

E3 - The Anti-Monkey Rock

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] S

We shall rebuild Konomi-san's body.

[00:05] K

Rebuild... my body?!

[00:10] Koyasu

Muscles won't ever betray you.

[00:12] Koyasu

They will be on your side all day, every day.

[00:16] Koyasu

*They are close friends
you can trust with your life.*

[00:21] Koyasu

*The more you train,
the more effort you put in,*

[00:25] Koyasu

the more your muscles will repay you.

[00:27] Koyasu

*When you're swole, you will be fulfilled
both physically and mentally.*

[00:32] Koyasu

*And when your body and mind
reach perfect harmony,*

[00:37] Koyasu

*your muscles will make you
shine like never before.*

SIGN Iwakakeru!

[02:11] All

Fight! Fight!

[02:13] K

You do laps for climbing, too?

[02:16] K

Maybe not if you're just gym climbing,
but competitive climbers do.

[02:21] (Flashback) S

Konomi-san, you couldn't send the route

at the tournament, remember?

[02:26] (Flashback) K

Yes.

[02:28] (Flashback) S

There were several reasons for that,

[02:30] (Flashback) S

but the most obvious one
was your lack of strength.

[02:33] (Flashback) S

That's understandable,
considering you only just started.

[02:37] (Flashback) S

Our next objective is the Kanto High School
Bouldering Championship in two months.

[02:42] (Flashback) S

In that time, we'll rebuild your
body into one that can compete.

[02:47] S

You have the potential to aim much higher.

[02:50] K

Got it!

[02:51] All

Fight! Fight!

SIGN Wall 3 The Anti-Monkey Rock

[02:57] N

If anything, you're a bit chubby,
so you gotta lose some weight.

[03:01] K

Ch-Chubby?!

[03:04] N

Losing two kilos opens up more options
than gaining two kilos of grip strength.

[03:09] N

You've gotta be able to carry your weight
all the way up with just your limbs.

[03:12] K

Chub... Chubby?

[03:16] N

Gotcha!

[03:18] K

Hey, Nono-san!

[03:20] N

Gotta trim that fat, girl!

[03:23] K

Chubby...

[03:25] (Flashback) K

How exactly am I supposed

to build up strength?

[03:28] (Flashback) S

Basically, you'll work on base strength,
pulling and pushing power,

[03:33] (Flashback) S

core strength, and the ability
to maintain position...

[03:35] (Flashback) S

Foundational muscle strength for climbers.

[03:39] S

Next up, incline sprints.

We'll all go at once.

[03:43] K

Chubby...

[03:44] S

Is something the matter, Konomi-san?

[03:46] K

No, nothing!

[03:48] S

Go!

[03:51] (Flashback) N

But it'll be different from bodybuilding.

[03:56] (Flashback) J

You're only looking to
gain *functional* muscle.

[03:59] (Flashback) J

Getting too jacked will
only add excess weight.

[04:00] (Flashback) K

Yes!

[04:02] (Flashback) K

No!

[04:04] S

One-legged squats!

[04:07] K

Chubby...

[04:09] S

Okay, let's do some short problems.

[04:12] K

Chubby...

[04:15] J

Focus, Konomi.

[04:17] K

O-Oh, right.

[04:18] J

Nicely done, Captain.

[04:19] N

Nice, Sayo-chin.

[04:20] J

Nice, Konomi!

[04:23] K

*I had such a hard time
with a short problem...*

[04:27] S

Okay, now let's campus that problem.

[04:31] K

"Campus"?

[04:36] K

What the hell?

[04:38] K

*I sent this earlier, but now
my legs won't move.*

[04:42] K

I can't even complete one move?

[04:45] S

Climbing using your arms
alone is called "campusing."

[04:49] S

This trains your upper body to...

[04:55] N

Are you okay, Konomi?!

[04:56] J

Are you all right?

[04:58] K

Ch...

[05:00] S

Begin hanging leg raises!

[05:02] S

One, two, three, right.

[05:05] S

One, two, three, left.

[05:07] K

One, two, three...

[05:08] N

Konomi down!

[05:10] S

One, two, one, two...

[05:16] N

We lost Konomi again!

[05:17] N

Konomi!

[05:23] K

My entire body hurts.

[05:25] K

Training is really hard.

[05:30] K

Huh?

[05:32] K

Jun-chan.

[05:33] K

Let's eat together, okay?

[05:36] J

I-I don't mind.

[05:38] K

Yay! Thanks!

[05:45] K

I see you by yourself most of the time.

Do you prefer being alone?

[05:50] J

What? Is that a problem?!

[05:52] K

No, no, of course not!

[05:56] J

Well, you know how I am.

I'm not great at socializing.

