SCUOLA DI ALPINISMO GRUPPO CORVI

GRUPPO ALPINISTICO

CORVI

MANDELLO

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LEZIONE DI

TECNICHE PER LA PROGRESSIONE

CLUB ALPINO ITALIANO

Principi fisici generali

EQUILIBRIO

Le gambe sono fatte per portare il peso del corpo (appoggi)

Le tre articolazioni (caviglia ginocchio e anca) devono lavorare contemporaneamente

La parte anteriore del piede garantisce maggior sensibilità e dinamicità

Le braccia possono aiutare il corpo a mantenere l'equilibrio
e alleviare la fatica delle gambe (appigli)

L'aumento del carico migliora l'attrito delle suole

Il carico sui piedi può essere statico o dinamico.

ECONOMIA DELLE ENERGIE..

L’equilibrio

statico

E’ garantito dai piedi
con l’eventuale ausilio delle mani

dinamico

Uso dei piedi e delle mani (aderenza ecc.)

Il peso del corpo (soprattutto in discesa)

L’eventuale terzo appoggio (bastone)..

Economia delle energie

Forza ed energia

Uso adeguato dei muscoli

Lunghezza del passo adeguata alla preparazione

Salti calcolati.

Importante

Spingere sulle gambe piuttosto che tirare con le braccia..

Ambiti di applicazione

Durante l'avvicinamento o il rientro

Durante l'arrampicata..

AVVICINAMENTO e RIENTRO

Vari tipi di terreno

Selciato

Terreno erboso

Terreno ghiaioso

Sfasciumi

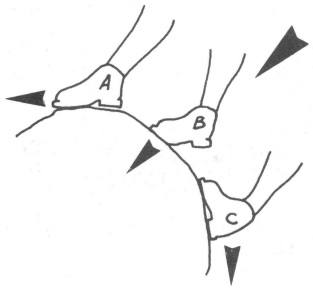
Rocce facili

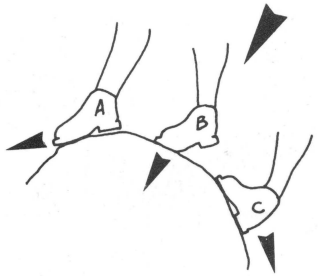
Neve

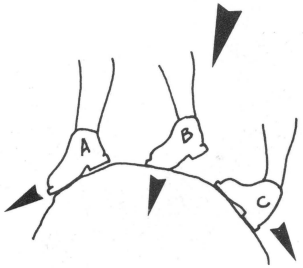
Ghiaccio..

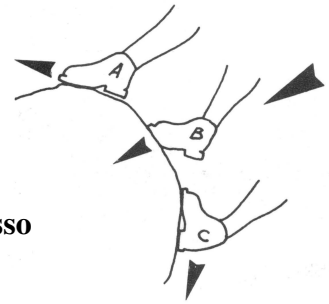
Selciato

Caricare sempre la parte anteriore del piede

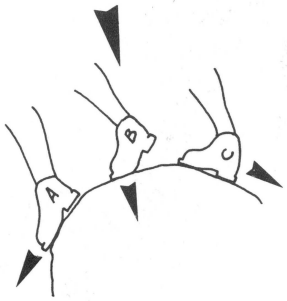








Ginocchio poco flesso



Ginocchio molto flesso.

Terreno erboso

Tenersi sempre vicino alla posizione di equilibrio

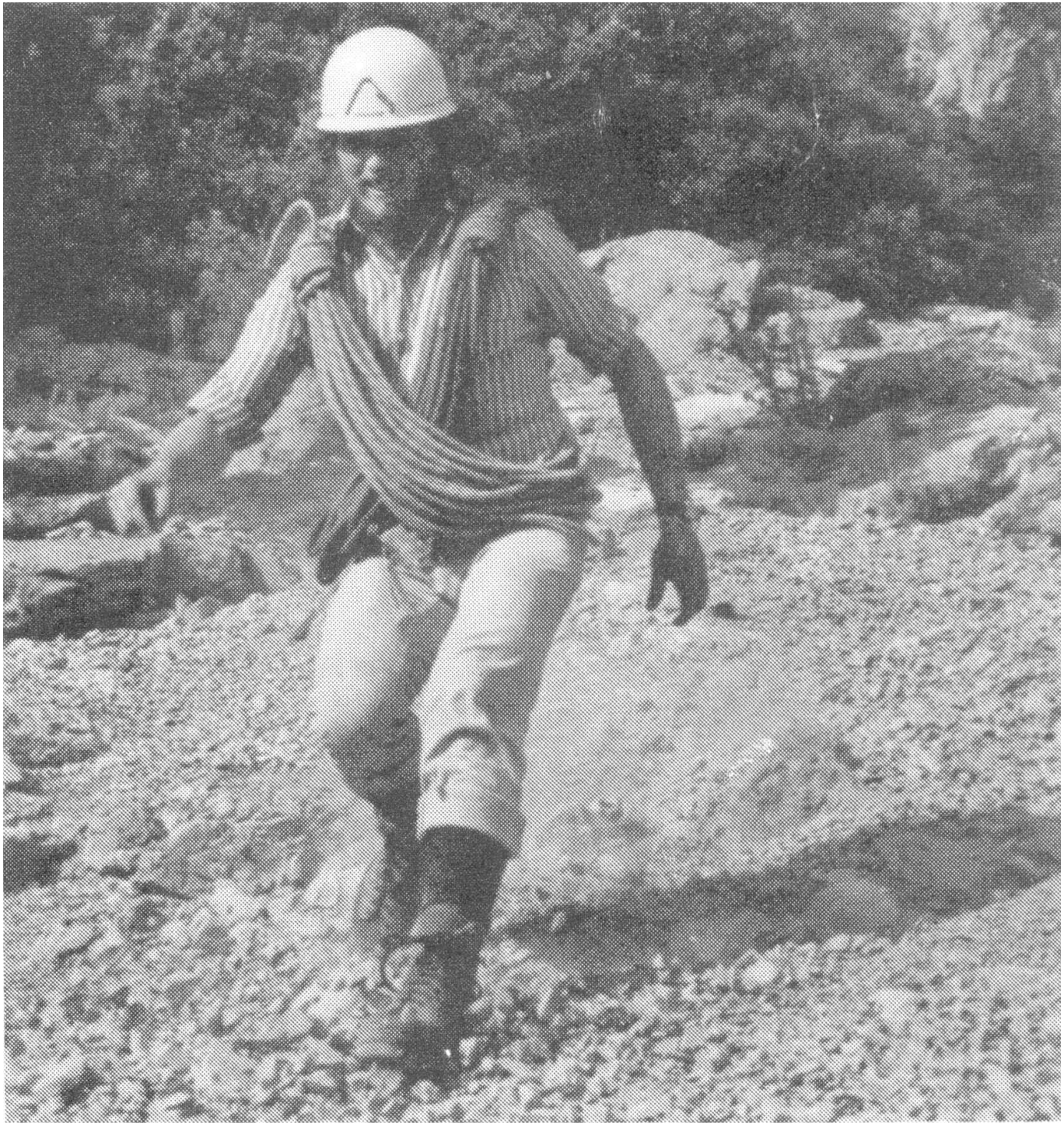
BUONO

CATTIVO

Terreno ghiaioso o sfasciumi

Peso del corpo avanti.

