklo z toho, že pro ústup ze sportovních cest je třeba mít tkz. bail biner, mailonku - to retreat from a climb unfinished, the opposite of to send. On sport routes equipped with bolts, one may need to leave a biner, a carabiner which you leave to lower off of.

- **Tips - vklíněné prsty**
- **Fingers - vklíněné prsty**
- **Off fingers - otevřená prstová spára**
- **Hands, Cupped hands - spára širší** - obvykle velikosti velikosti složených rukouv pěsti
- **Fists - spára na pěsti**
- **Tight fists - vklíněné pěsti**
- **Off width - otevřená spára** - An offwidth is too wide for a hand jam or a fist and too narrow to chimney, so usually requires a combination of wedging, squeezing, chicken winging and all other means necessary.
- **Squeeze chimney - úzký komín**
- **Chimney - komín**
- **Dihedral - kout** - A point where two walls meet in a right-angled inside corner, also know as an open book.

## Styles - Styly:

But the real question on everybody's mind...

- **Did you send? /did jů send?/ - dal jsi to?**
- **Sport - Sportovní lezení** - Sport climbing is different from traditional in that the climber depends on fixed bolts rather than removable protection. Sport climbing routes often follow seemingly impossible paths, sometimes straight up huge, smooth rock walls, sometimes far out on horizontal overhangs. The emphasis in sport climbing is usually more on technique than topping out. Falls are frequent, though seldom serious, as climbers constantly push the limits of gravity and ability.

## Moves - Kroky pohyby

Let the spray begin..

- **Move /mův/ - krok, pohyb/tah z jednoho chytu na druhý** - The act of going from one hold to the next, i.e. Liebe Ohne Chance involves long moves up a steep wall.
- **Static /statik/ - staticky** - A completely controlled move involving no throwing or jumping, i.e. She climbs 9- completely static and makes it look like 6-.
- **Deadpoint /deadpoint/ - mrtvý bod při dynamickém lezení, moment zastavení těla při pohybu vzhůru** - A light throw in which one catches the next hold at the 'dead point,' or top of the throw, i.e. I couldn't do the move static, and the hold was too bad to dyno, so in the end I did a light deadpoint to catch it.
- **Dyno, dynamic /dynamik/ - dynamický krok, skok, poskok, většinou prováděný rukama** - Also called simply a jump, it is movement where one throws or jumps to the next hold, i.e. The crux move on Action Direct is a huge dyno to a small pocket.
- **Barn door - dveře** - When a climber's body is out of balance and comes away from the rock the way a barn door opens.
- **Flag /flag/ - vyvažování nohou** - When only using one foothold, the act of putting the other leg behind the other for balance, to stop from barn dooring.
- **Heel hook /híl hůk/ - pata, zaklíněná pata** - placing one's heel on a hold and pulling with it.



- **Reachy /rýči/ - natahovací** - může se jednat jen krok, ale i o celou cestu.
- **Balancy /belency/ - vyvažovací**
- **Technical /teknikl/ - technické**
- **Thin - pasáž s velmi jemnými, často polestivými chyty** - used to describe a route with small, possibly painful holds
- **Traverse - traverz** - A problem or section of a problem that involves lateral movement.
- **Sandbag - podceněná cesta** - Can be used also as a verb. Sandbaging.
- **Run out /ranaut/ - odjištěné s velkými rozestupy**
- **Exposed /ixpousd/ - vzdušné lezení, náročné na morál**
- **Protection /proteksn/- jištění**
- **Safe /sejf/- bezpečný, bezpečně odjištěný**
- **Anchor, chains /ankr, čejn/ - slaňák, řetěz**
- **Crux /krax/ - klíčové místo**
- **Crank - zabrat na maximum, jak nejlíp dokážeš** - To pull on a hold as hard as you possibly can.
- **Redpoint crux - klíčové místo při RP přelezu** - nemusí být skutečně nejtěžší z hlediska lokální obtížnosti
- **Tick, tick mark, road sign - značka na skále, označující chyt** většinou provedená magnéziem
- **Slab /slaeb/ - rajbas, položená plotna**
- **Vertical /vertikal/ - kolmé**

- **Campus /kampus/ - deska s lištami pro trénik visů a poskoků** - to do a move with your feet off the wall, completely with your arms, e.g. the wall was so steep and the feet were so bad at the crux that I had to campus a few moves.
- **Stem - vzepřít se** - To bridge the distance between two holds with one's feet; to push against adjacent or opposing walls with the feet, often used when climbing a dihedral.
- **Whipper, to whip /vipér/ - dlouhý pád, padat** - often used also a term screamer.
- **Deck/Crater - zemovka, podlaha** - To hit the ground, usually the outcome of a fall.

## Commands

Are very important for climbing safety.

