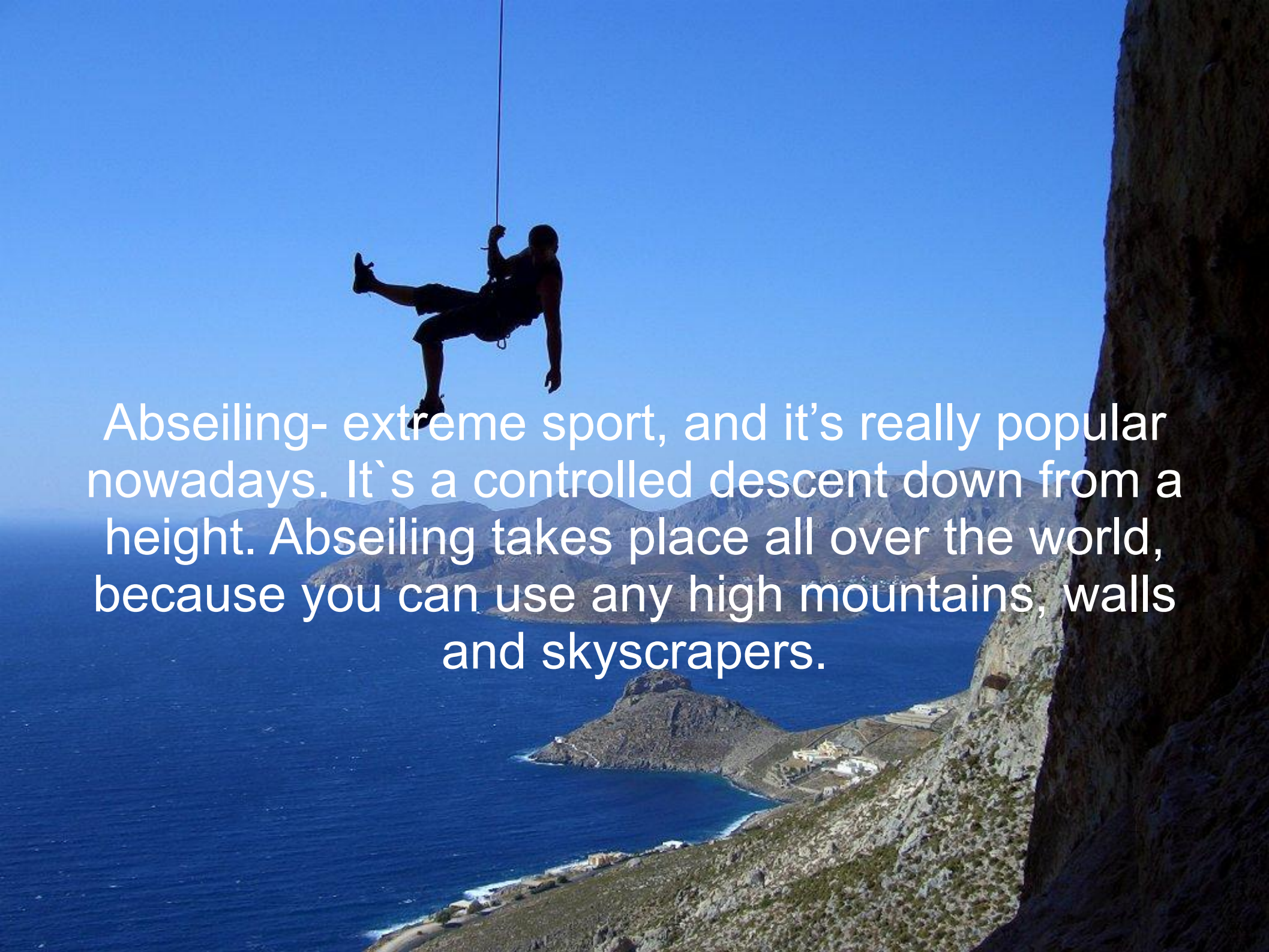


A person is silhouetted against a clear blue sky while abseiling down a dark, textured rock face on the right side of the frame. The person is holding a rope that extends from the top of the image. Below them, a vast blue sea stretches towards the horizon. In the distance, there are rugged, brownish mountains and a small, rocky island. A small coastal town with white buildings is visible on a peninsula in the lower right. The overall scene is one of adventure and outdoor recreation.