[06:01] J

I've been obsessed with climbing forever

and don't have any other hobbies,

[06:05] J

so I have an easier time by myself.

[06:08] K

I see.

[06:10] J

Konomi, you've better doing

better in practice lately,

[06:14] J

but you're still way off

where you need to be.

[06:17] J

If you can't handle this regimen,

you'll fail the prelims in the next event, too.

[06:22] J

So, you need to...

[06:28] J

I'm doing it again.

[06:30] J

Being such a hardass on everyone

is the reason I don't have any friends.

[06:39] J

Later.

[06:45] K

You see right through me, huh?

[06:51] K

You're absolutely right.

I'm sore all over again.

[06:57] K

But you know what?

[06:59] K

I've never worked toward a
common goal with a team before.

[07:04] K

So, while it is hard,
I'm enjoying this new experience.

[07:09] K

I'm really happy right now!

[07:11] J

This girl...

[07:13] K

Oh, sorry for keeping you.

[07:15] J

It's fine.

[07:17] K

Let's eat together again, okay, Jun-chan?

[07:24] J

*I've always thought climbing
was all I ever wanted,*

[07:28] J

and that I didn't need friends...

[07:31] J

Are you sure you want
me around during lunch?

[07:35] J

Keep in mind, I'll be
monitoring your calorie intake.

[07:40] K

No!

[07:41] J

What? Having doubts about your diet?

[07:43] K

Uh, that's not it...

[07:45] J

Looks like I'm going to have my hands full.

[07:48] K

Oh... Cut me some slack, boss.

[07:55] S

Three more seconds.

[07:57] S

Three, two, one.

[08:05] S

Okay, let's do some cooldown stretches and call it a day.

[08:08] N

'Kay!

[08:09] K

Huh? Are finishing up early today?

[08:14] N

It's because we have a road trip tomorrow, my dear Konomi-kun.

[08:18] K

Oh, that's right. A practice match, right?

[08:23] K

Who are we facing?

[08:26] S

A truly formidable opponent, that's who.

[08:29] S

It's called the Anti-Monkey Rock.

[08:32] K

The Anti-Monkey Rock?

[08:34] S

It's just what it sounds like.

[08:36] S

It's a rock that even monkeys can't climb.

[08:42] K

P-Poor monkeys!

[08:45] K

Huh? Nobody's here.

[08:49] K

Why?

[08:50] K

Did I come to the wrong place?

[08:52] K

"Jun-chan, where are you?

I don't see you all."

[08:55] K

Heck, I don't see *anyone*, for that matter.

[08:58] Ph

Yakisoba!

SIGN Jun-chan

SIGN You're an hour early

[09:00] J

You're an hour early, idiot.

SIGN Idiot

[09:14] K

Hello.

[09:16] K

What are you up to?

[09:20] Ki

A game.

[09:21] K

Oh, that I can tell.

[09:24] K

I was just wondering what
you were doing here.

[09:28] K

ZWBY is fun, isn't it?

[09:31] Ki

You can play?

[09:32] K

Huh? I can, why?

[09:34] Ki

1v1 me.

[09:36] K

What? I used to be pretty hardcore, you know?

[09:40] Ki

It'll be fine.

[09:42] Ki

I've never met anyone better than me.

[09:47] Ki

I-I lost ten in a row!

[09:49] K

S-Sorry. I used to be a top-tier ZWBYian...

[09:53] K

Yikes. Did I go overboard?

[09:56] Ki

L-L... Le...

[09:58] K

Le?

[10:00] Ki

Let me call you "Master"!

[10:06] Ki

Sorry, Master, my dad is calling me back.

[10:09] K

Sure, go ahead.

[10:13] Ki

I couldn't beat you even once,
but I'm happy I met someone so good.

[10:17] Ki

Let's play again.

[10:18] K

Sure.

[10:20] Ki

See you, Master.

[10:21] K

Y-Yeah, see you.

[10:26] K

Wait, I didn't get her contact info!

[10:29] Ph

Yakisoba!

[10:31] K

Uh, an hour's passed...

[10:35] J

You show up early and you're still late?

[10:39] K

I'm sorry!

[10:42] J

You're not cut out for group activities.

[10:45] K

You're one to talk!

[10:47] J

What about me?

[10:48] K

You're always going off
and doing whatever and stuff.

[10:53] J

Huh? I can't hear you.

[10:54] J

You're such a...

[10:55] N

They seem awfully friendly now.

[10:55] K

Yeah, yeah, I'm sorry!

[10:59] S

Rocks, like climbing walls,
have difficulty grades.

[11:02] S

The Anti-Monkey Rock has a V6 problem,

[11:06] S

and other more difficult problems,
going all the way to V10.

