

Akandos

Age: 35

Comes from: Malaysia

Started climbing: 2007

Fluent in:

English, Malay, Mandarin,
Hokkien & Cantonese

Favorite Climb:

Every climbing is my
favourite climb :)

When not climbing I:

love photography, hiking
& working out at the gym

Favorite Movie:

Any Marval / DC Flick



Akandos has been passionate about sport since from young. Taking up Tai Chi Quan (Chinese martial art) at an early age, he was particularly fascinated with the focus on balance and all-rounded training . A keen outdoorsman, hiking lead him to climbing, and when hes not climbing, he'll be found working out in the gym, as his approach to improving climbing is based on an awareness of the importance of general fitness.

Akandos is also a AMGA certified Climbing Wall Instructor teaching the technical safety skills of climbing via the Basic Wall Course. He is also a member of routesetter team in Camp5. Through his routesetting he gained a deeper awareness on the body movement and climbing style. Akandos has also routeset for a few major competition.

Aside from his coaching, routesetting and instructing in Camp5 Akandos also teaches climbing at Lycee Francias, the International French School of KL making him comfortable to coach climbers of all ages and ability.

To get in touch with Francis email direct to: coach.akandos@camp5.com
To find out more about Camp5's private coaching service drop us an email to climb@camp5.com or call during open hours at **03 - 7726.0420 / 0410**