

BETA

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The Move

Corner Comfort

Stemming a rest

The key to a good stem-rest is using your **[1]** legs to prop yourself between the two walls of a corner. **With the right balance, you may get a no-hands rest. In lieu of positive footholds, look for divots, bumps, or other irregularities where you can smear your feet [2].** If you have to do a pure smear on a blank wall, spread your legs high and wide to put the most pressure on your feet. Sometimes dropping a knee **[3]** to the inside will provide a more comfortable stance. **In other cases, pushing down or out on the wall [4] with one or both hands will remove pressure from your fingers and forearms.** Often, corners will have cracks, so look for stances by bomber finger locks and hand and fist jams **[5]**. A good stem will allow you to relax in the jam and/or alternate hands to ease the strain and pain.

Ben Gilkison shows excellent resting form on *East Face* [5.9], Lexington Tower, North Cascades National Park, Washington. Photo by Andrew Burr