

UNIT 4: ROPES



CONTENTS

1 Definition

2 Parts of a rope

3 Knot, hitch, bend

4 Terms / Actions

5 Types of knots

6 Vocabulary I: equipment

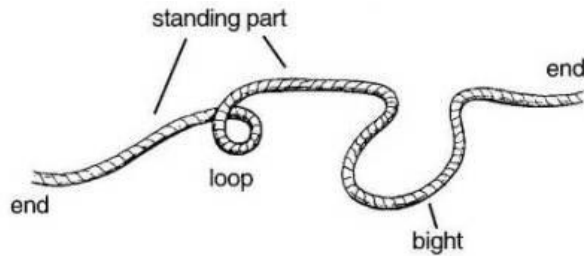
7 Vocabulary II

8 Prepositions of movement / activities

1 DEFINITION

A rope is a thick cord or wire that is made by twisting together several thinner cords or wires. Ropes are used for activities such as climbing, rappelling, bouldering, mountaineering,...

2 PARTS OF A ROPE



Loop= bucle

Bight= lazo, seno

Standing part= firme

3 KNOT, HITCH, BEND

The ability to tie knots is a skill that can prove valuable to anyone. Children learn at an early age that it is necessary to tie a good knot in their shoelaces in order to keep shoes firmly on their feet. They also soon discover that if such a knot is made properly, it can be untied with only a little effort.

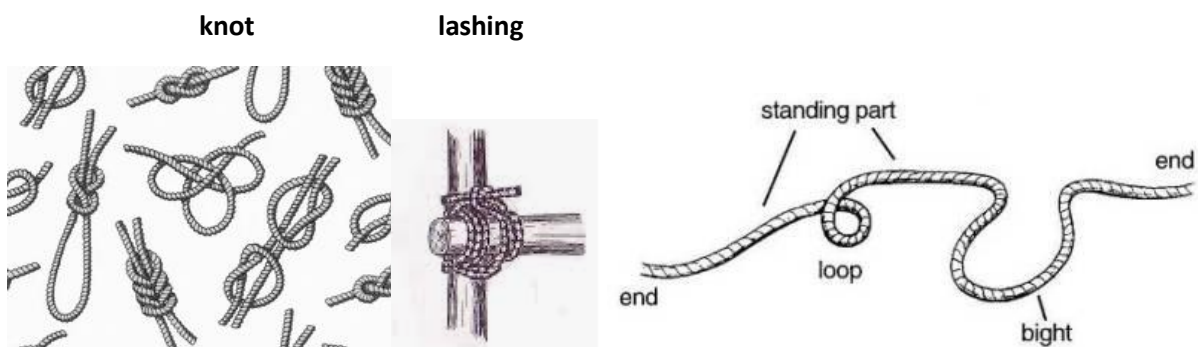
A knot, correctly made, remains secure but may be easily untied.

A **KNOT** is tied in a rope.

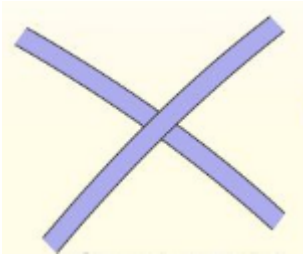
A **HITCH** connects a rope to another object like a carabiner (a metal ring that can open to allow a rope to pass through, used by rock climbers to attach themselves safely to things, “mosquetón”) or even another rope.

A **BEND** is a knot that joins two ropes together.

4 TERMS



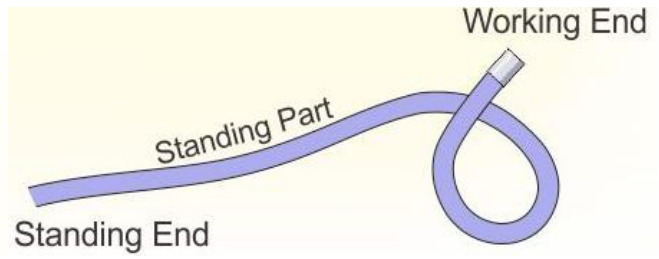
crossing point



elbow



Running end



tail



tight



slack



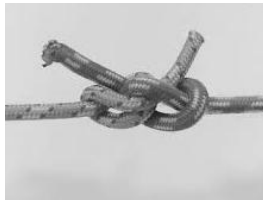
overhand knot



overhand loop underhand loop

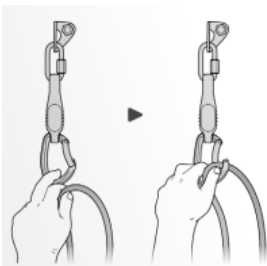


bend



Actions

clip (the rope)



join (two ropes)



secure (rope to an object)



flip (the loop)



