

E10 - Restart!

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

[00:02] N

That's my BFF, the director's daughter!

[00:03] N

You actually got a speed wall set up!

[00:07] S

I've been asking for one for a while.

[00:09] S

Now we can go all-in on
speed climbing training.

[00:16] (Flashback) J

Sorry, but leave.

[00:20] S

What's the matter?

[00:22] S

What has you looking so glum?

[00:24] K

I went to see Jun-chan, but I...

[00:29] S

I don't think you need to
worry about that anymore.

[00:39] ---

Jun-chan?

SIGN Iwakakeru!

[02:17] K

I can't tell you how happy
I am to have you back.

[02:20] J

I'm sorry.

[02:21] J

You came to see me at the gym and all,
but I just gave you the cold shoulder.

SIGN Wall 10 Restart!

[02:25] K

Don't be. I shouldn't have shown up
unannounced like that.

[02:30] J

I, uh, squared off against
Uchimura after you left.

[02:33] K

Akane-san?

[02:35] J

She showed up at my workplace, ran her mouth,

[02:42] J

and then challenged me.

[02:44] J

It shouldn't have come as a surprise.

She's always been like that.

[02:49] J

But it helped me remember what I was like
when I first picked up climbing,

[02:54] J

and how fun it could be.

[03:02] J

Uh...

[03:03] J

That doesn't mean she
deserves all the credit!

[03:06] J

I don't owe her a thing.

[03:08] J

Wh-What's so funny?

[03:10] K

Nothing. Just glad to hear it.

[03:12] K

But... it's also a little upsetting.

[03:15] K

Maybe I'm envious of Akane-san.

[03:18] K

You two are, like, friendly rivals.

[03:20] J

Yeah, right. More like I can't
seem to get away from her.

[03:24] J

The only one I consider a rival is...

[03:30] J

Never mind.

[03:32] J

Konomi, let's work together
as Hanamiya teammates again.

[03:35] K

Yeah, of course!

[03:37] K

Just like you, I'm really
loving climbing right now!

[03:44] N

I'm so glad you're back.

[03:46] N

Without my straight man,
I can't play the fool to full effect.

[03:51] J

"Play" the fool? I thought
it came naturally to you.

[03:54] N

Huh?

[03:55] N

That's Sayo-chin, not me.

[03:58] J

What? Really?

[04:01] S

All right. Shall we get right to practice?

[04:04] S

Jun.

[04:05] S

Can I ask you to bring Konomi-san
up to speed on speed climbing?

[04:05] N

Has nobody noticed Sayo-chin's
kinda got a screw loose?

[04:08] J

Sure.

[04:09] K

I'm ready for anything you can throw at me.

[04:12] N

How is that possible?

[04:12] J

Well, start with showing me
what you've got right now.

[04:13] N

Is it because I'm too good at the role?

[04:17] K

Okay.

[04:23] K

*Speed climbing is all about how fast you can
climb a 15-meter wall with a set route.*

[04:29] K

*It's basically the 100-meter
dash of climbing.*

[04:32] J

Ready?

[04:34] K

Yeah.

[04:39] K

Urk, I knew it.

[04:41] K

*For a wall that's supposed
to be climbed quickly,*

[04:44] K

why is each hold spaced so far out?

[04:48] K

They're all sloped and hard to grab, too!

[04:55] J

23.87 seconds.

[05:00] J

Here.

[05:01] K

Thanks. How good is 23.87 seconds?

[05:03] J

The average among female high-school competitors is 16 to 17 seconds.

[05:08] J

Pros clock in around 12.

[05:10] J

Even if speed isn't your strong suit...

[05:12] J

If you wanna qualify for
the Combined Cup finals,

[05:15] J

you've gotta break 15 seconds.

[05:17] K

15 seconds?!

[05:18] K

Let me try again!

[05:19] J

Wait, Konomi.

[05:21] K

Huh?

[05:23] K

What? I only made one attempt,
so why am I this tired already?

[05:28] J

Don't rush things, Konomi.

[05:32] J

Just climbing repeatedly won't help you.