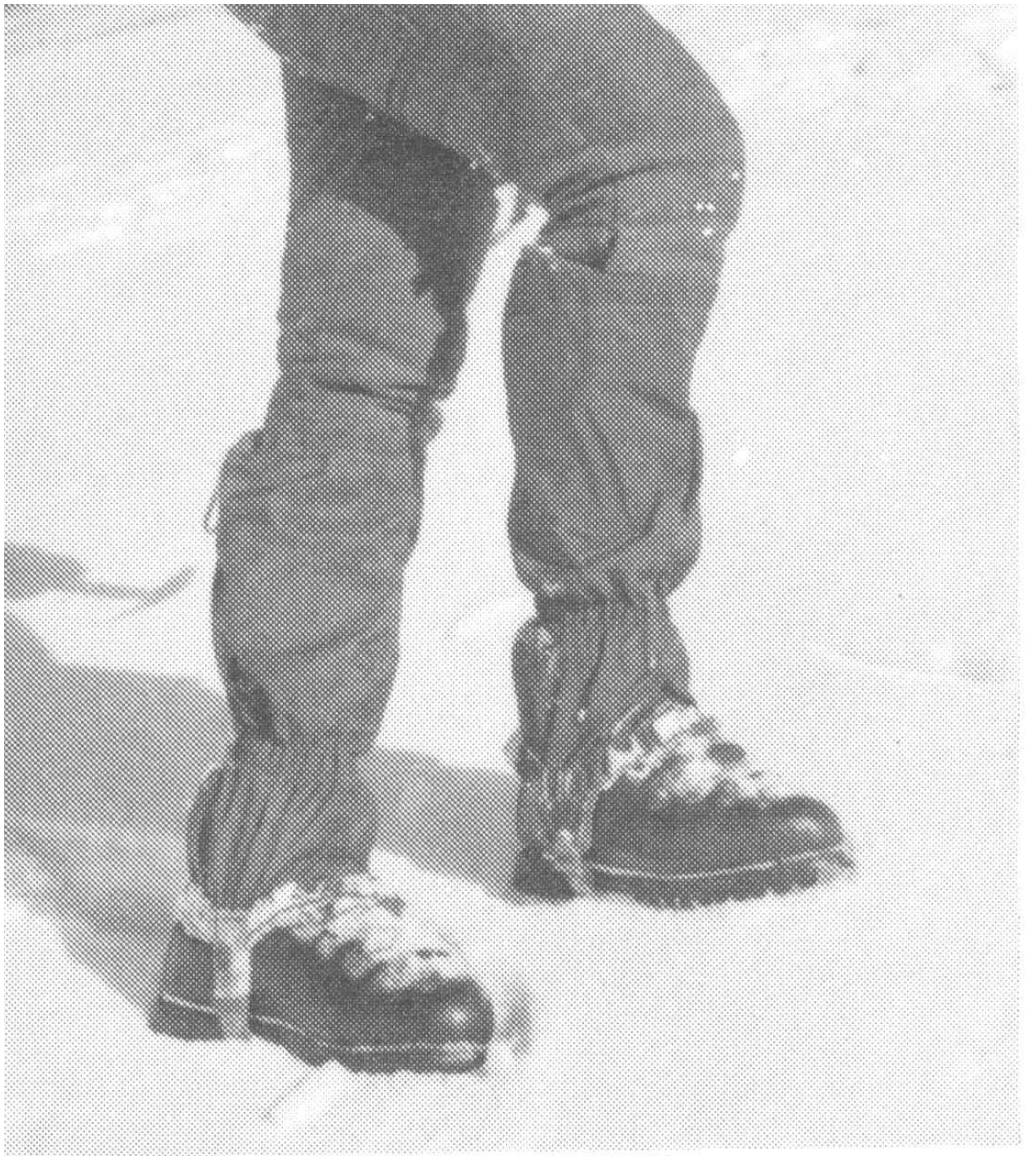
E' l'unico caso in cui ci si appoggia con i tacchi per farli scivolare sulla ghiaia



Rocce facili

Caricare la parte anteriore del piede sia in salita che in discesa

Neve o ghiaccio



Tecniche di progressione

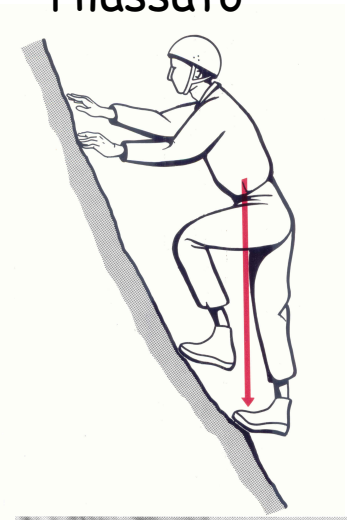
Individuali

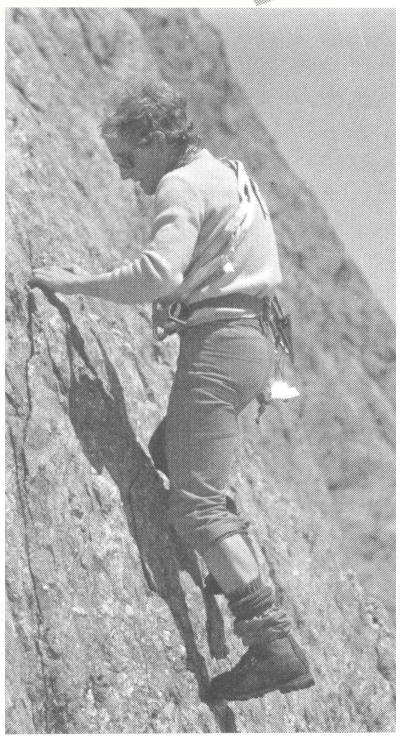
Di cordata..

Tecniche individuali

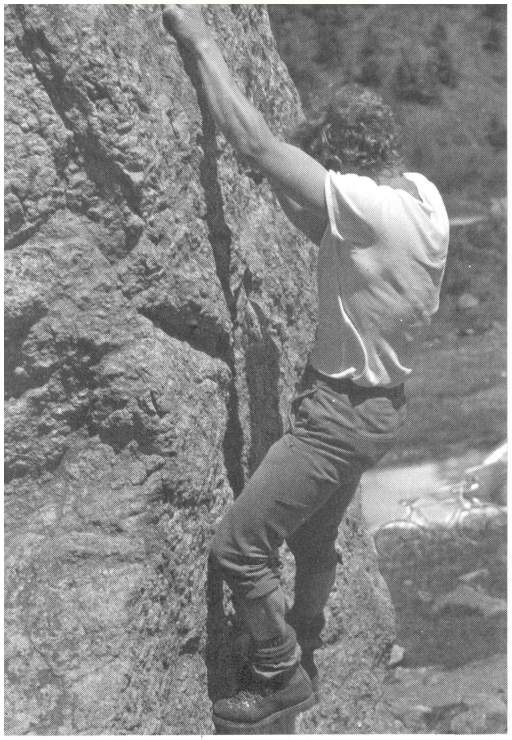
ARRAMPICATA

rilassato



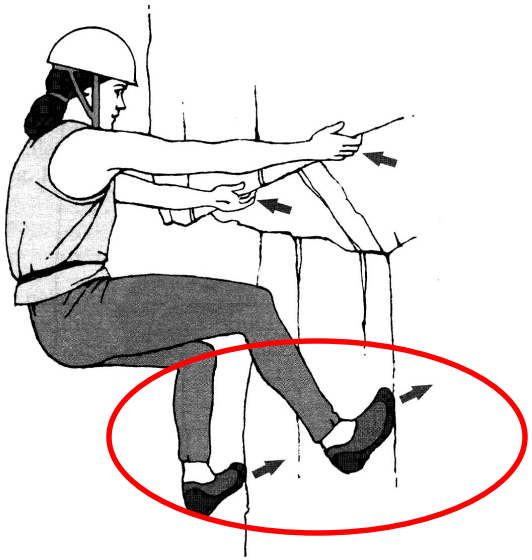


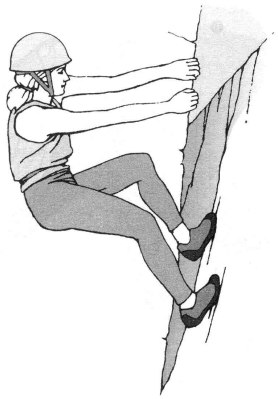
contratto



Marco in perfetto equilibrio
rilassato

Aderenza = momento transitorio





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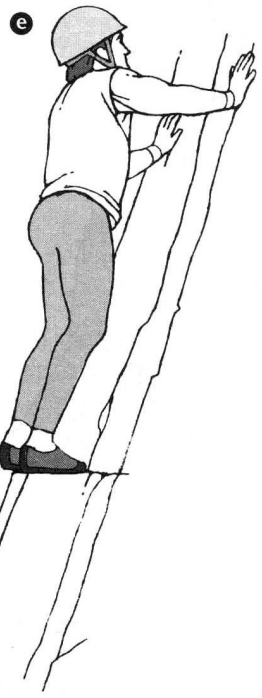

