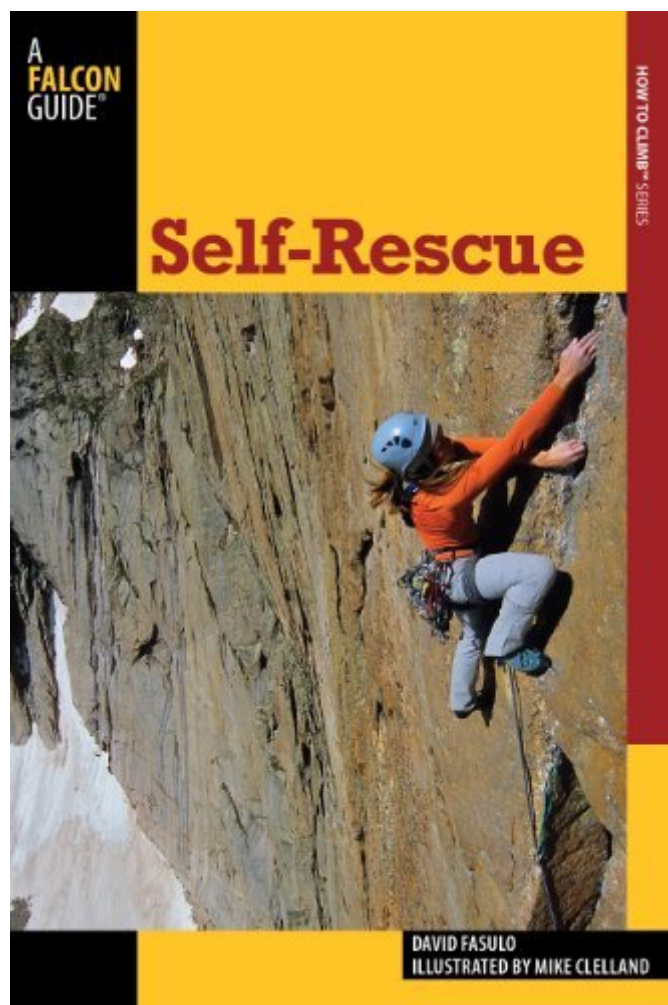


The book was found

Self-Rescue 2nd (How To Climb Series)



Synopsis

The must-have handbook on rescue techniques for serious climbers! Whether you need to assist your partner past a difficult section of a climb or rappel down a multipitch route with an injured climber, you owe it to yourself and your fellow climbers to be prepared. *How to Climb*, Self-Rescue fully describes and illustrates a variety of techniques that every climber needs to know for safety and self-reliance. The first edition of this book was the authority on rescue techniques for rock climbers. Now completely updated and revised with the latest techniques and accompanied by Mike Clelland's clear, detailed illustrations David Fasulo's *How to Climb*, Self-Rescue remains the definitive resource on the topic.

Contents

1. Transition Model
2. Self-Rescue Concepts: Terrain, Technical Ledges, Baseline and Belay Escapes
3. Tools and Primary Systems for Self-Rescue
4. Knots and Hitches
5. Anchors and Belays
6. Patient Assessment
7. Terrain Assessment
8. Hands Free
9. Course of Action – Descend
10. Course of Action – Ascend
11. Course of Action – Stabilize/Shelter in Place
12. Top-Rope Rescue
13. Second Rescue
14. Leader Rescue
15. Search and Rescue
16. Analysis of Select Rescues and Accidents
17. Skills Assessment

Book Information

File Size: 10336 KB

Print Length: 256 pages

Publisher: FalconGuides; 2 edition (June 1, 2011)

Publication Date: May 4, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005Q90UI2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #569,463 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #147

in Books > Sports & Outdoors > Mountaineering > Rock Climbing #271 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Mountaineering #551 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Outdoors & Nature > Hiking & Camping > Instructional

Customer Reviews

I've been teaching self rescue for 25 years, this is the first book to take a practical, realistic view on what is possible and what is not. The explanations are better, the pics are better and while these techniques will constantly evolve this book is a must have for all Trad climbers.

Didn't think it was possible to make a second edition worse than the first. He took his classroom notes and published them. He tried to present them in an academically superior fashion failing miserably. He has the attention of his publisher but he clearly is a neophyte and isn't a master of the content although he constantly tries to throw in some "cool stuff" meant to show off. Great subject, terrible book. The only thing that saves the book are the illustrations. A couple of errors if you use crayons or markers to help trace the sequencing but overall Clelland does a great job of simplifying and reducing the content. He understands the reader, Fasulo does not. Try Seltsers book instead.

I have to agree with another reader on this about the style of this book. The author uses obfuscation to sound sophisticated. This is exactly what is NOT needed! Self rescue should be simple and the basic points explained first. A more systematic approach explained later after the ground work is covered, not first!! Introducing new jargon that is purely jargon to get a name is of no use. Terms like 'Technical ledge' = Hanging climber (or rope under tension). Why not say 'hanging climber' instead of making it sound like something else. It's a rope for God's sake. Treat it like one!! I personally feel the Author has got so wrapped up in naming a concept that the concept is lost in words. I don't believe in explaining something by trying to name it as something new. Just use the current vernacular - it's easier all round!

In the early chapters of the book the author introduces a lot of jargon without explanation; "baseline", "technical ledge", etc. He goes on at length about the evolution of the self-rescue methods, and the fact that we've gone beyond "escape the belay". Then there's a lot of stuff about establishing a "technical ledge" which unfortunately sounds to me a lot like it's essentially the same thing as "escaping the belay". I would not disagree that the techniques in this book are very important for all climbers to know, but unfortunately the jargon got in the way for me.

I recently dislocated my shoulder on a multipitch and it took 2.5 hours to finally get cell service, all while my arm was dangling uselessly and painfully by my side. I soon realized that the situation could've been worse had I decked when I fell unexpectedly. Climbing is inherently dangerous and

it's very important to know what to do when things go wrong. I'm planning on reading and practicing the techniques during my injury time so that when I return to rock in a couple of months, I will feel much more equipped. I've already started it and it's extremely clear and comprehensive.

The flow of the second edition is better because the decision making process is streamlined. If there is an easy way to do something - use it; if not - go to the more complex method. For me, the skills that are described take some study and a bit of practice to get comfortable with. A great way to spend a rainy day at the crags.

This is the completely new approach/concept of self-rescue theory. The smart and clear illustrations are very impressive and instrutive! I'd like recommend this book to every climbers.

[Download to continue reading...](#)

Self-Rescue 2nd (How To Climb Series) Learning to Climb Indoors (How To Climb Series) How to Climb 5.12 (How To Climb Series) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Glacier Mountaineering: An Illustrated Guide To Glacier Travel And Crevasse Rescue (How To Climb Series) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Mountain Travel & Rescue: National Ski Patrol's Manual for Mountain Rescue, 2nd Ed Hostage Rescue Team Box Set Vol. I (Hostage Rescue Team Series) One Hundred Years of Valor: Rescue Company 1 New York City Fire Department Rescue 1915-2015 Rhodie's Guide to Rescue Knots: 3rd Edition of Knots for the Rescue Service Better Bouldering, 2nd (How To Climb Series) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Coaching Climbing: A

Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series) Conditioning for Climbers: The Complete Exercise Guide (How To Climb Series) Building Your Own Climbing Wall: Illustrated Instructions And Plans For Indoor And Outdoor Walls (How To Climb Series)

[Dmca](#)