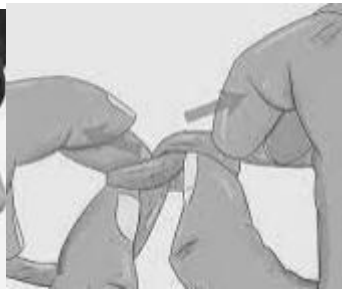
tighten / pull (the rope)



loosen (the knot)



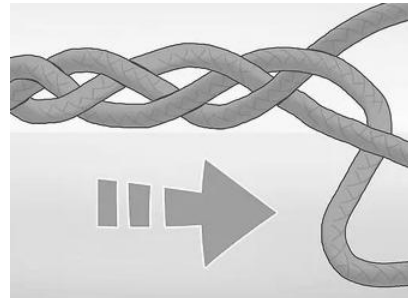
undo / untie (a knot)



make a loop/loop the rope



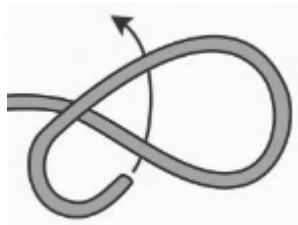
hold /take / grab (the rope) **weave** (pass the rope over and under...)



go around / wrap



pass / run (the rope under the loop)



tie a knot *atar un nudo*

slip *resbalar/escurrirse*

slide *deslizar*

5 TYPES OF KNOTS

Some knots are especially valuable because of the speed with which they can be made. The best, however, are those that hold firmly without slipping, yet do not bind so tightly that they are difficult to untie. The long portion of a rope, about which the loose end is woven, is called the standing part. A loop of rope is termed a bight.

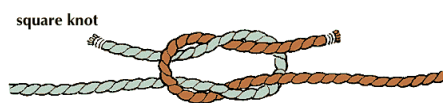
1. OVERHAND KNOT



Encyclopædia Britannica, Inc.

The simplest of all knots is the overhand, or thumb, knot. Although usually a part of other, more complex, knots, it may also be employed by itself, to provide a handhold on a rope, to prevent a rope from raveling, and to keep a rope end from running through a pulley or a sewing thread from pulling through cloth. The overhand knot is made by holding the standing part in one hand, forming a closed loop with the free end, and drawing the end around and through the loop.

2. SQUARE KNOT

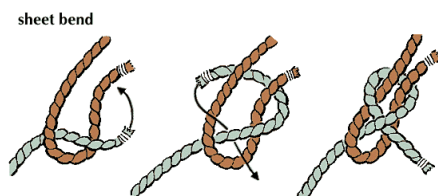


Encyclopædia Britannica, Inc.

The knot that is most commonly used for fastening ropes or strings together is the square knot, also known as the sailor's knot. Shoelaces, for example, are customarily tied by means of the square knot. Made with ropes of the same thickness, the square knot is extremely reliable and easy to untie.

To tie a square knot the loose ends of two ropes are passed around each other once and then again in such a way that the standing part and the end of each rope come out on the same side of the loop.

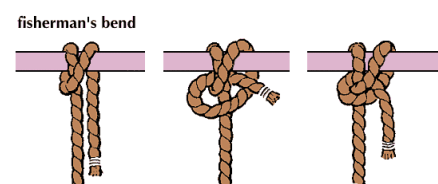
3. SHEET BEND



Encyclopædia Britannica, Inc.

The term bend is generally applied to knots that connect two ropes or that connect one rope with a solid object. The sheet bend, or weaver's knot, is one of the most useful of these. Weavers tie ends of thread together with this knot because it passes smoothly through the needle. The sheet bend is begun like the square knot, but one of the ends is then turned back under itself.