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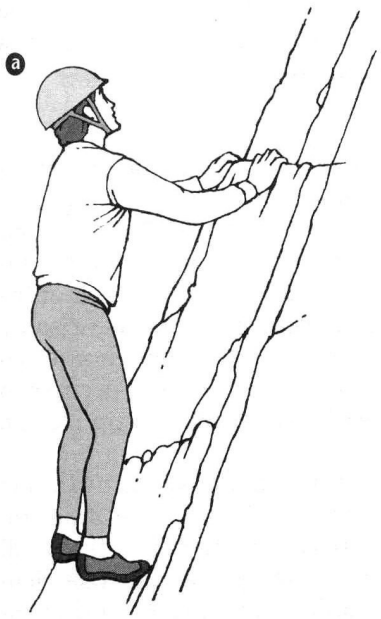
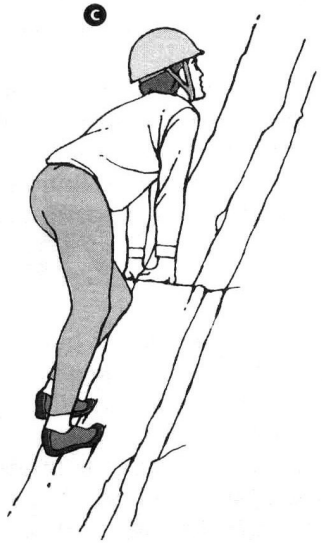
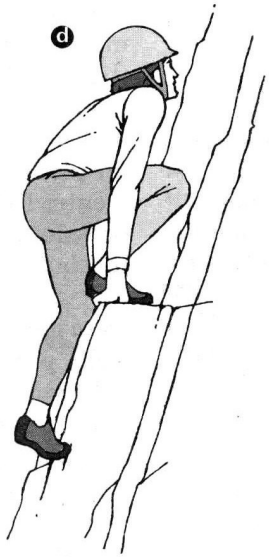




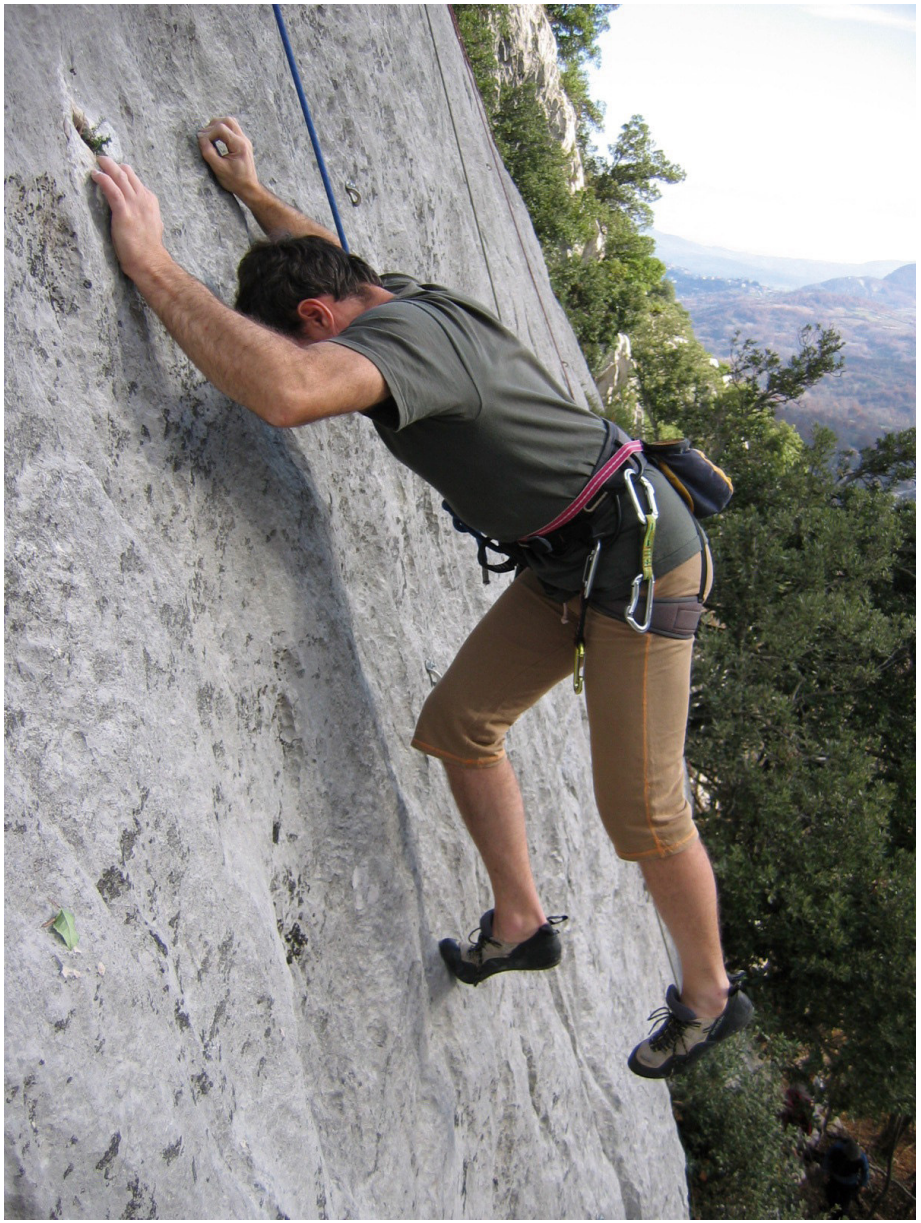


Passaggio in aderenza

Aderenza

corretto

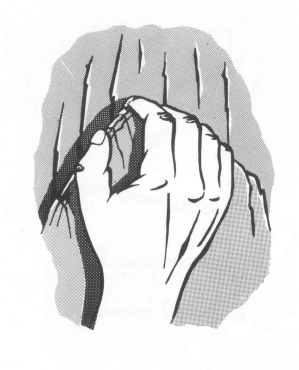
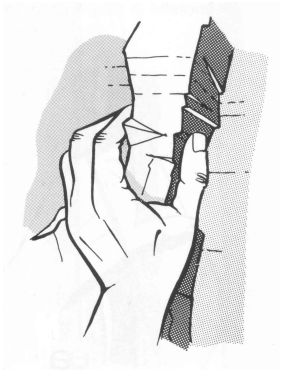
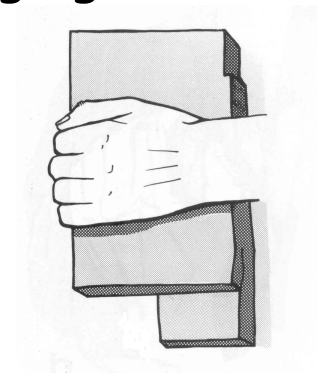
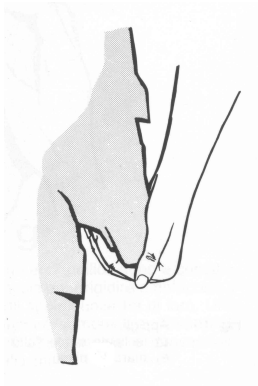
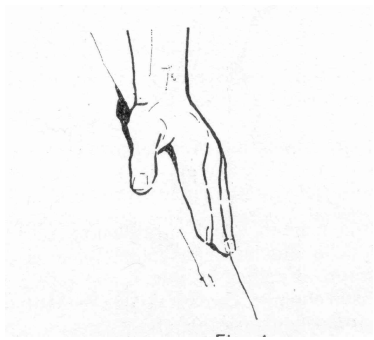
errato



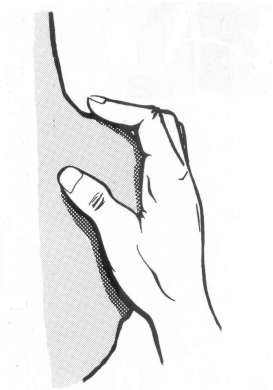
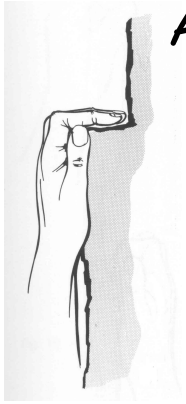
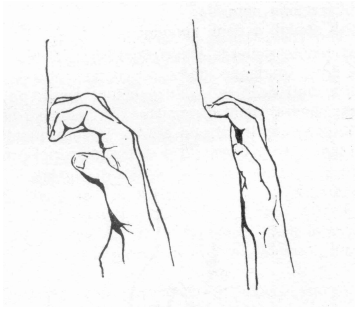
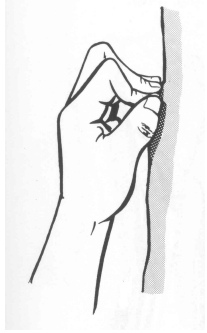
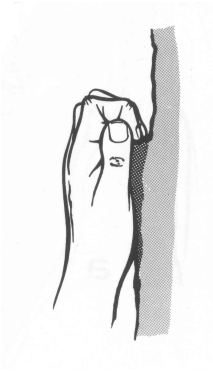
Aderenza

