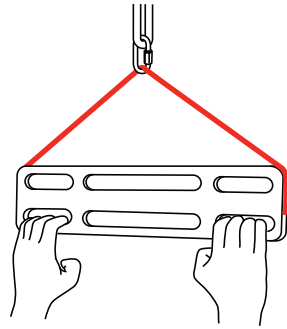
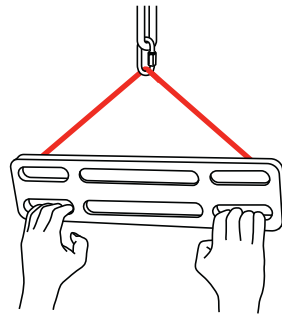


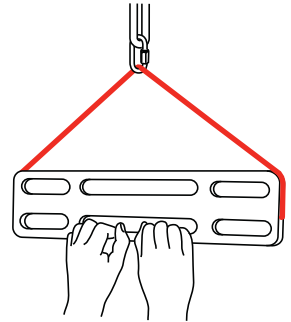
1 Easy way
(Rope is in front of the board)



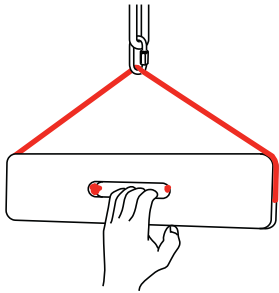
2 Normal way
(Rope is straight)



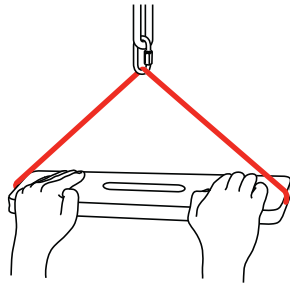
3 Hard way
(Rope is on the backside)



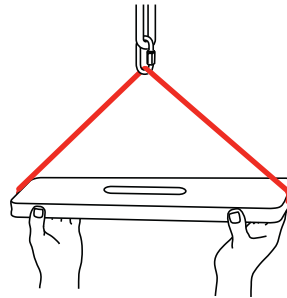
4 Smaller holds
(Variations: All rope positions)



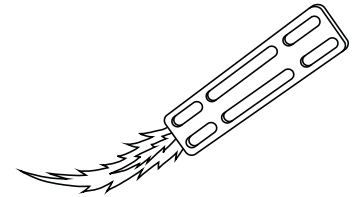
5 One hand
(Variations: All rope positions)



6 Sloper
(Variation: Both sides)



7 Pinch
(Variation: Both sides)



8-99 Be creative