

# ABSEILIN

G Extreme Sport



# Abseiling –

(German 'abseilen' – to rope down)  
an extreme sport, technique for descending  
using special tools and protection.



Petit Dru

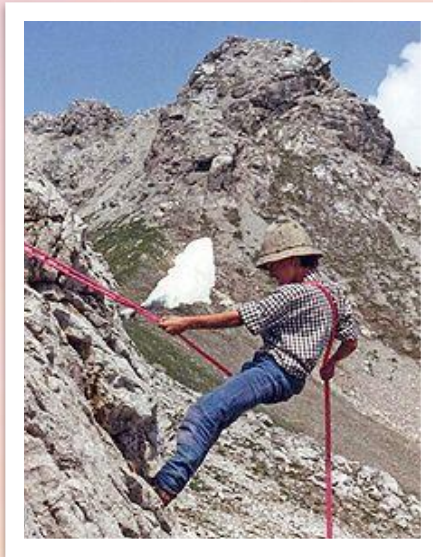
The technique was created  
by Jean Esteril Charlet during climbing  
Petit Dru in 1876. After lots of failures  
he finally reached the summit in 1879.  
This experience helped him to perfect  
skill of abseiling.



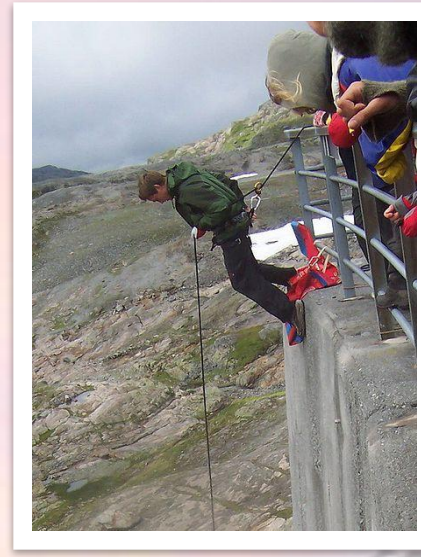
Today it's not only a sport. For example abseiling is also used by rescuers, special forces or to wash the windows of high buildings.

Original technique was very different from modern ones.

Method of Hans Dulfer is considered as classic. Australian rappel and tandem rappelling is also popular.



Dulfer method



Australian rappel



# Equipment

for abseiling



Descender



Carabiner

Rope

Knee pads



Helmet



Boots  
(with good grips)

Elbow pads

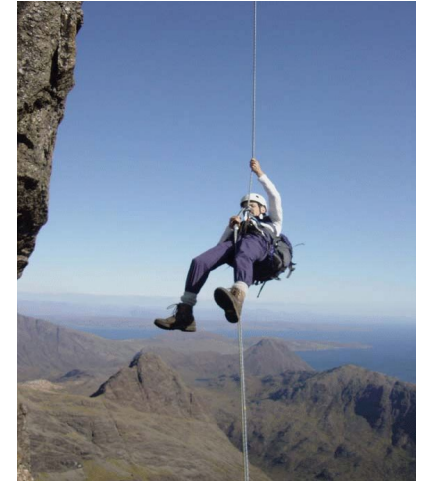


Gloves

Climbing harness



## Abseilers can choose different places



and seasons



Professional climbers think abseiling is more dangerous than the climbing itself because a rope is carrying the climber's weight all the time, not only in case of fall.

So doing this sport is prohibited in many areas.

Abseiling caused lots of injuries and death, but nothing can stop really brave people.

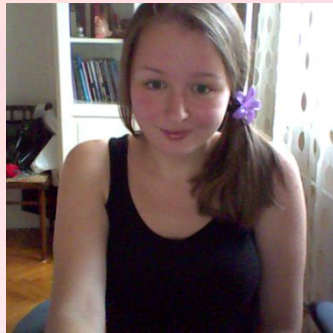


If you want to try this extreme sport, all you need are the equipment, a high wall and an instructor.



Would you like to start  
abseiling?

Thanks for watching.  
Hope you've enjoyed it!



Editor: Lisa Pavlova, 10 'B'  
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