Uso delle mani (appigli)

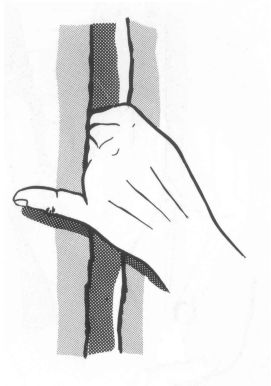
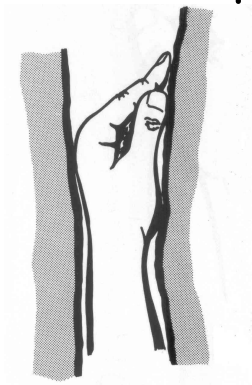
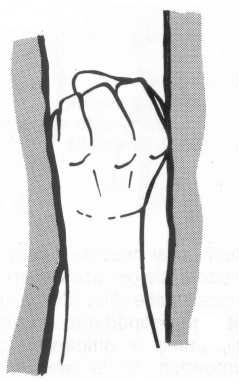
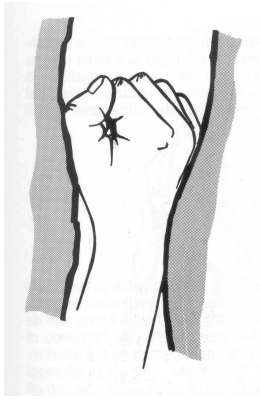
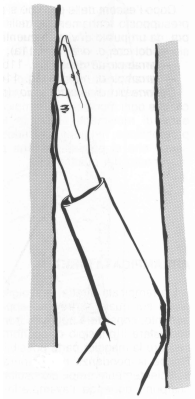
Appigli grandi

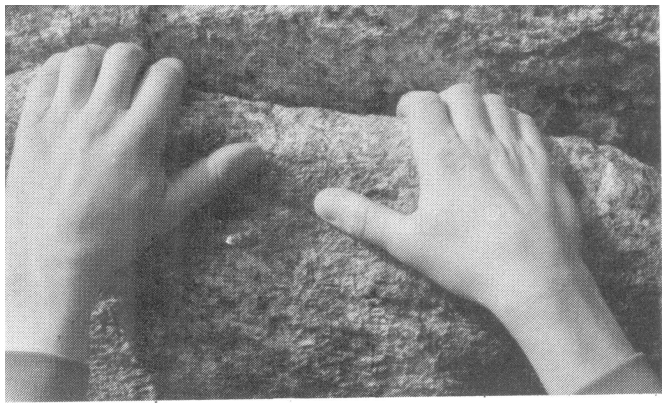
Appigli piccoli

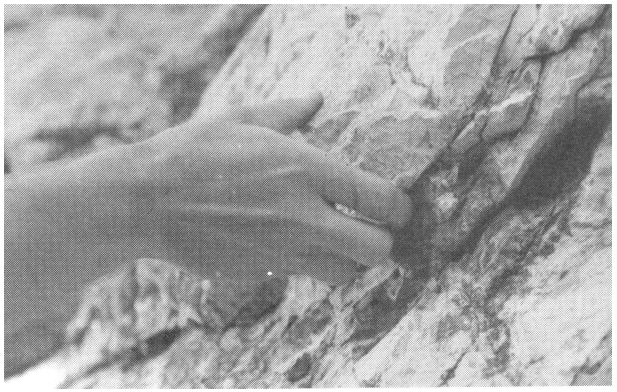






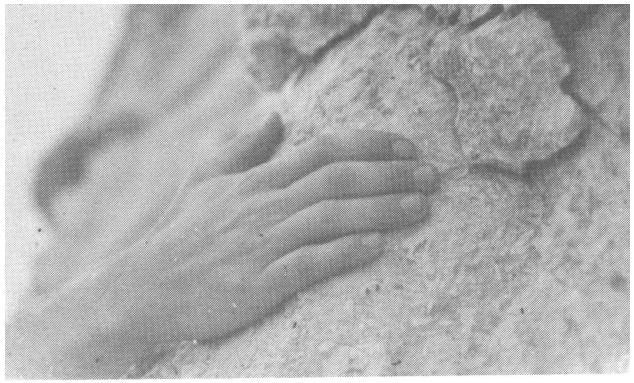
Fessura

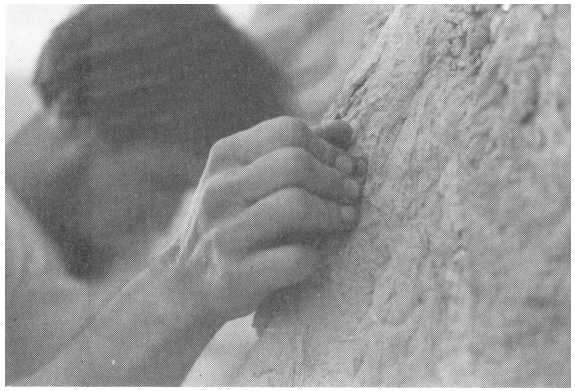






Uso delle mani (appigli)



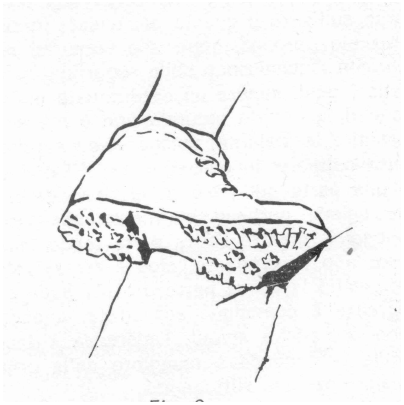




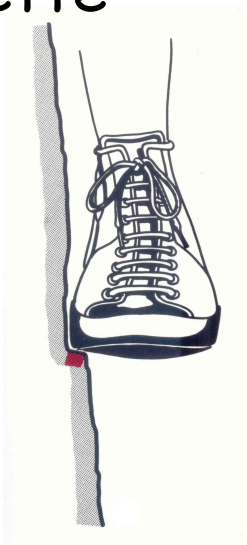


Uso dei piedi (appoggi)

scarponi



scarpette



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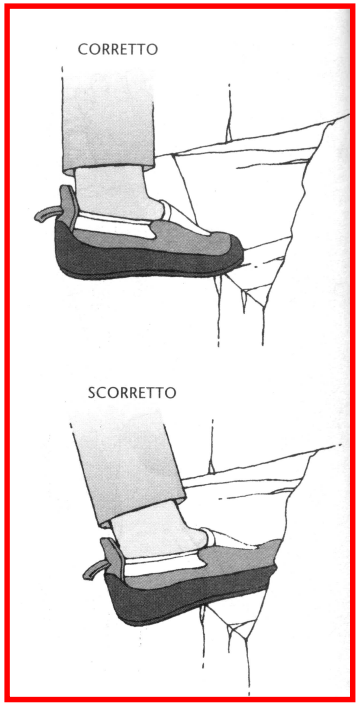


