

## **Norsk Grotteblad nr 7, 1981**

### **En enkel ETT binding av stålwire**

Simple SRT Foot Loops from Steel Wire.

The loops are made from plastic-coated-steel wire and give a strong attachment for either Gibbs or Jumars in Ropewalker or Frog-Technique, respectively. They are quickly mounted and released, which is important to shorten waiting at the pitches. For Frog-Technique, one pair of attachments are used; if the Jumar ropes are attached with small karabiners, the foot devices do not need to be taken off at all.