4. FISHERMAN'S BEND

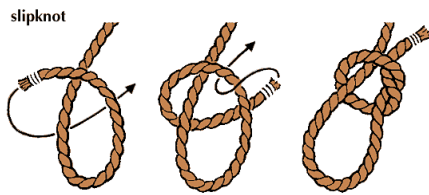


Encyclopædia Britannica, Inc.

The fisherman's, or anchor, bend is commonly used by sailors to fasten a rope to a buoy or an anchor ring. The rope is looped twice around the securing object, the second loop passing over the first. The end is

looped again, this time passing through the first two loops. The knot is frequently made secure by binding the end with string against the standing part.

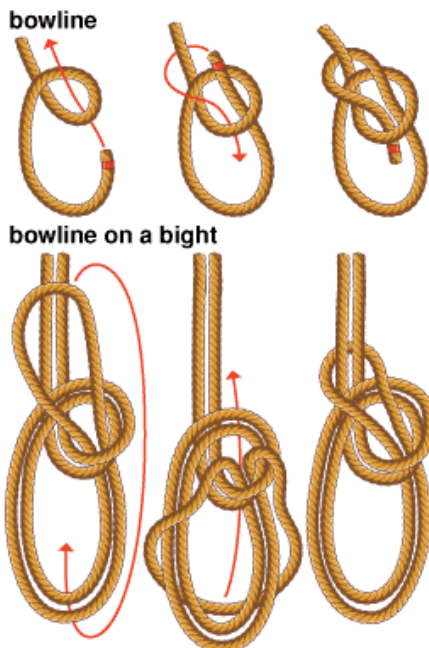
5. SLIPKNOT



Encyclopædia Britannica, Inc.

One of the easiest knots to tie is the slipknot, or running knot. It is made by first forming a bight, then making an overhand knot around the standing part. The slipknot is not strong and will give under strain. It frequently serves a temporary purpose.

6. BOWLINE



© 2009 Encyclopædia Britannica, Inc.

One of the most useful of all knots, the bowline is sometimes called the “king of knots.” It is quickly and easily tied and will never slip. The bowline is tied by forming a loop in the standing part and passing the end through this loop, around the standing part above it, then back through the loop. The bowline on a bight is formed with a length of rope that has been doubled back upon itself. It is begun in the same way as the bowline, but after being passed through the loop, the bight is spread open and the parts of the knot already formed are pulled through it. The bowline on a bight is used to support a person working along the side of a ship or along other steep worksites.

6 VOCABULARY I: EQUIPMENT



1 locking carabiner



2 climbing shoe



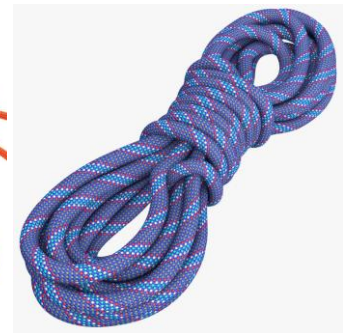
3 lanyard



4 helmet



5 belay devices



6 rope



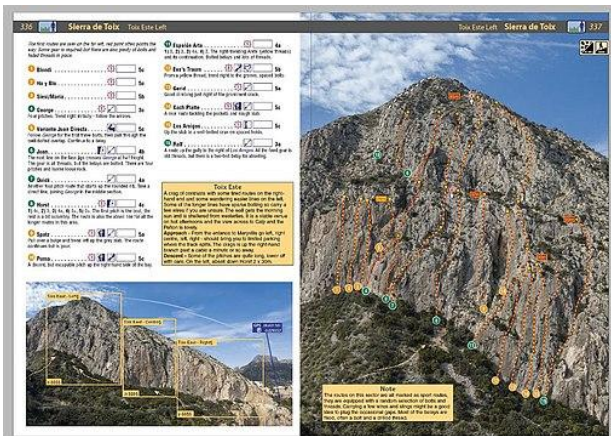
7 quickdraw



8 harness



9 gloves



10 topo



11 sling



12 cordelette

Definitions:

belay device (dispositivo asegurador/bloqueador): a mechanical piece of climbing equipment used to control a rope during belaying, it is designed to improve safety for the climber.

