# Intermediate Climbing Reference Links

This document is an appendix to the Multi-Pitch Climbing Course. It provides a useful reference to some of the points we covered in this class.

## Anchors

[Anchor Considerations](https://americanalpineclub.org/resources-blog/2017/7/31/anchors) – From the American Alpine Club - August 2017

* [Biner Wrap Omni](https://www.mountaineers.org/about/branches-committees/seattle-branch/committees/seattle-climbing-committee/course-templates/rock-climbing-courses/introduction-to-multi-pitch-trad-seattle/course-materials/biner-wrap-omni) – A very quick method to oppose two pieces and protect the orientation of load

[Anchors: Three Piece](https://vimeo.com/126266704)

[Anchors: Two Slings & Three Pieces](https://vimeo.com/126266668)

[Building an Anchor Using the Climbing Rope](https://www.climbing.com/skills/learn-this-build-a-climbing-rope-anchor/)

* [Two Point Anchor with the Rope](https://www.climbing.com/skills/learn-this-the-double-figure-eight-knot/)

## Belaying

[Belay from Above](https://vimeo.com/126266834)

[Belaying: Assist from Above](https://vimeo.com/126266782)

[Lowering from a Loaded Belay Plate](https://vimeo.com/126266797)

[LSD Lower: How to Lower in Guide Mode](https://www.climbing.com/skills/the-lsd-lower-how-to-lower-in-guide-mode/) – If your follower can momentarily unweight the rope, this is a very quick and simple method to transition out of guide mode.

## Fundamentals and Best Practices

Understood, you already know this stuff, but there are a few gems of wisdom that make these worth viewing.

[Clove Hitch: Hand Shake Method](https://vimeo.com/126266748) – Still fumbling with elephant ears to tie your clove hitch?

[Anchor Anatomy – The Master Point and Shelf](https://americanalpineclub.org/resources-blog/2016/6/27/the-masterpoint-the-shelf-the-components-anchor-anatomy-in-action)