Uso dei piedi (appoggi)

corretto

errato

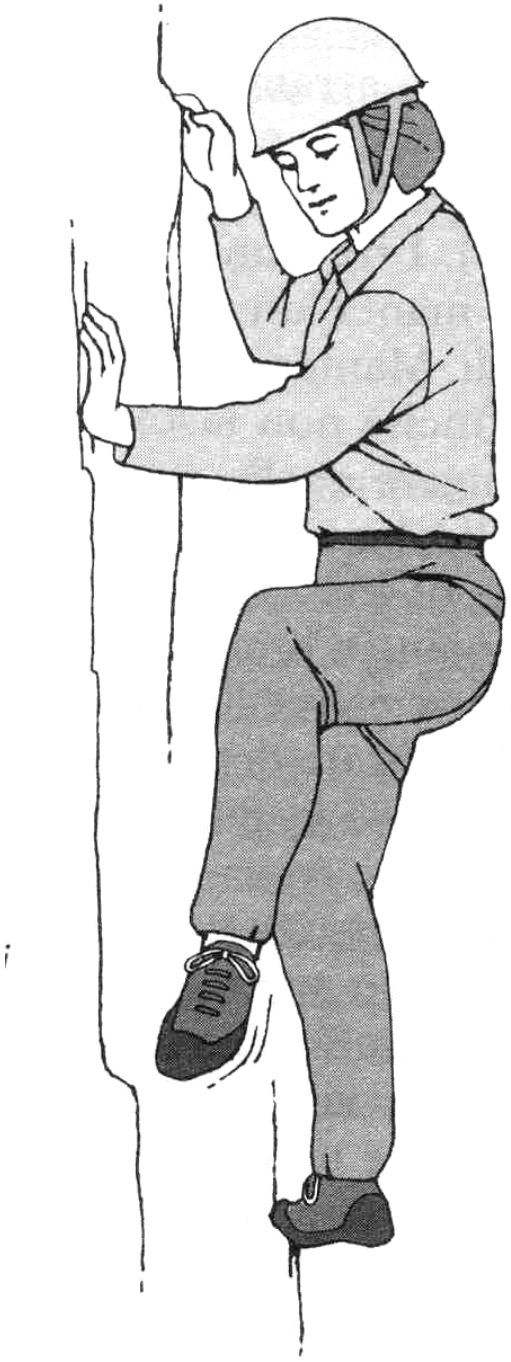
errato

corretto

errato

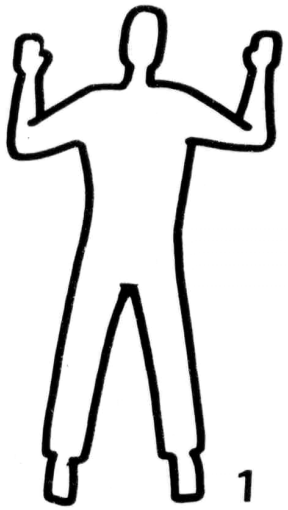
PROGRESSIONE

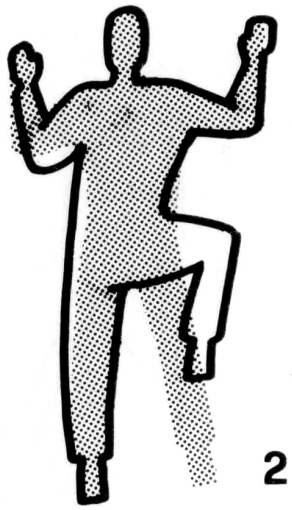
Muovere sempre un solo arto alla volta

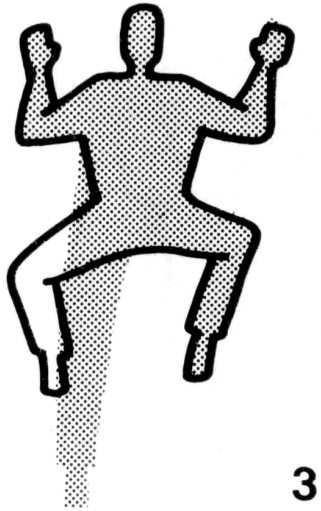


PROGRESSIONE

Salita diretta



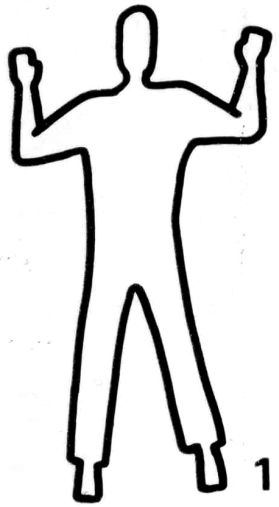


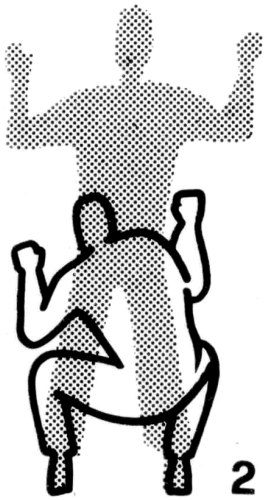


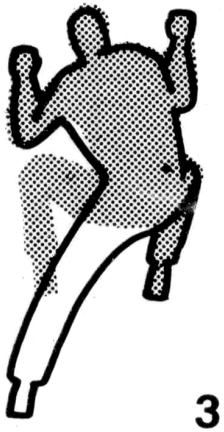
Salita diretta

Salita diretta in spaccata

Salita diretta a rana

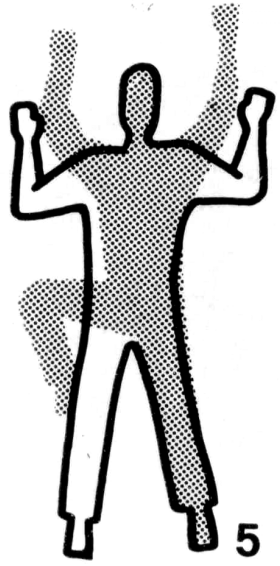






