

Top Rope Anchor Course

2-Point Anchors off Trees & Rocks(& gear if time)

2-Point Anchors off Bolts & Chains

(min. extension of shock loading, magic "X")

Tethering Yourself to Something (tag lines)

Anchors w/in 90° (static rope vs. dynamic vs. webbing)

Equalization, redundancy, BFK

Rabbit Ears Master Point (shelf)

Locking Carabineers in Opposition

Tree Padding (pitch pines/ LNT)

Rope Padding (sharp edges)

Assess clients' anchors (improvements?)

Minimum Gear recommendations (what to buy)

Bowline Knot (w/ overhand finish)

Fisherman's Knot

Figure 8 on a Bight

Overhand on a Bight

Figure 8

Auto-block

Prussik

Rappelling w/a Back up

Extending Rappel Device off Harness

Fireman's Back up

Directionals

Route Selection