[05:35] J

You have to analyze the nitty-gritties first.

[05:37] K

Nitty-gritties?

[05:41] J

Speed climbing consumes a lot of energy with each attempt.

[05:46] J

Given that,

[05:47] J

you could split the course into top, middle, and bottom sections

[05:52] J

and carefully weed out each part you have difficulty with.

[05:55] J

That won't require as much stamina.

[05:59] J

For us to win,

[06:01] J

each one of us has to get our times below 15 seconds.

[06:06] J

Start with physical training.

[06:09] J

Lower-body strength is key in speed climbing.

[06:12] J

Increase your vertical by doing single-leg hurdles.

[06:14] J

You need arm strength not only to pull yourself up on holds, but also to push down on them.

[06:19] J

Work on your push strength by bouncing a slam ball over and over.

[06:24] J

The dynos in the top and middle sections are the cruxes on the speed wall.

[06:28] J

Work on them one at a time and make sure you can nail them.

[06:31] K

Got it.

[06:32] J

The route is the same everywhere.

[06:35] J

Climb it over and over

[06:36] J

and make your body memorize it.

[06:39] J

Teach it the moves that
help you climb the fastest!

[06:42] K

We will be the best team in Japan!

[06:47] K

Aw...

[06:49] K

*I thought my moves had gotten better,
but my time hasn't changed.*

[06:53] S

Konomi-san.

[06:55] K

Captain... And Jun-chan.

[06:58] S

There's a multi-school speed training camp
over the long weekend coming up.

[07:03] J

We're both taking part, Konomi.

[07:05] K

A speed training camp...

[07:12] K

Whoa.

[07:14] K

Hey, aren't the Captain
and Nono-san taking part?

[07:20] J

They're practicing one-on-one.

[07:22] J

Besides, this camp is for...

[07:25] U

Of course mew two would be here.

[07:27] U

You may have fared better than
me in the last competition,

[07:31] U

but speed is my...

[07:31] J

Konomi, let's get ready
before everyone gets here.

[07:35] U

Don't ignore my appurance!

[07:38] J

Oh, I didn't notice you there, Uchimura.

[07:40] J

Well, see ya.

[07:41] U

"See ya," my ass!

[07:43] U

Don't you realize how blessed you are by
Akane-chan-sama the Great's presence?!

[07:46] J

You're more like a curse.

[07:49] U

What you say?!

[07:51] J

Get off me.

[07:52] K

Uh, when did these two get so close?

[07:54] Ku

Goodness gracious.

[07:56] Ku

You ladies are as sprightly as little
children on a school trip.

[08:00] K

Ooba-san?

[08:02] Ku

Bonjour, Kasahara-san.

[08:04] Ku

I have heard lots about your
stellar performances recently.

[08:08] Ku

You seem to be in wonderful touch,

[08:10] Ku

but that only applies to bouldering.

[08:14] Ku

The upcoming Combined Cup will judge you
on all three disciplines, including speed.

[08:18] Ku

I wonder...

[08:20] Ku

Will you be able to shine
just as brightly in speed?

[08:23] Ku

Ever since I tragically
lost to you last time,

[08:26] Ku

I have done nothing but practice
for days... weeks... months!

[08:29] Ku

While the time may not yet
be ripe to repay the favor,

[08:33] Ku

I am very much giddy about climbing
with you during this camp.

[08:43] Ku

Be seeing you soon!

[08:46] U

What is her problem?

Talk about grinding your gears.

[08:49] J

You're one to talk.

[08:52] J

I don't know why, but she really
does seem to have it out for you.

[08:57] Maru

A sign of her confidence, it is.

[08:59] J

Satou Maruno.

[09:01] Maru

Having seen Kasahara-san bouldering,

[09:03] Maru

she must've surmised that she wouldn't
be as good at speed, thus provoking her.

[09:08] Maru

Kasahara-san *is* the rookie who made
the finals, the eye of the hurricane!

[09:15] Maru

I can understand wanting
to mess with her, I can.

[09:20] Maru

Oh, dear!