- **Do You have me? - máš mě?**
- **I have you, got you, gotcha - mám tě!**
- **Take, Take up, up rope, tension /tejk, tenžn/ - dober mě!**
- **Falling! - /fóling/ - padám**
- **I am going to die! - ty vole, bacha asi to máznu!**
- **Wait! - počkej!**
- **Watch me - dávej pozor!**
- **That's me - /dets me/ - to jsem já.**
- **Slack /slak/ - povol!**



- **Toe hook** / to hůk/ - **zachycení se špičkou lezačky** - Placing the front part of one's climbing shoe on a hold and pulling with it.
- **Kneebar** /níbar/ - **vkliněné koleno** - A move where you oppose your foot with you knee pressing against the rock, i.e. The routes at Rifle are technical and involve many kneebars and hidden rests.
- **Bump, Bump again** - **poskok za mezichyt(y)** - To use an intermediate to go from one hold to the next, i.e. I bumped to the next hold using a horrible intermediate.
- **Cross over/under** - **kříž** - To take a hold on one side of the body with the hand opposite to it, i.e. To take a hold out to the right with your left hand is a crossover.
- **Rose** /rous/ - **mazurka** - Similar like cross under but the whole body is twisted under arm , weird dancing move.
- **Drop knee** /drop ný, egyptšn/ - **egypt'an, kozí noha**, verb. **vykožit nohu** - After taking a foot hold, one turns the knee in towards the other to keep the hips close to the rock, also known as an Egyptian.
- **Highstep** /haj step/ - **vysoký krok** - Putting one's foot on a hold higher than knee level, also known as a perch.
- **Figure four** /figr fór/ - **šuka, chouca** - A gay technique used once by some French guy, then forgotten except by ice climbers.
- **Mantle** /mentl/ - **navalení** - The act of pressing down on a hold rather than pulling up on it, i.e. the crux of Midnight Lightning is the mantle at the top.
- **Match** /mač/ - **přidání ruku k ruce, výměna na chytu** - its putting both hands or feet, or one of each on the same hold.
- **Backstep** /bekstep/ - **stání na vnější straně lezačky** - This foot technique uses the outside of the shoe on an edge.

- **Slightly overhanging** /slajtly ouverhanging/ - **lehce převislé**
- **Overhanging/steep** /ouvehanging, stýp/ - **hodně převislé**
- **Roof** /růf/ - **strop**
- **Arête** - /aret/ - **hrana**
- **Corner** - /kórner/ - **kout**
- **Crag** - /kreg/ - **skála**
- **Outcrop** - **skála, oblast**
- **Gripped** /griped/ - **zmrazený strachy** - frozen from fear.
- **Zipper** /zipr/ - **pád s postupným vytrháním vloženého jištění** - When two or more pieces fall out of their placement.

## Types of Rock - Typy skal

- **Granite** /grenit/ - **žula**
- **Limestone** /lejmstoun/ - **vápenec**
- **Sandstone** /sendstoun/ - **písek, pískovec**
- **Gniess** /najs/ - **rula**
- **Volcanic** /volkenik/ - **vulkanický původ**

## Crack Climbing - Spárové lezení And Everyone's Favorite.

- **Lieback** /lejbek/ - **sokolík**
- **Jam** /džem/ - **vkliněná dlaň**

- **Lower me** /lover mí/ - **spust' mě!**
- **I will repel** - **slaním**
- **Clean** - **vyndej expresky, jištění, vyčisti cestu**
- **To the right** - **vpravo**
- **To the left** - **vlevo**
- **Above** /ebav/ - **nahoře**
- **Bellow** /bilou/ - **dolů**



## Equipment - Vybavení

- **Rack** /raek/- **matroš, cajk** -the combination of cams, nuts, quickdraws, and slings used to protect a route.
- **Belay device** /bylej divajs/ - **jisticí prostředky** - A device used by the belayer which acts as the brake on the rope. Some examples are figure 8's, ATC's, and GriGri's.
- **Bolt** /bolt/ - **nýt, vrtané jištění, lepené i nelepené** - A bolt drilled into the rock face.
- **Piton** - **skoba** - also known as a pin, a metal wedge usually hammered into a crack.
- **Carabiner** /karabiner/ - **karabina** - An oval or D-shaped link of lightweight alloy that serves as the climber's all-purpose connector.
- **Figure eight** /figr ejt/ - **osmička** - A device shaped like an 8 used for belaying and rappelling. Used in Europe, but considered old fashion already in North America.
- **Fixed draw** /fixt dró/ - **jištění nastálo**

- **Cam** - **vklinělec**
- **Nut, Stopper** /nat, stoper/ - **vklinělec**
- **Quickdraw** /kvikdró/ - **expresska** - A pair of carabiners connected with a short piece of webbing.

## Description of Routes - Popis cest Let spray begin..

- **Beta** - **popis cesty** - Tips, info, tricks, words anything else that could give any possible indication whatsoever of how to climb a particular problem.
- **Topo** - **nákres nebo visuální popis cesty** - a visual description of a route or climbing area
- **Pitch** /pič/ - **lezecká délka** - The section of rock between belays. Generally, pitches are no longer than the length of the rope (165 feet). Many sport climbs are set up so that their anchors are only half the length of a rope, so that climbers need only a single rope to climb up and be lowered down from the climb.
- **Classic** /klaesik/ - **klasická, známá stará cesta**
- **Choss, chossy** /čosy/ - **lámavé, rozdrobené**
- **Munge, mungy** /meindži/ - **špinavé, zarostlé** - a route that has lots of vegetation on it
- **Pumpy, pumpfest** /pampy/ - **vytvalostní**
- **Endurance** /induranc/ - **vytrvalost**
- **Powerful** /pavrfi/ - **silové**
- **Bouldery** - **bouldrové**