[11:10] J

I'm going to attempt a V8 today.

[11:14] S

It'll be difficult for you to fully climb it,
since it's your first time,

[11:19] S

but start with the V6 and see how you go.

[11:21] K

Okay!

[11:33] K

There's someone climbing over there!

[11:39] K

Awesome.

[11:53] K

Wow, he actually climbed all the way.

[12:02] S

That was incredible, Juzo-san.

[12:04] Gj

Miss Yotsuba.

[12:06] S

It's nice to see you again.

[12:07] S

Let me introduce you.

This is Goto Juzo-san.

[12:11] S

He's a bouldering specialist who holds numerous outdoor climbing records.

[12:15] S

He coaches us every now and then.

[12:18] Gj

No, I don't. You just happen to be there when I'm climbing.

[12:24] Ki

Dad.

[12:25] S

Oh, Kiku-chan.

[12:27] S

Long time no see. How have you been?

[12:31] K

Huh?

[12:36] K

I knew it.

[12:40] Ki

Master!

[12:41] All

"Master"?

[12:42] K

Oh, uh, it's a long story.

[12:46] J

Is it?

[12:48] J

I'm amazed you know Kiku-chan, Konomi.

[12:51] K

It's more like I just got to know her earlier.

[12:55] N

What? Don't tell me you actually managed

to have a conversation with her?!

[12:59] K

I guess you could say that...

[13:00] N

Amazing. I'd love to have
a chat with her, too,

[13:05] N

but she doesn't talk to us much.

[13:08] K

Really?

[13:10] N

What the heck?

[13:11] N

She's such a tough nut to crack for me.

[13:14] S

Nonoka, the mat.

[13:15] N

I know.

[13:16] N

But lucky you, Konomi.

[13:18] K

Right...

[13:19] S

Get ready, Konomi-san.

[13:21] K

Okay!

[13:25] K

So, this is the Anti-Monkey Rock.

Let's do this.

[13:35] K

This thing has eight routes...

[13:38] K

No, if you count the ones that
merge partway, ten routes.

[13:43] J

You can tell? You haven't
even checked a topo guide.

[13:46] K

But they all look difficult.

[13:48] K

The only one I might be able to climb

[13:51] K

is the one that turns to the
top-right from around the middle.

[13:54] S

Bingo. That's the V6 problem.

[13:58] S

Impressive observation, as always.

[14:03] J

Go for it, Konomi.

[14:04] N

Hang in there, Konomi!

[14:06] K

This is real rock climbing...

[14:11] K

*It's nothing like the
holds on the wall in school!*

[14:14] K

It's so rough!

[14:17] J

Yeah, that's the way.

[14:18] N

Keep going!

[14:20] K

Next up is that crack over there.

[14:25] K

Ouch!

[14:32] K

The crack is next...

[14:39] K

My right hand froze!

[14:42] K

Why won't you move, hand?

[14:45] K

Why? I haven't even climbed all that far!

[14:58] K

I'm scared!

[15:04] J

Nice landing, Konomi.

[15:06] J

No need to push yourself at the start.

[15:08] N

It'd be dangerous if you got too far.

[15:11] J

So, how did your first
bouldering attempt feel?

[15:15] S

Unlike walls, rock faces are
intimidating on a primal level.

[15:20] S

This is one of the reasons:

[15:23] S

the high risk attached to falling in itself,
because even that could injure you.

[15:29] J

In competitive bouldering,
you can keep going even after you fall,

[15:33] J

so you kinda start thinking it's
okay to fall and take it lightly.

[15:38] S

Right now, you're working on
your strength and technique,

[15:42] S

but there's one more major thing
you need to be able to win.

[15:46] S

It's the fortitude to keep climbing
when you know you can't afford to fall.

[15:52] K

Fortitude...

[15:57] S

Go, Jun!

[15:58] K

Fight, Jun-chan!

[16:14] S

Amazing, Jun! You actually sent the V8!

[16:17] ---

Thank you!

[16:19] Ki

Dad, can you spot for me?

[16:25] N

Given where she's starting,
is she attempting the same route as Jun?

[16:29] S

No. She's traversing to the right,
so it's the V10 problem.

[16:36] S

She changed her route?

[16:38] S

It's a mixture of both
the V10 problems here...

[16:42] S

The most difficult route this rock has.

[16:44] S

She's at the crux!

[16:46] S

At the end of a long sequence of moves that
drain you, you have to execute a mantel

[16:50] S

which is very demanding and even scarier.

[16:55] S

Incredible. And she's still
only in junior high school, too.

[16:58] K

Wow.

[17:00] S

She's probably the best girl boulderer
in junior high, period.