[09:21] Maru

I overheard your conversation and
unknowingly went into analytic mode!

[09:25] Maru

I beg your forgiveness, I do!

[09:28] Maru

That said,

[09:29] Maru

I shall take Kasahara-san's
head in the Combined Cup.

[09:33] Maru

See you on the battlefield!

[09:37] U

Wow, look at Li'l Miss Pawpular over here.

[09:40] U

You've got everyone on your tail. I'm envious.

[09:40] J

A multi-school training camp...

[09:43] J

I was expecting others to pile the pressure

on Konomi here, but not this badly.

[09:44] U

You're like a superstar.

I want people to come after me, too,

[09:47] U

and give me monikers like

"Murder Observation," too!

[09:51] J

Uchimura.

[09:54] J

What is wrong with you?

[09:55] K

Jun-chan.

[09:57] K

I'm glad I came to this camp.

[10:01] K

There are so many people here

who want to compete with me.

[10:05] K

I'll do my best, okay?

[10:07] K

I'll produce a time that

won't lose to any of them!

[10:09] J

That's the spirit.

[10:11] Nak

Incredible drive.

[10:14] Nak

Even when you're fully clothed, I can tell...

[10:17] Nak

Compared to last time, your biceps and

extensor muscles look more developed.

[10:23] Nak

So do your gastrocnemii,

the engines that power your speed.

[10:26] Nak

Kasahara Konomi, you really are...

[10:29] Nak

oh so wonderful!

[10:32] J

Konomi? Konomi!

[10:35] J

This is the organizer of this training camp,

[10:38] J

routesetter Nakata-san.

[10:40] Nak

Let's do this!

[10:41] K

R-Right!

[10:42] K

Thank you for having us!

[10:44] J

Thank you.

[10:45] U

Mew.

[10:47] Nak

Welcome to Nakata Camp, everyone.

[10:51] Nak

Some of you may have realized by
looking at the other participants,

[10:54] Nak

but everyone here is a
top-performing first-year.

[10:59] Nak

Currently, there aren't many
facilities that offer a speed wall,

[11:03] Nak

and some of you have never
even touched one in your life.

[11:07] Nak

But that won't do!

[11:09] Nak

So, I organized this camp for first-years.

[11:13] Nak

Speed climbing is a discipline that has
a place in the world championships, too.

[11:17] Nak

You won't be here for long,
but practice all you can

[11:21] Nak

and grow into climbers who will carry
Japan's name in the years to come!

[11:27] Nak

We'll start by timing your attempts.

[11:30] All

Okay!

[11:42] K

What's my time?

[11:45] K

I'm still way off 15 seconds...

[11:49] K

What about the others?

SIGN Hoshi Manami

SIGN Uchimura Akane

SIGN Satou Maruno

SIGN Ooba Kurea

SIGN Takahashi Eri

[11:54] Ku

Oh? I see you've finished, too.

[11:58] Ku

What is your time?

SIGN Ooshima Rika

SIGN Uehara Jun

SIGN Kasahara Konomi

SIGN Saitou Chiaki

[12:01] Ku

Wow, that's a nice time. It puts you up there with the highest in this camp.

[12:07] Maru

That said, there are many here climbing a speed wall for the first time.

[12:13] U

You're lucky enough to have a speed wall at school and this is your time?

[12:18] U

It's a disappointment and a half.

[12:26] Nak

What's the matter?

Why are you sulking over here?

[12:29] K

Nakata-san.

[12:32] Nak

It's only natural that your time would lag behind.

[12:35] Nak

Why do you think you came to this camp?

[12:39] Nak

Take a look around.

[12:42] Nak

Look at all the climbers I brought to this camp.

[12:48] Nak

At this training camp,

[12:51] Nak

you can see how climbers from other schools do things for once,

[12:55] Nak

and pick up new ideas for yourself.

[12:59] Nak

Steal techniques, have yours stolen,

[13:03] Nak

compete with each other, and grow together!

[13:05] Nak

Add a little extra to your beauty!

