

30. Rope climbing

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

2. What are two mechanical parameters that affect the magnitude of the frictional force between the hands/feet and the rope?

a) _____

b) _____

3. What do you need to strengthen before practicing the rope climbing?

4. 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

5. 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,...)?

6. Write the 3 basic faults in rope climbing.

a) _____

b) _____

c) _____

7. Draw "a wrap and lock" that you use to hold the rope between your feet.



8. How do we climb down the rope?
