



PRACTICE GUIDE FOR

ROPE HANDLING

Watch points during exercises

- Hand switch closer to the bight, not working end
- Pinch rope between middle finger and thumb, and relax your forearms
- "Paint rope" on the body, feeling for even tension with the back of your thumb
- Clear rope by throwing it ahead to where you're headed, so it doesn't tangle /wrap your partner
- For frictions: use your offhand to bring rope to your finger, then twist your finger and pull thru
- Pull rope through frictions with full draws (using your full arm span)
- Follow rope to the end, feeling for your knots as you go into your frictions
- Draw rope through a friction in a straight line

For practicing tension

- Level 1: Wrap the body
- Level 2: Wrap while moving in the opposite direction, standing
- Level 3: Same as level 2, but seated on the ground

For practicing frictions

- Level 1: Ladder rung with x-frictions
- Level 2: Ladder rung without dominant finger
- Level 3: Practice a harness or structured tie this way

Thank you for taking our class!
Please feel free to send
feedback to us [via this form.](#)

Instagram: @anoxiarope and @juniperjute
Fetlife: Anoxia and JuniperJute

