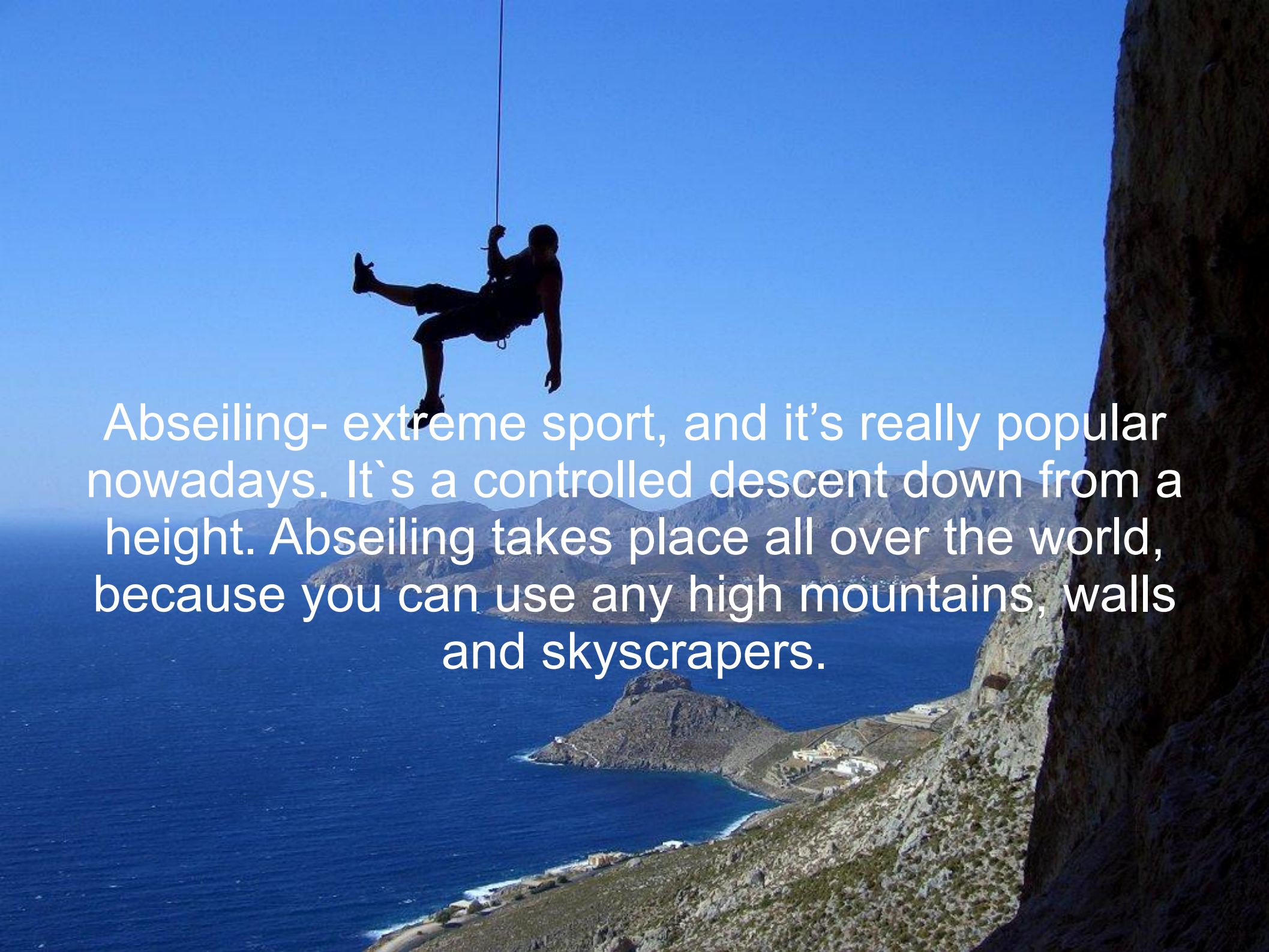


A person is silhouetted against a clear blue sky while abseiling down a dark rock face on the right side of the frame. The person is holding a rope that extends from the top of the image. Below the person, a vast coastal landscape unfolds, featuring a deep blue sea, a rocky coastline with some buildings, and distant mountains under a clear sky. The word "ABSEILING" is overlaid in large white letters across the middle of the image.