climbing shoes (pies de gato): footwear used for climbing, to maximise performance.

cordelette (cordon): accessory cord, thin rope.

gloves (guantes): equipment that protects the skin on your hands, they offer extra warmth in chilly weather.

harness (arnés): an adjustable padded belt with attached leg hoops. It is used to connect a climber to the rope.

helmet (casco): a protective hard hat, it protects the head against falling debris and on impact.

lanyard (maroma): a connecting component, it is used to connect the harness to the anchor point.

locking carabiner (mosquetón): a piece of aluminum or steel with a gate that opens and closes. The locking mechanism prevents the gate to open unexpectedly.

quickdraws (cinta exprés): a piece of climbing equipment used to help keep the path of the ropes straight, avoiding sharp changes in direction. They reduce friction and enable more fluid movements.

rope (cuerda): a strong, thick string made of long twisted threads.

Slings (eslinga/cincha/correa): it is also called a runner. It is an item of climbing equipment consisting of a tied or sewn loop of webbing multiple uses: building a top-rope anchor, extending quickdraws, foot loop in case of difficulty

topo (topo): the geographical representation of a climbing route.

7. VOCABULARY II



anchors



bolt



hanger



rings

figure 8 descender
pad



mat / crash



climbing wall

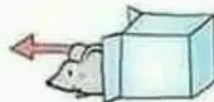
holds

8. PREPOSITIONS OF MOVEMENT

PREPOSITIONS OF MOVEMENT



into the box



out of the box



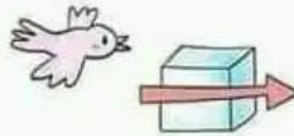
around the box



away from the box



toward the box



past the box



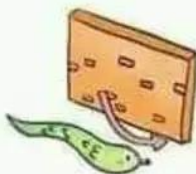
on to the box



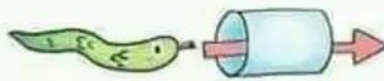
off the box



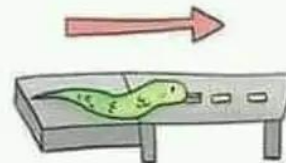
over the box



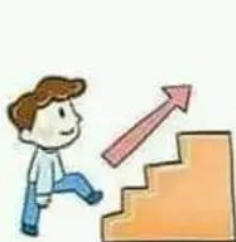
under the wall



through the pipe



across the bridge



up the stairs

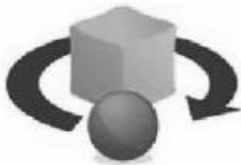


down the stairs

1) Look at the pictures 1 to 11.

Complete the blanks with the correct preposition from the box:

across	out of	under	around	past	into
over	down	between	through	up	



1 the box



2 the tube



3 the box



4 the box



5 the stairs



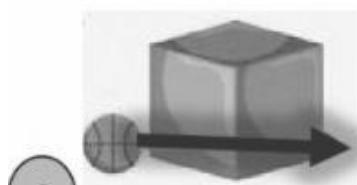
6 the stairs



7 the box

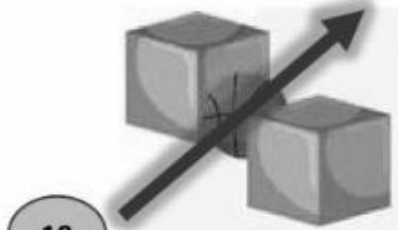


8 the box



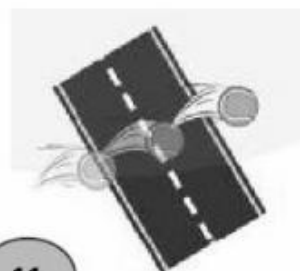
9

_____ the box



10

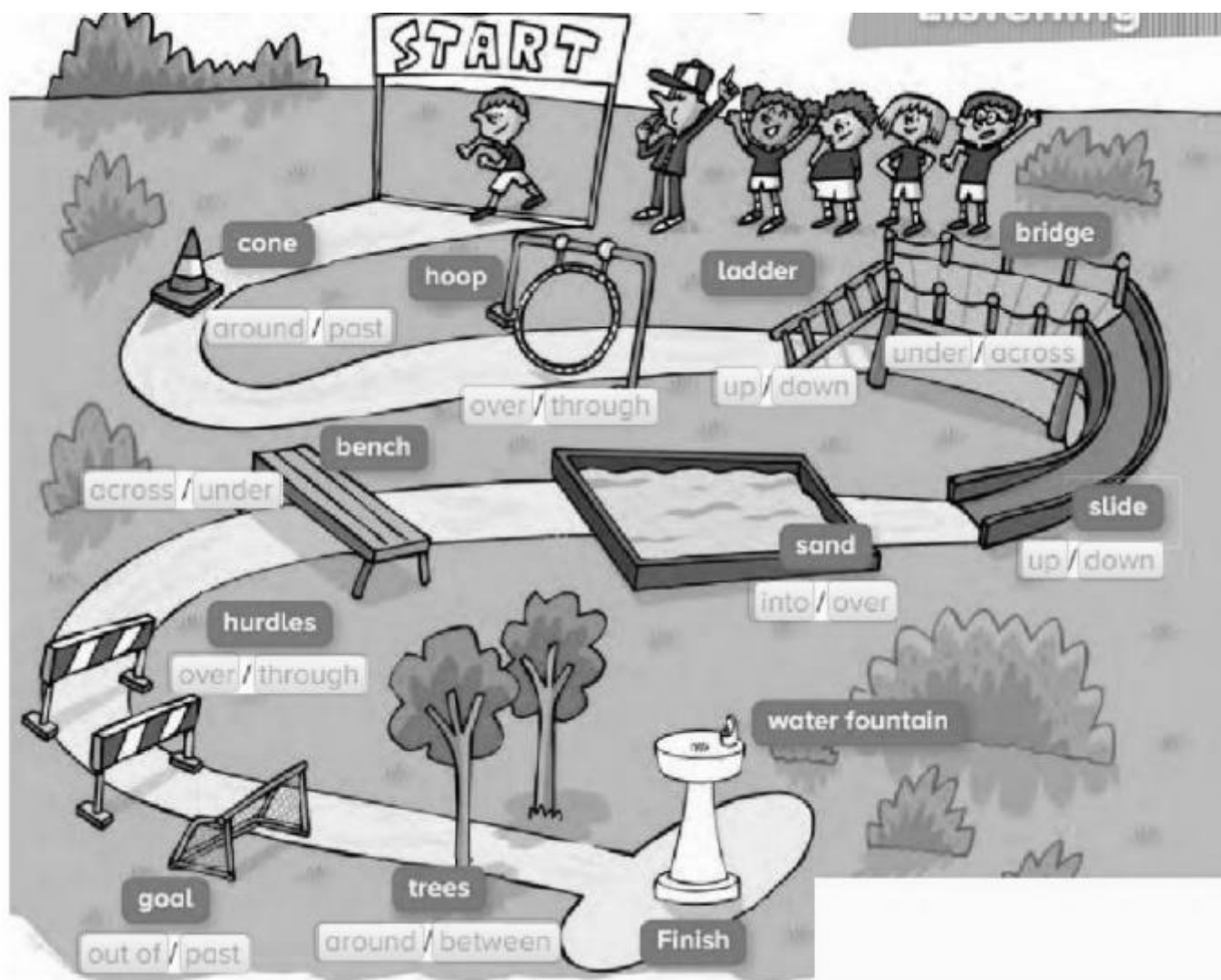
_____ the boxes



11

_____ the road

2 [Obstacle course](#): listen to the audio and choose the correct preposition



3) Listen to the audio again and complete the text with the correct sports verbs and the correct prepositions of movement:

There is one example.

Sports verbs:

skip	climb	slide	crawl
go	walk	jump (x 2)	run (x 3)

Let's race!

Take turns going on the obstacle course. Go one at a time. The person with the fastest time wins. Start here, behind the starting line. Wait until I say "Go!"

Go!

First, run to the orange cone. _____ the cone two times.
_____ the hoop, _____ the ladder and _____
_____ the bridge. _____ the slide, _____ the
sand, _____ the bench, _____ the hurdles,
_____ the goal, _____ the trees. Stop at the
water fountain. That's the finish!