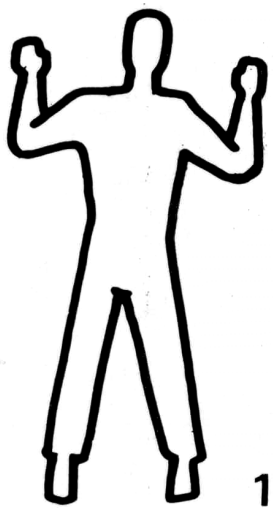
PROGRESSIONE

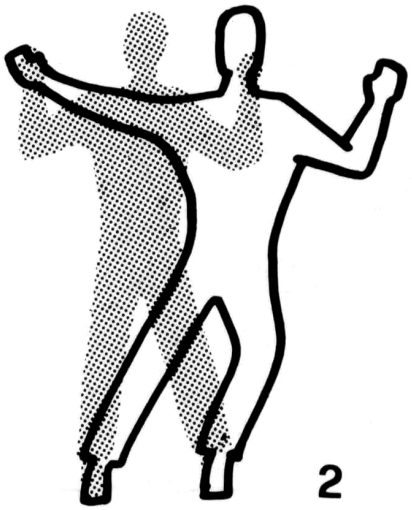
Discesa diretta

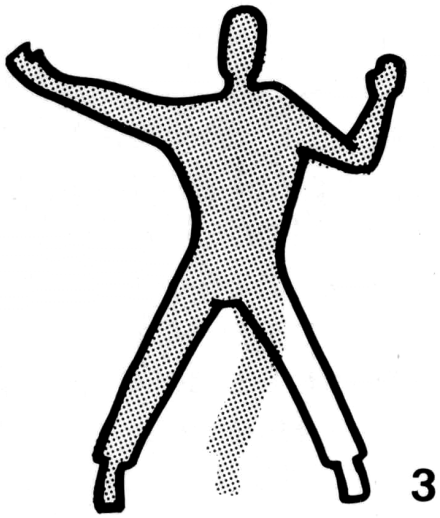


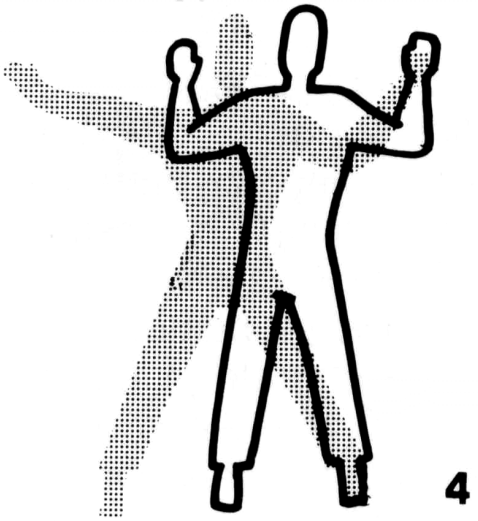
PROGRESSIONE

Traverso

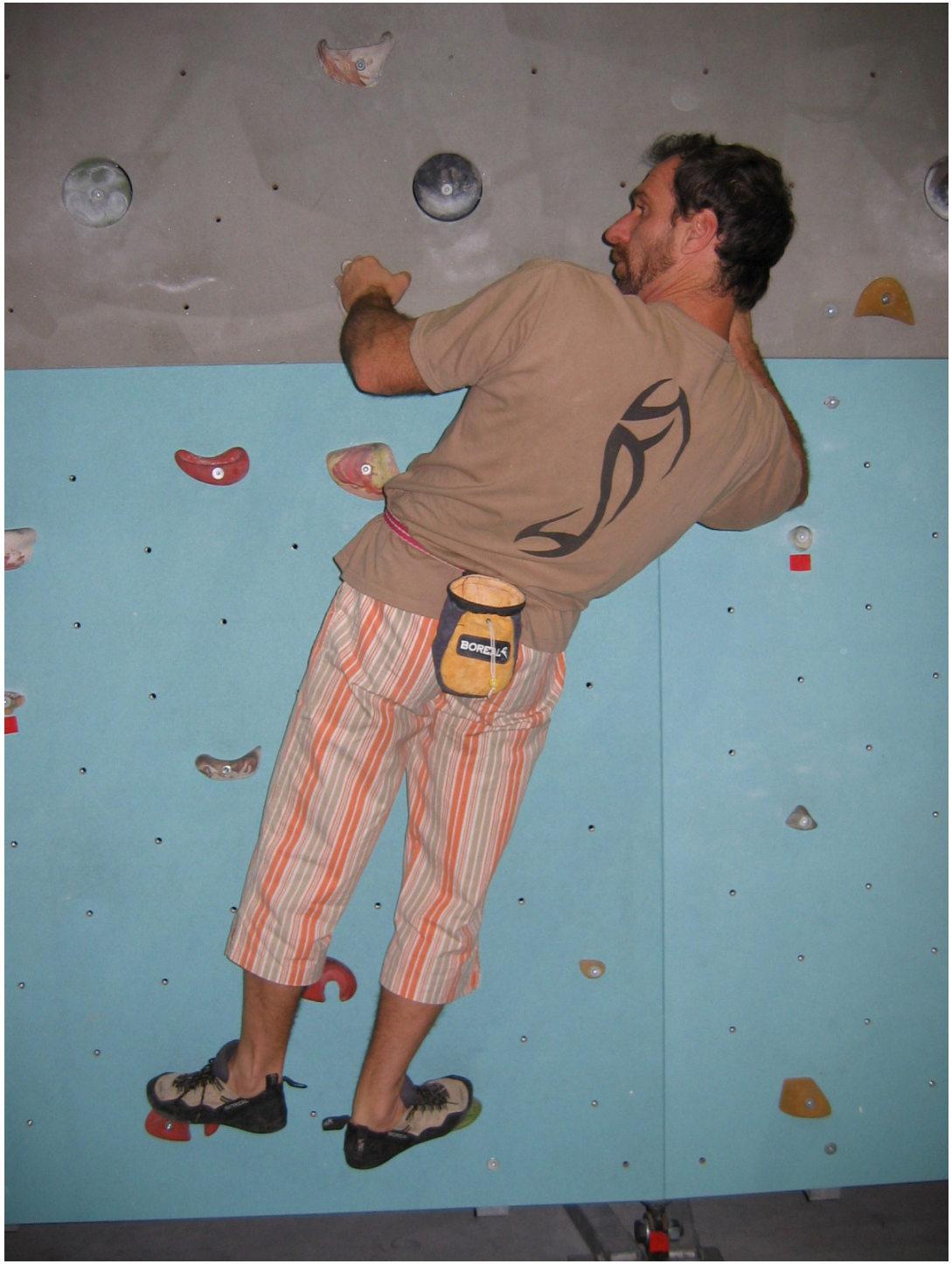








Traverso



Traverso

Traverso

PROGRESSIONE

Situazioni indicative

Parete o placca

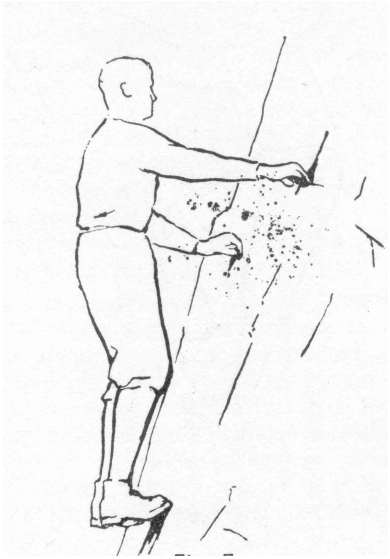
Fessura

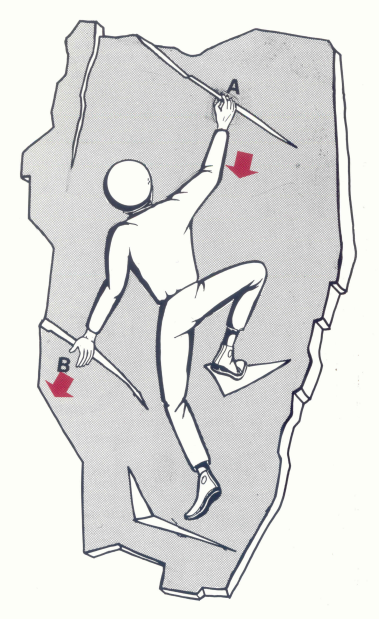
Diedro

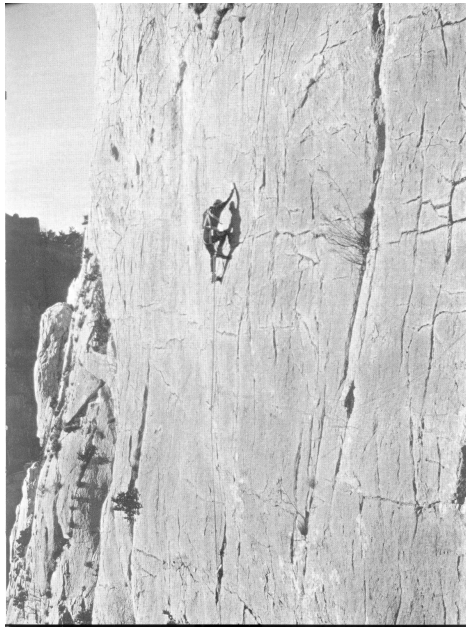
Lama

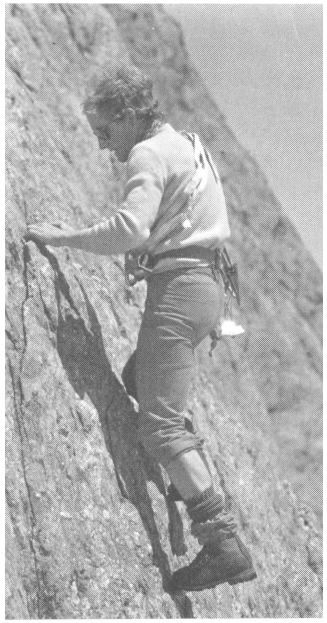
Camino.