[13:09] Nak

And then, transform from
a pupa to a butterfly,

[13:11] Nak

take flight from my hands, and one
day soar the skies across the world!

[13:16] Nak

This training camp is a nest built
for beautiful butterflies to emerge!

[13:17] K

Nakata-san! Thank you!

[13:22] K

Nakata-san's right.

[13:24] K

It doesn't matter if I'm lagging behind now.

[13:26] K

*I'll use this camp and its participants
to pick up hints for getting faster.*

[13:32] K

Anything will do.

[13:36] K

*And, finally, I'll figure out
a way to climb my fastest!*

[13:41] K

I have to!

[13:43] K

*Maruno-san skips over the
wall with her tiny body.*

[13:54] K

Okay.

[13:58] K

*I see. She can only do this because she's
memorized the holds and their locations.*

[14:04] K

She climbs by internalizing each move...

[14:06] K

That's Maruno-san's advantage.

[14:08] K

And...

[14:09] K

*Ooba-san climbs with beautiful posture,
as only a former ballerina could.*

[14:14] K

Her core and head remain

extraordinarily steady,

[14:16] K

eliminating any concern of her falling.

[14:23] K

*The angle at which she
looks upwards is perfect.*

[14:26] K

*Most climbers tilt their head too far back,
directing their momentum backwards, too.*

[14:32] K

But her core and posture

[14:35] K

remain stable even at high speeds.

[14:37] K

That's Ooba-san's advantage.

[14:41] K

*It's interesting how they're
climbing the same wall,*

[14:43] K

*and yet they all climb it
in their own, unique way.*

[14:54] Nak

Okay.

[14:54] Nak

*We'll time you once more
to finish up the first day.*

[15:01] K

I watched how they all climb and practice,

[15:03] K

absorbed the key points,

[15:05] K

and worked on making them mine.

[15:08] K

Now, I just have to put them into practice!

[15:12] Pa

On your marks, ready...

[15:18] K

I internalized the moves required better

[15:20] K

*and adjusted my center
of gravity and posture.*

[15:23] K

I even changed how I use my ankles

[15:25] K

and how I place my feet on footholds.

[15:28] K

It's working!

[15:29] K

I should hit 15 seconds with this!

[15:35] K

Great! What's my time?

[15:37] K

Huh?

[15:39] K

It's even slower than earlier?

[15:44] K

Why?

[15:54] Ku

My, what's this, Kasahara-san?

[15:57] Ku

Why the gloomy face?

[16:00] Ku

Oh, that was insensitive of me.

[16:02] Ku

Of course you would be gloomy

[16:05] Ku

after climbing so disgracefully earlier.

[16:11] Ku

I assume you tried to copy
someone else's style,

[16:15] Ku

but you were moving so awkwardly,
you looked like a puppet up there.

[16:22] Ku

Can you really shorten your time in
the two days of camp we have left?

[16:27] Ku

Your analytic skills may have landed you
some decent results in lead and bouldering,

[16:32] Ku

but speed appears to be your Achilles heel.

[16:35] Ku

That makes it impossible for Hanamiya's
tiny team to get past the prelims.

[16:41] Ku

All because their promising rookie,
Kasahara Konomi, is like a turtle in speed!

[16:46] K

Yeah...

[16:50] Ku

Wait.

[16:50] Ku

What?

[17:03] Ku

Have you managed to calm down some?

[17:05] K

Thanks.

[17:07] K

Sorry I started crying and stuff.

[17:11] Ku

Don't be.

[17:14] Ku

*She was so confident in that competition,
and seemed to be enjoying herself.*

[17:19] Ku

Where did that girl go?

[17:21] K

I suck so much, huh?

[17:25] K

I tried to learn your tips and tricks,
but I couldn't use them right.

[17:31] K

Heck, my time got worse, even.

[17:35] K

If I'm wasting my precious time
at speed camp like this,

[17:39] K

I might not even make it past
the prelims, like you said.

[17:44] K

And winning is just out of...

[17:54] Ku

Look...

[17:58] Ku

Look what you've made me do!