ABSEILING

A person is silhouetted against a clear blue sky while abseiling down a rope. The person is in a horizontal position, with one leg extended outwards. The background features a rugged coastline with a deep blue sea, a small rocky island, and a town nestled in a valley. A steep, rocky cliff face is visible on the right side of the frame.

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 carbine like on the second picture.





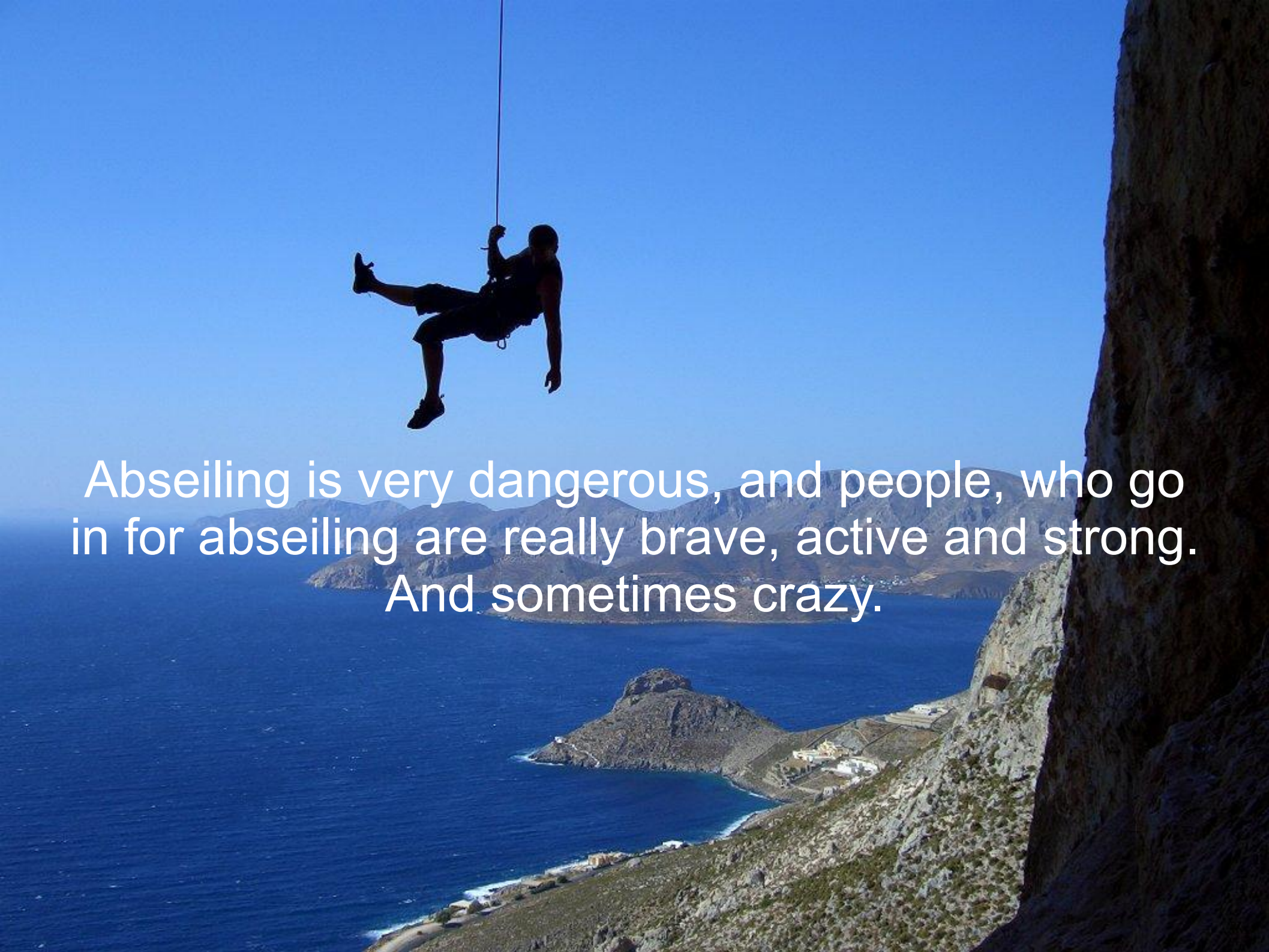
Nowadays, for abseiling you must use a strong rope, different carabiners, special device- «figure-eight», your hands and climbing skills. If you are a beginner, you need good insurance, too.



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