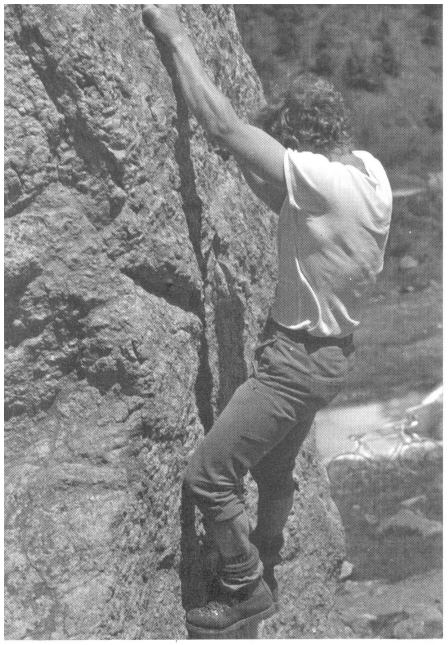
Parete o placca











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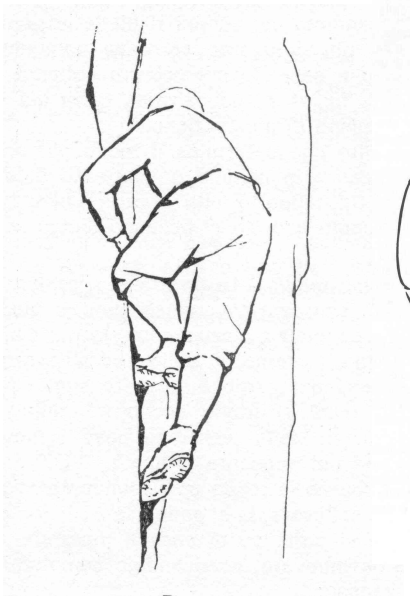
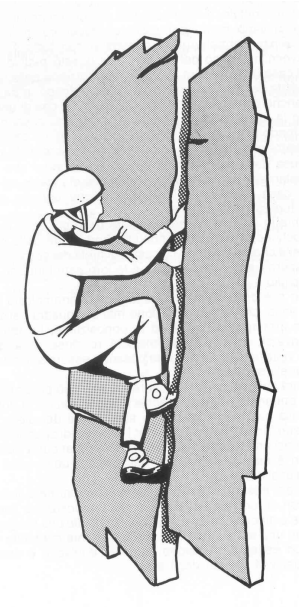
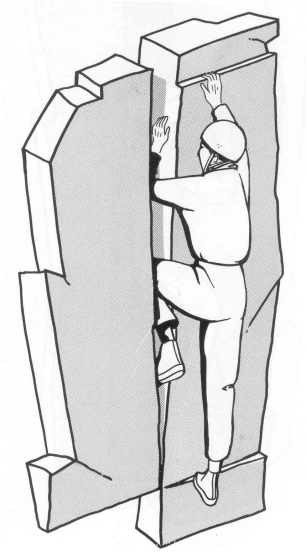
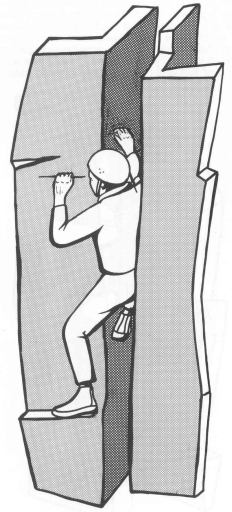
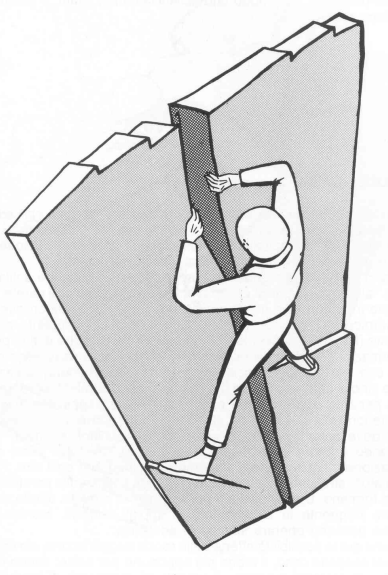