[17:06] K

That was amazing, Kiku-chan!

[17:08] K

You can climb such a difficult route!

[17:13] Ki

Well, I've been climbing this rock for years.

[17:17] Ki

I actually think your eyes are more amazing.

[17:20] K

Really?

[17:21] Ki

Yeah.

[17:22] Ki

Unlike walls, rock faces
don't have routes marked out,

[17:26] Ki

so they require even more analytic skill.

[17:29] Ki

You figured out all the routes on sight.
That's an amazing ability.

[17:34] Ki

I was right to call you my master.

[17:39] K

Th-Thanks, Kiku-chan.

[17:42] Ki

I believe that rock climbing
is the pinnacle of free climbing.

[17:47] Ki

I have a dream, you see.

[17:50] K

What is it?

[17:51] Ki

The most difficult problem in Japan was
first climbed and announced by my dad.

[17:55] Ki

Someday, I want to send it and be his equal.

[18:02] K

That's some dream.

[18:04] K

You must really love your dad.

[18:10] Ki

Yeah, I do.

[18:13] Ki

Wait, Master,

[18:15] Ki

do you have a thing for him?

[18:19] Ki

I guess I don't mind you becoming my mom.

[18:23] K

Wh-Wh-Where did that come from?!

[18:26] Ki

I think your analytic skill
really shines on rock faces.

[18:31] Ki

So, Master,

[18:34] Ki

climb rocks and become
a true free climber with me.

[18:40] K

With you?

[18:41] Ki

I promise it'll be fun, okay?

[18:45] K

Fun...

[18:47] J

Hey, Konomi. We're resuming practice.

[18:50] K

O-Okay! Coming!

[18:52] Ki

Think about it, Master.

[18:58] N

You can do it this time, Konomin!

[19:01] K

*I want to be able to climb
just as well as these girls.*

[19:07] (Flashback) Ki

I think your analytic skill
really shines on rock faces.

[19:10] K

Yeah, right! Just look at me now!

[19:12] J

Hang in there, Konomi.

[19:14] N

Keep at it!

[19:15] S

Konomi-san!

[19:16] J

Focus!

[19:25] K

Move... Move! Please move!

[19:29] K

I want to climb! Let me climb!

[19:36] K

I can't do it.

[19:38] K

God, I suck.

[19:43] ---

I...

[19:45] J

What's up?

[19:47] K

When I thought I might fall...

[19:53] J

You froze up in fear, right?

[19:55] K

Right.

[19:57] S

Konomi-san, when you feel fear
while outdoor bouldering,

[20:00] S

it's because you aren't convinced you
won't fall off the holds you're grabbing.

[20:05] S

To overcome that fear,
you need confidence in your body.

[20:09] S

If you have that,
you'll be able to move freely.

[20:12] S

You saw how Juzo-san climbed, didn't you?

[20:15] S

With confidence, you can even
trust your pinkie with your life.

[20:19] S

That is why you're training now.

[20:24] S

Konomi-san, work with us
and gain confidence in yourself.

[20:28] K

Yeah.

[20:31] J

Go, Konomi.

[20:35] N

Konomin's been super determined
since we got back.

[20:39] S

She's trying to love herself, in her own way.

[20:43] S

Begin hanging leg raises.

[20:47] J

You can do it, Konomi!

[20:51] K

I see now.

[20:52] K

*I didn't know how to respond
to Kiku-chan's words*

[20:56] K

*because I suck, can't even
climb the Anti-Monkey,*

[21:01] K

and have no confidence.

[21:03] S

Incline sprints, go!

[21:07] K

Right now, I'm not keeping up with practice.

[21:11] J

You okay, Konomi?

[21:15] K

So, I'm going to get to that point...

[21:18] K

I'm fine!

[21:19] J

Good.

[21:21] K

*Build up my body so I can compete
together with the team...*

[21:25] K

*and gain the confidence to
speak my mind with Kiku-chan!*

[21:33] J

You've got this!

[21:34] N

Go, Konomi!

[21:35] S

Just one more, Konomi-san!

[21:37] K

*"The Anti-Monkey Rock"?
I'm gonna destroy that thing!*

[21:45] S

Well done, Konomi-san.

[21:47] N

Amazing, Konomi!

[21:49] N

Not too long ago, just some sprints
were enough to make you faint!

[21:53] J

You're making definite progress.

[21:57] K

Okay, next up...

[21:59] K

Just you wait, Anti-Monkey Rock!

SIGN Iwakakeru!

SIGN Wall 4: Powerhouse Climbers

Revision #1

Created 2024-01-30 10:45:16 UTC by whimsee

Updated 2024-01-30 10:45:17 UTC by whimsee