**30. Rope climbing**

1. What type of mechanical energy is constantly increasing during rope climbing?

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1. What are two mechanical parameters that affect the magnitude of the frictional force between the hands/feet and the rope?
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What do you need to strengthen before practicing the rope climbing?

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1. Is it necessary to be able to do pull-up for the rope climbing with the help of legs using the wrap technique?

YES NO

1. How long can you do a overgrip pull-up hold and where did you measure the endurance (on a bar, on a rope, on a branch,...)?

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1. Write the 3 basic faults in rope climbing.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Draw "a wrap and lock" that you use to hold the rope between your feet.

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1. How do we climb down the rope?

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