

START



ROPE CLIMB

Ordinarily the rope climb presents an exceptionally good means of developing agility and strengthening the arms and shoulders. In time of war this training is doubly valuable. The ability to climb a rope comes in handy on both land and sea. Reaching strategic spots in trees and on cliffs, and emergencies on ship are some of the situations which call for skill in climbing a rope.

In learning the technique, reach up and grasp the rope at a comfortable reach. Keep the left leg behind the rope and the right leg in front.

The secret of good climbing lies in clinching the rope with the knees and

holding fast with the legs and feet. To ascend, place one hand over the other, lifting with the arms and raising the knees. Always straighten the hips before reaching with the hands.

A word of caution as to the descent: Never slide down with the hands. Severe burns are the result. The descent is like the ascent, but in reverse. Or the climber may slide his legs down, while moving hand under hand.

A good exercise on the rope is climbing without use of the legs. Maintaining a rhythmical movement of the body will help you ascend easily. To test your knee grip, jump to a clinging position and release your hands. Continue this exercise by climbing up and down.