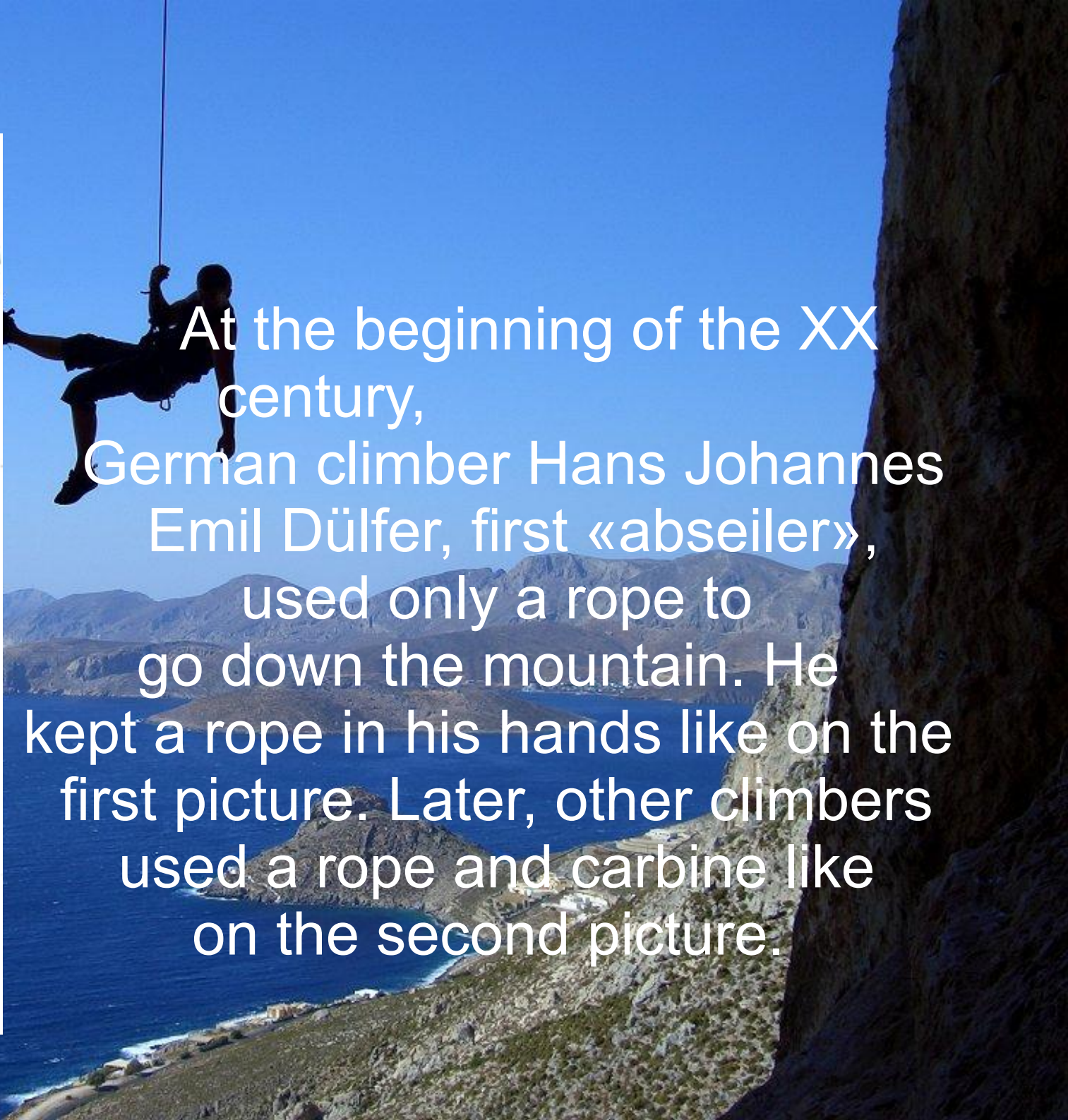
# ABSEILING

A person is silhouetted against a clear blue sky as they abseil down a dark rock face. The person is holding onto a rope that extends from the top of the frame. Below the person, a coastal landscape unfolds, featuring a blue sea, a rocky coastline, and a small town or village nestled in a valley. The overall scene is one of adventure and outdoor recreation.

Abseiling- extreme sport, and it's really popular nowadays. It's a controlled descent down from a height. Abseiling takes place all over the world, because you can use any high mountains, walls and skyscrapers.



At the beginning of the XX century, German climber Hans Johannes Emil Dülfer, first «abseiler», used only a rope to go down the mountain. He kept a rope in his hands like on the first picture. Later, other climbers used a rope and carabine like on the second picture.





Nowadays, for abseiling you must use a strong rope, different carabiners, special device- «eight», your hands and climbing skills. If you are a beginner, you need good insurance, too.



Today abseiling is a part of our life. In the city we can see cleaners of skyscrapers- they go abseiling every day, because this is their job.



Special forces are needed to abseil, too. The Australian army- the first army in the world, that includes abseiling in trainings.



Abseiling is very dangerous, and people, who go in for abseiling are really brave, active and strong. And sometimes crazy.

# ABSEILING



Vlasenco Eugene

Kiseleva Kate

10 «A» form

