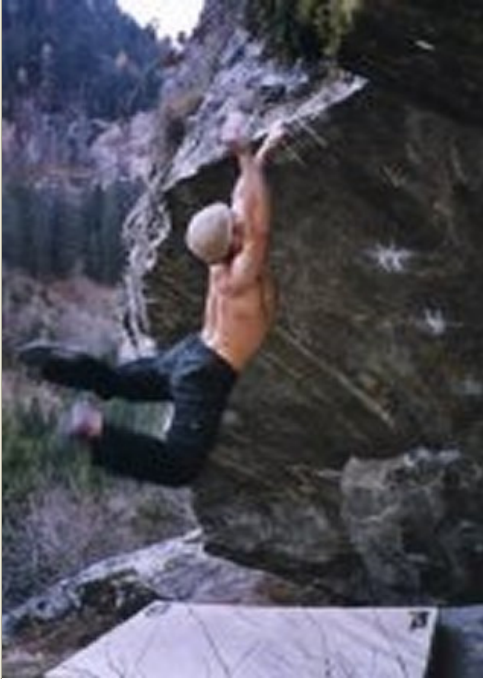
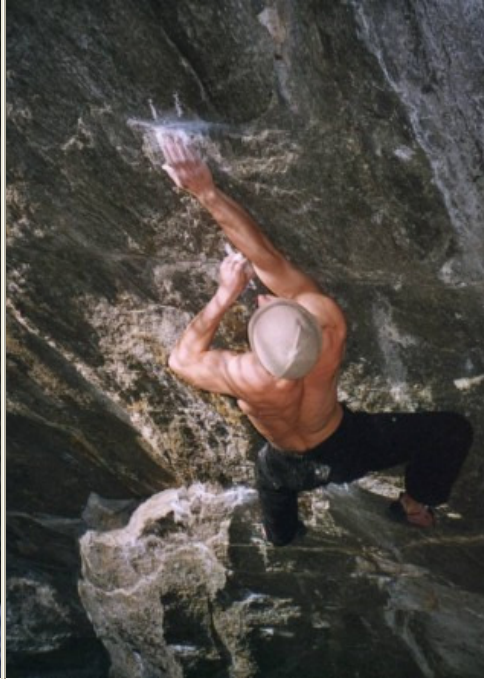
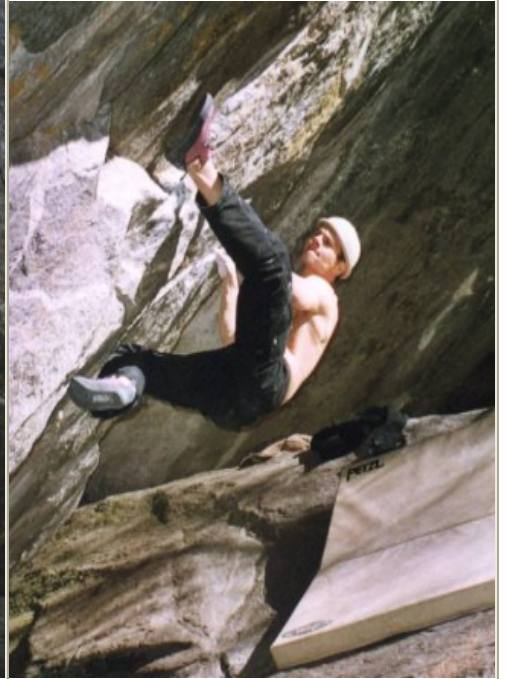


8a**Power of Good-Bye, 8B+****Malatal, Austria****2001-11-17, 1.5 hours**

Who's Bernhard Schwaiger?

With two 8B+'s and a bunch of 8B' this fall, all in record times, Bernhard "Berni" Schwaiger has taken the bouldering world by storm. How is it possible to be a 8A guy and then suddenly...? Even though he's one of the strongest guys in the world right now, he might not be the strongest in his family... We asked Berni to tell us a little bit about himself, his goals, philosophy etc. [Check out Bernhards Scorecard](#)



As you already know, my name is Bernhard (Berni) Schwaiger, I'm 26 years old and live in Maria Alm, a small village in the Pinzgau, which is about an hour away from Salzburg. I was born into a very sportive family, where hiking and mountaineering is a part of everyone's life. I definitely started real sport climbing at the age of 19 (together with my brother Hermann). Soon we became addicted to that sport, pushing ourselves higher. The hard thing was that we didn't have a rock star at our touch so we had to find out everything on our own (technique, tactics...). Bouldering always was just a part of training for doing hard redpoints.

Things changed in 1998 when we explored some boulders at Fuchsloch, near ur home. We knew that there were several problems for the future. Until now about 60 boulders (still including some futuristic problems) from 6B till 8B+ exist at this spot. Since then bouldering was my favorite "game".

My occupation is being a teacher at a polytechnical school (prepares pupils for learning a trade) in Saalfelden, where I live with my lovely girlfriend Christina. Due to my profession my time for climbing is rather scarce. This means that I have to train in the evenings after a long day at school (it's sometimes hard to relax immediately to be prepared for training). Very often I've only got time for climbing on weekends (except at Fuchsloch, because it only takes me half an hour to get there), and then bad weather might destroy all my intentions...

I usually train twice a week, on a small 40 degree overhanging wall, according to my philosophy less is more, or quality is better than quantity (especially when training for hard bouldering). To find out my right training frequency I always listen to my body... I do have a "self-made-training-schedule" which is a product of the experiences I've made through the last years. Therefor my schedule is perfectly fitted for me and my needs.

Right now it seems that I've arrived at a state, where my constantly renewed training-schedule is the perfect power-gainer for me. This means that the things I train since this summer really seem to work well for me. This results in fast ascents, because I really feel strong right now and the moves in these boulders aren't on my physical limit (no 100%ers).

My training always depends on my goals, meaning that I try to figure out the sort of climbing style (through picture analysis of a problem done and published by Klem for example...); then I adopt my training exercises in my sessions to this. But I don't rebuild moves and try them before going to the crag, because you can never copy a problem on 100% and then you got the problem that you've learned moves that don't feel the same on the rock... You see, my training constantly changes and gets renewed with "self-made-exercises" that really work not too bad.

Another important thing in my preparation is my nutrition. I always try to ensure that my body gets all the stuff it needs from natural and fresh products, and to avoid bad influences such as alcohol and nicotine. Another important factor before every climbing session is a thorough warm up including sports massage, stretching... For me the fascinating thing in hard bouldering is doing problems that seem to be impossible, doing cool moves, and having fun with being in the nature...

Right now the hardest boulder I've done is "Flying circus", 8B+, at Fuchsloch (it's a creation of me and my brother), because it includes a really futuristic move: somehow it's a double-dyno in 50 degrees overhanging terrain. You have to jump from a very lopy pinch with your left hand and a tiny two-finger pinch with your right hand up to a 1½ meters away sloper for only one hand. The sloper is so bad that it's impossible to hang on it with just one hand especially if your feet cut loose and tend to swing outwards as a result of the jump. So you got to bring your left hand to a very small and slopy undercling while "flying" to the sloper. If you're lucky and your fingers get some grip on the undercling you have a chance to deal with the outward swing.

This move is the crux move of "Flying circus". The whole problem consists of nine really hard moves. Compared to "Power of good-bye" 8B+ at Maltatal, "Flying Circus" seems to be a bit harder... Even if climbing is very important in my life, still my girlfriend is number one, and she seems to be an important factor in making me so strong...



Pluto auf der Jagd, 8B