

Rock warrior's way

Let's find the software craftsman way getting inspired by the
climber rock warrior's way

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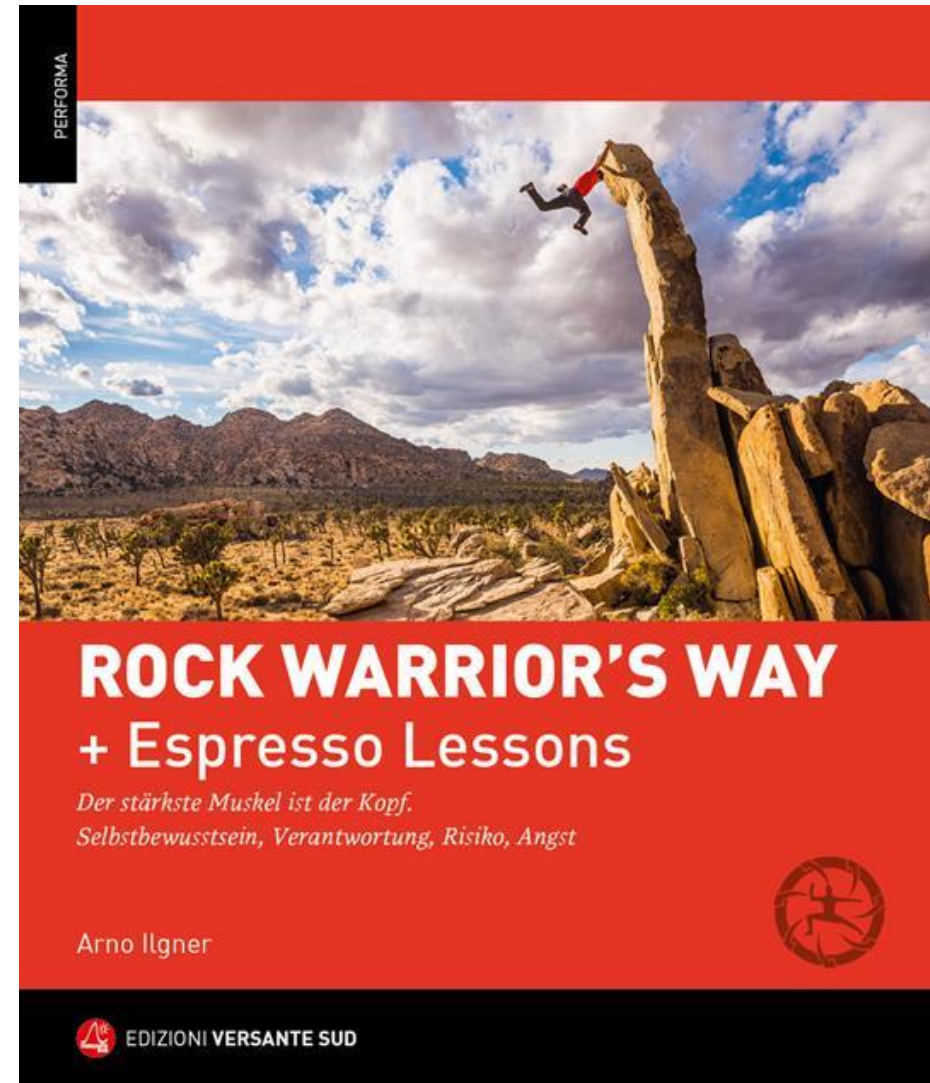
If you're not falling...



Rock warrior's way

- “Rock warrior’s way” is a book written by Arno Ilgner.
- In this book Ilgner tries to synthesize his psychological and physical experience as climber
- He illustrates 7 phases to improve mental skills about climbing:
 1. Becoming Conscious
 2. Life is Subtle
 3. Accepting Responsibility
 4. Giving
 5. Choices
 6. Listening
 7. The Journey

Rock warrior's way



Let's focus on the first phase: “Becoming conscious”

- The first phase “**Becoming conscious**” is all about getting out of your comfort zone
- It explains some step to follow:
 - Realization
 - Break the comfort zone
 - Observation
 - Learn how to love what you're doing
 - Love learning



... and so ...what does it have to do with software development

These principles could be applied generally in any aspect professional or private life

- Realization
 - Realize the way I'm doing could be improved
- Break the comfort zone
 - As soon as you recognize an habit, try to break it
- Observation
 - Monitor and measure your progress (PRO vs CONTRO)
- Learn how to love what you're doing
 - Do not love your code, but love the way you did it
- Love learning
 - Don't be scared by new technologies / methodologies



ATDD and OUTSIDE-IN mindset examples

- Defining and writing first “Acceptance test”, then “Unit tests, and then implement the system, can be seen as a “lose of time” -> let’s start coding (let’s have fun)
 - Instead adopt this methodology is an appropriate example on how to break your habit
- The OUTSIDE-IN mindset helps you focus first on high-level responsibilities then to low-level details
 - Do not be stuck in details, have always an high level point of view on the direction you’re following

Out of comfort zone

Observation



... and when tests become green

- When you change from `new HashMap()` to `new LinkedHashMap()` and all the tests become green....
 - ...when all tests become green it's impossible to say that you don't love your job...

Love what you're
doing



Conclusion

Arno Ilgner in “Rock warrior’s way” says:

“Mental training is underestimated in climbing, even if it is important as much as train strength”.

In the same way let’s use what we learn, TDD, TPP, Object Calisthenics, Code smells, Solid principles, Refactoring priority premise, Coupling, Cohesion Connascence, Rules of simple design, Hexagonal Architecture, ATDD, Outside-in mindset etc... (any many more), as “tools” to open our mind and **train our critical thinking**.

... but this is just my point of view



Thanks

... any question?

References:

- Rock warrior's way (book) by Arno Ilgner <https://warriorsway.com/>
- Sonny Trotter (climber) <https://www.instagram.com/sonnietrotter/>

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