

JUNKO TABELI



MASTERS THE MOUNTAINS

REBEL GIRLS®



ACTIVITIES



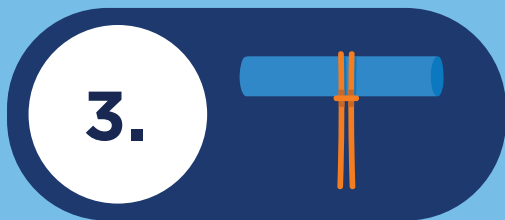
TYING KNOTS

You already know one knot — the kind you use to tie your shoes! But there are nearly 4,000 other unique knots with different purposes.

For instance, Junko and her fellow climbers used several different knots to keep them safe as they climbed high mountains. Tying a knot can come in handy in many situations. Grab an old shoelace, a piece of rope, or a string and practice tying the knots described below.

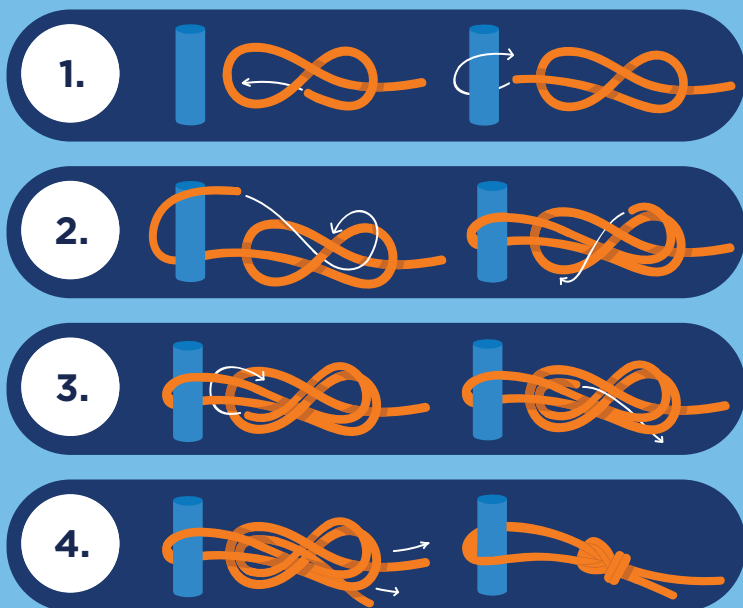
Climbers use a **Girth Hitch** knot to tie themselves to a fixed point, like a tree. It's used for rescues since it's quick and easy to tie. Here are the steps:

1. Place a rope loop behind the object you're attaching it to.
2. Pull the remaining loop away from object to tighten.
3. Wrap the open end over the object and feed it through the loop underneath.



The **Figure Eight Follow Through** knot is one of the strongest knots and helps climbers connect securely to a wall. Here are the steps:

1. Make a figure “eight” with your rope.
2. Wrap the free end of the figure “eight” around the item you’re tying yourself to.
3. Take the free end and follow the “eight” around a second time.
4. Then pull the end tight.



The **Double Overhand Stopper** knot is used at the end of a rope for extra security. This knot will make sure that a climber's rope never slips unexpectedly. Here are the steps:

1. Make a loop and feed one end into the loop.
2. Take the end and pass it through the loop one more time.
3. Pull the ends to tighten.

1.



2.



3.



FINDING BALANCE

As a climber, it's important to strengthen your balancing skills, so that you feel confident climbing on less stable surfaces. Climbers have to switch out their hands and feet when reaching for their next hold, so they don't slip and fall. It is also important for them to shift their weight by leaning away or toward individual holds/footholds on the wall. Work on your balancing skills by trying the activity below!

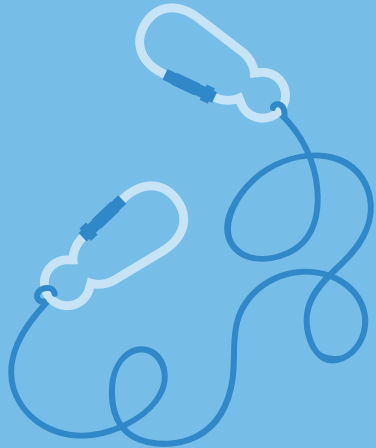
1. Stick a long piece of masking tape on your floor in a straight line. Hold two tennis balls or similar-sized objects in each hand and walk along the tape, following the line. Holding the tennis balls will strengthen your grip while also helping you to improve your balance when you can't use your hands to steady yourself.
2. Put the tennis balls away and look for a softcover book. Now try walking along the tape while balancing the book on your head. It may help to have your arms spread out like an airplane!

CONQUERING FEARS

Climbing can be scary, which is how Junko felt the first time she tried it. However, she learned that trying new things can make you stronger. When you really focus on the task in front of you, something that used to be frightening won't seem very scary anymore.

Talk about a time you were scared to try something new but decided to try it anyway. What did you learn? What did you like or not like about that experience?

Is there something you've been too scared to try so far but would like to try someday?





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