

Rock Monkey Level 4

Week 1 - Knots

This week we will focus on knot tying! When climbing we use a figure of 8 knot, with a double stopper to finish, to tie the rope onto our harness. Now your level 4 you should be brilliant at tying in so we can introduce a new knot. The clove hitch is a knot we can use to secure the rope to a carabiner.

For this week's homework you will need:

- Something you can tie a knot in (an old rope, some string, a scarf, anything you can find but ask your parents permission before!)
- A carabiner (or something you can use in place of one)

Your challenge is tie a clove hitch using only one hand

Film or take pictures the challenges and email them to us rockmonkeys@redpointbristol.co.uk or, if you use Instagram, then upload your videos and tag @redpointbristol

Check out some tips below on how to tie the clove hitch one handed.

If you want to do a little more research on tying a clove hitch one handed then this [link](#) is a good place to start.

Week 1 - Exercise Challenge

For this week's exercise challenge you need to find out what 'level' of push up you can complete. Ask a parent or adult to watch you and be strict! Don't try the next level until you are perfect on the previous one. Make sure you keep good form!



Clip as normal, grab the rope behind the draw



Make a loop



Bring the loop across the rope, palm facing the draw



Clip the loop of rope



Pull the strands to tighten



Finished clove hitch