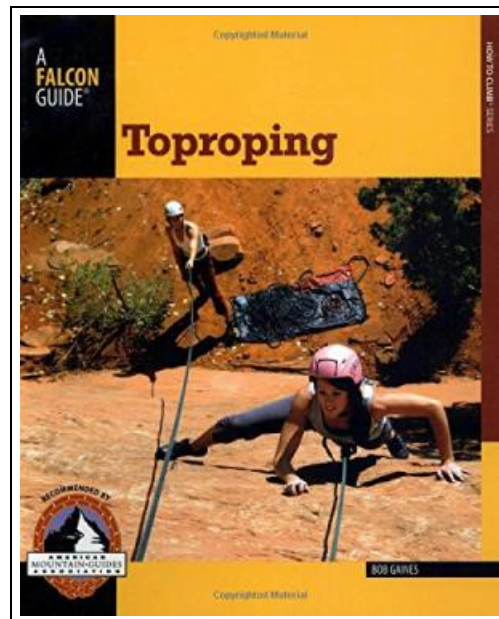


Toproping (Paperback)



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Reviews

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TOPROPING (PAPERBACK)



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ROWMAN LITTLEFIELD, United States, 2012. Paperback. Condition: New. First Edition,. Language: English . Brand New Book. Toproping is rock climbing with the rope anchored at the top of the climb, as opposed to lead climbing, where a climber places protection as he or she goes. Having a top anchor lessens the potential distance of a fall and creates a more controlled situation in which to hone your climbing technique. Toproping is at the heart of learning to climb, and being able to safely set up and manage top rope situations is a critical component in the development of any climber. While it seems simple on the surface, top ropes must be rigged and configured properly in accordance with sound safety principles-and that s where this book comes in.Here you ll find everything a beginning climber needs to know about top roping: knots to use, basic and advanced anchor set-ups, belay techniques, lowering from fixed anchors, site management, and more. Color photos will help guide you through complex top roping situations. Rescue skills and risk management are also covered, along with a section on how to top rope. And there s nobody better to teach these skills than author Bob Gaines, an American Mountain Guides Association Certified Rock Instructor and longtime Joshua Tree climbing guide. Inside you ll find information on: Equipment Knots and hitches Anchoring Top rope systems Belaying Rappelling Lowering Assistance/Rescue Skills Risk management Group management Teaching Novices.



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