[18:00] Ku

I've never slapped anyone in my life before!

[18:04] K

Oh, sorry.

[18:06] Ku

Ever since I lost to you, I've focused
all my energy on beating you.

[18:12] Ku

And look at you...

[18:15] Ku

Why are you acting like such a loser?
So what if you're a little slow?!

[18:19] Ku

This isn't the version of you I want to best!

[18:26] Ku

Oh, for the love of... My hand hurts.

[18:29] Ku

How am I supposed to grab holds like this?

[18:31] K

Uh... Sorry...

[18:36] K

What's so funny?

[18:38] J

I mean, you apologized to
someone who slapped you?

[18:41] K

I did, but it did feel like
I did something wrong...

[18:46] J

Well, that is very like you.

[18:48] K

It is?

[18:50] J

Anyway, good thing you got yelled at, huh?

[18:53] K

Yeah.

[18:54] J

Uchimura snapped at me, too, actually.

[18:57] K

Huh, really? What did she say?

[19:00] J

Uh, well...

[19:03] J

I couldn't tell through all her cat talk.

[19:08] J

It looks like you and I are
more similar than we think.

[19:11] K

Jun-chan...

[19:13] J

And, because of that, I can tell
why your time didn't get better.

[19:20] J

It was you climbing that wall,
but it wasn't your brand of climbing.

[19:25] J

You tried so hard to incorporate
others' ideas, it became a jumbled mess.

[19:30] K

A mess?

[19:31] J

Whether you're able to pick up skills
and whether those skills are suited to you

[19:35] J

are two completely different things.

[19:38] J

Don't go chasing shadows
and lose sight of yourself.

[19:41] J

Pick, choose, and learn
only what works for you.

[19:44] K

True. I might have panicked and tried
to do too many things at once.

[19:49] K

But what else can I do?

[19:52] J

You'll have to figure that out for yourself.

[19:55] J

That's how anyone develops.

[19:57] J

They fight, struggle, and
scale the walls in their way.

[20:01] K

Easy for you to say.

[20:04] K

I'm not strong like you.

[20:07] J

Nah, I was in that place, too.

[20:11] J

During the Kanto Championships,
I was so overwhelmed by your climbing

[20:15] J

my hands stopped moving right.

[20:18] J

I turned my back on all sorts of things
in life to become a better climber.

[20:23] J

But you overtook me like
none of it meant anything.

[20:27] J

I lost sight of myself,

[20:30] J

and I became scared of climbing.

[20:33] K

Jun-chan...

[20:34] J

So, have more faith in yourself.

[20:38] J

Look what you put *me* through!

[20:40] J

Do everything you can to scale
the wall blocking your path now.

[20:45] J

Overcome it and grow stronger, like I did.

[20:50] J

Don't cry.

[20:51] K

Sorry, Jun-chan.

[20:53] J

Don't apologize, either.

[20:55] K

Okay.

[20:56] K

Thanks, Jun-chan.

[20:59] K

I'll try a little bit harder.

[21:05] Ku

After all those things I said yesterday,

[21:08] Ku

*I'll have to give it my
absolute best from here.*

[21:12] Ku

Someone's here.

[21:13] Ku

They're practicing so early?

[21:18] Ku

That's more like it.

[21:20] Ku

This is why you're such a worthy target.

[21:32] K

This is hard.

[21:33] K

*Exactly how am I supposed to
pick up skills that suit me?*

[21:38] K

I have to try to find a way today.

SIGN Day 2 Schedule

SIGN AM

SIGN Running

Workout

SIGN Wall

Warmups

SIGN Sectional Practice

Individual Practice

SIGN Time

Measurement

SIGN PM

SIGN Running

Indoor Training

SIGN Wall

Warmups

SIGN Sectional Practice

Individual Practice

[21:42] G

What the?

[21:45] K

She's fast!

[21:46] K

Blazing fast!

[21:55] K

Who the hell is that girl?

[22:01] K

What is this strange

feeling I'm getting?

SIGN Iwakakeru!

SIGN Wall 11: The 15 Second Wall

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