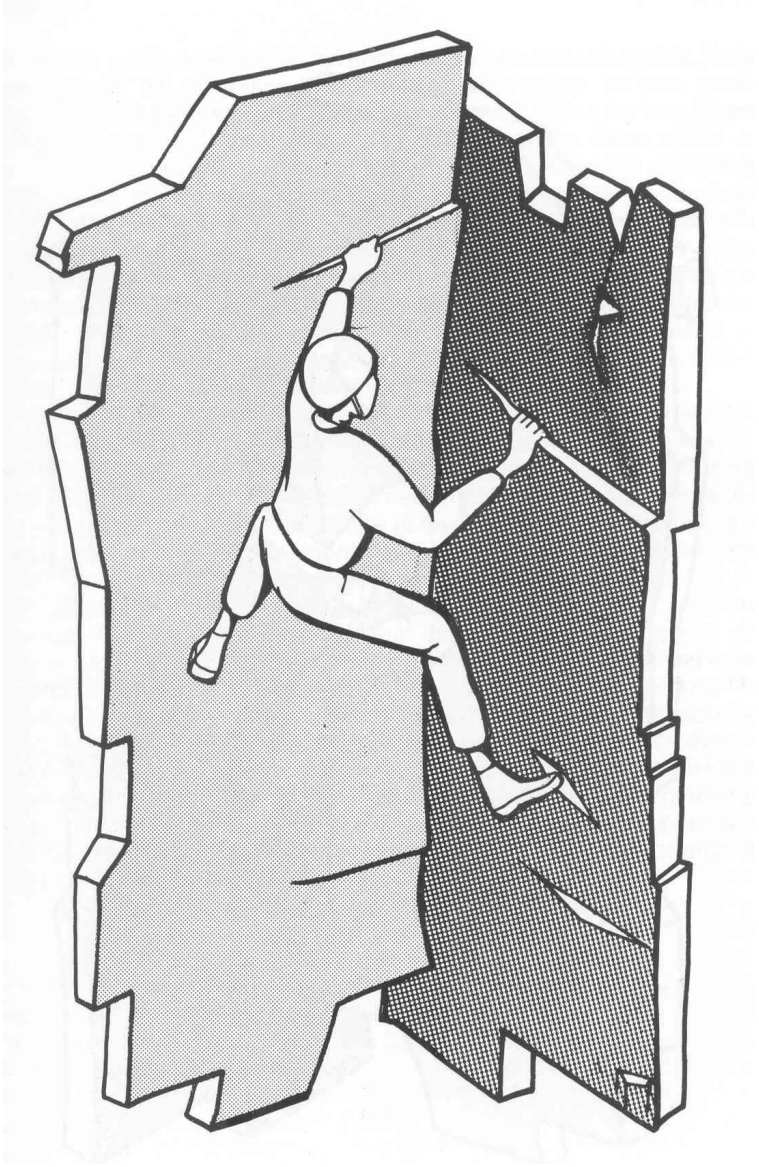




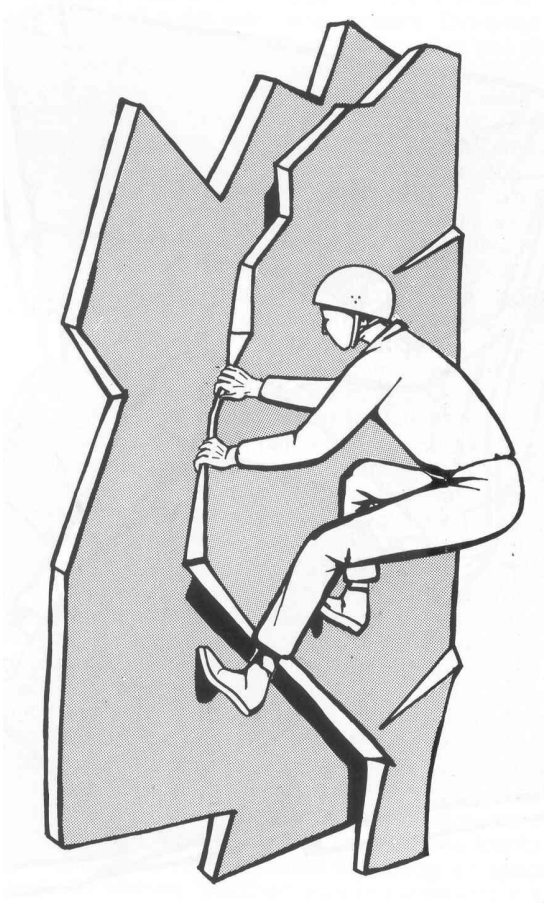
Fessura

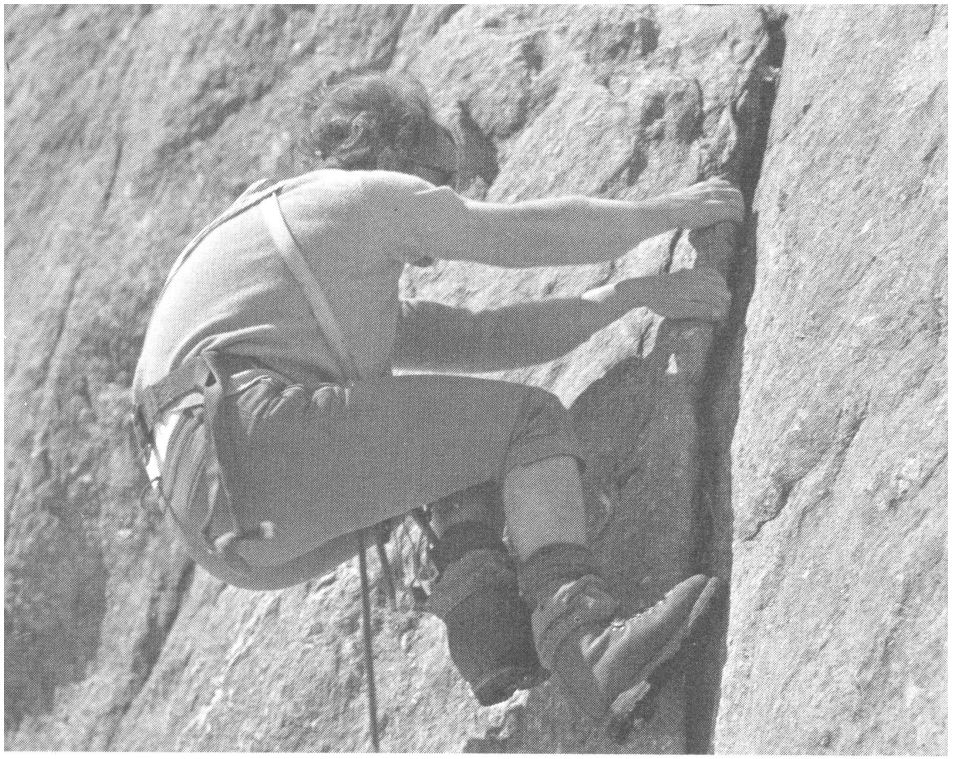
Fessure

Diedro



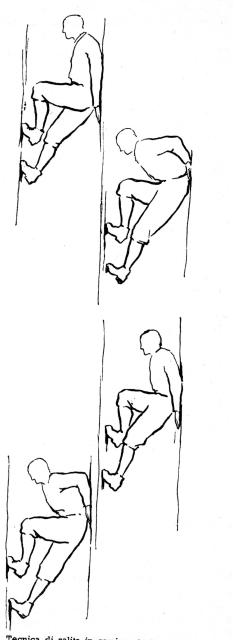
Lama

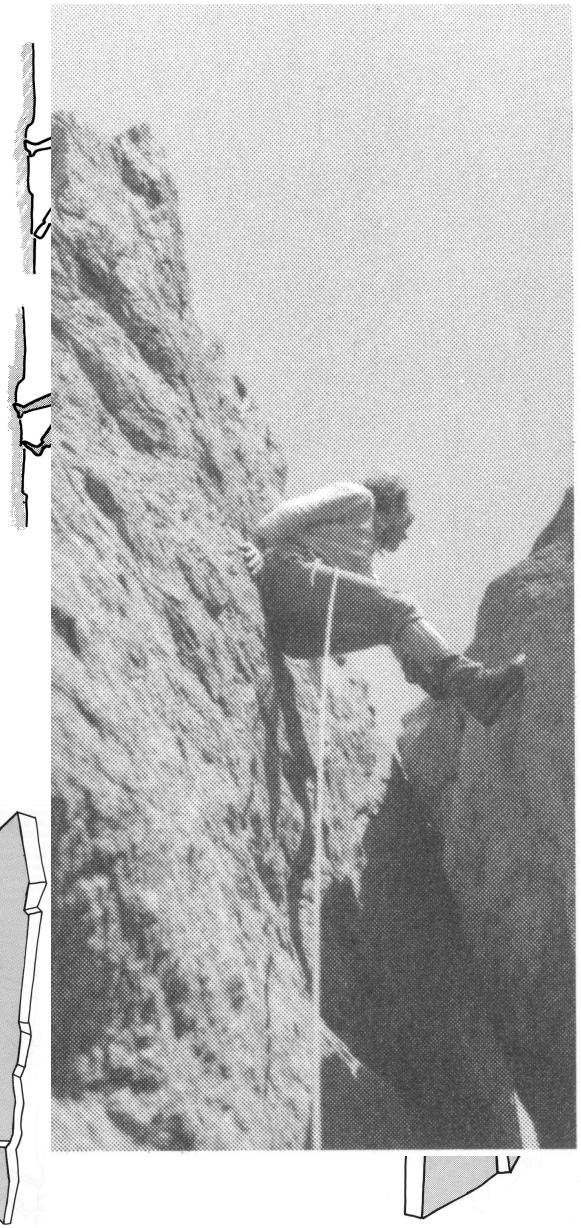


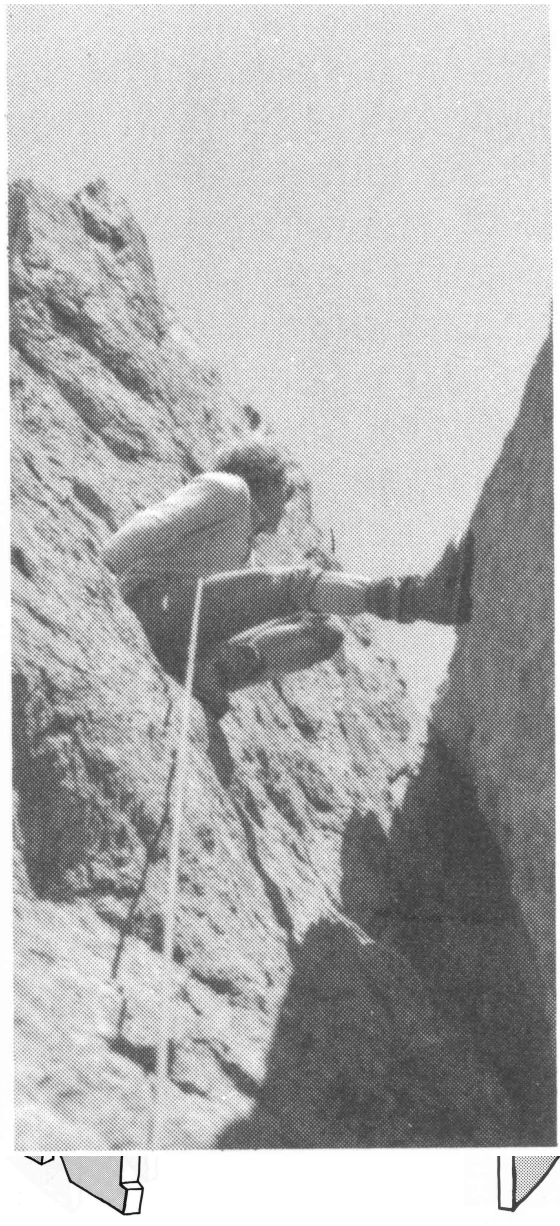


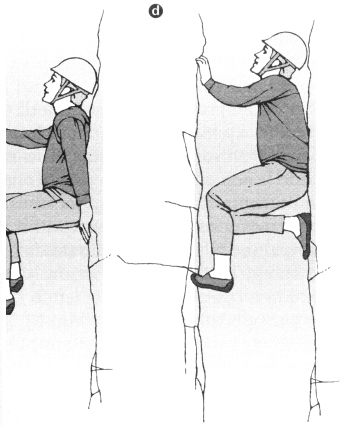
Lama

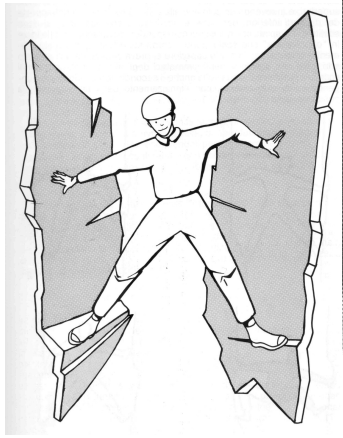
Tecniche da camino

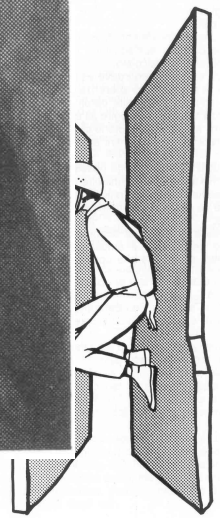












Tecniche da camino

Tecniche di cordata

COMPITI DEL PRIMO DI CORDATA

Scelta della via

In funzione delle condizioni dei componenti

In funzione del materiale.

Conoscere

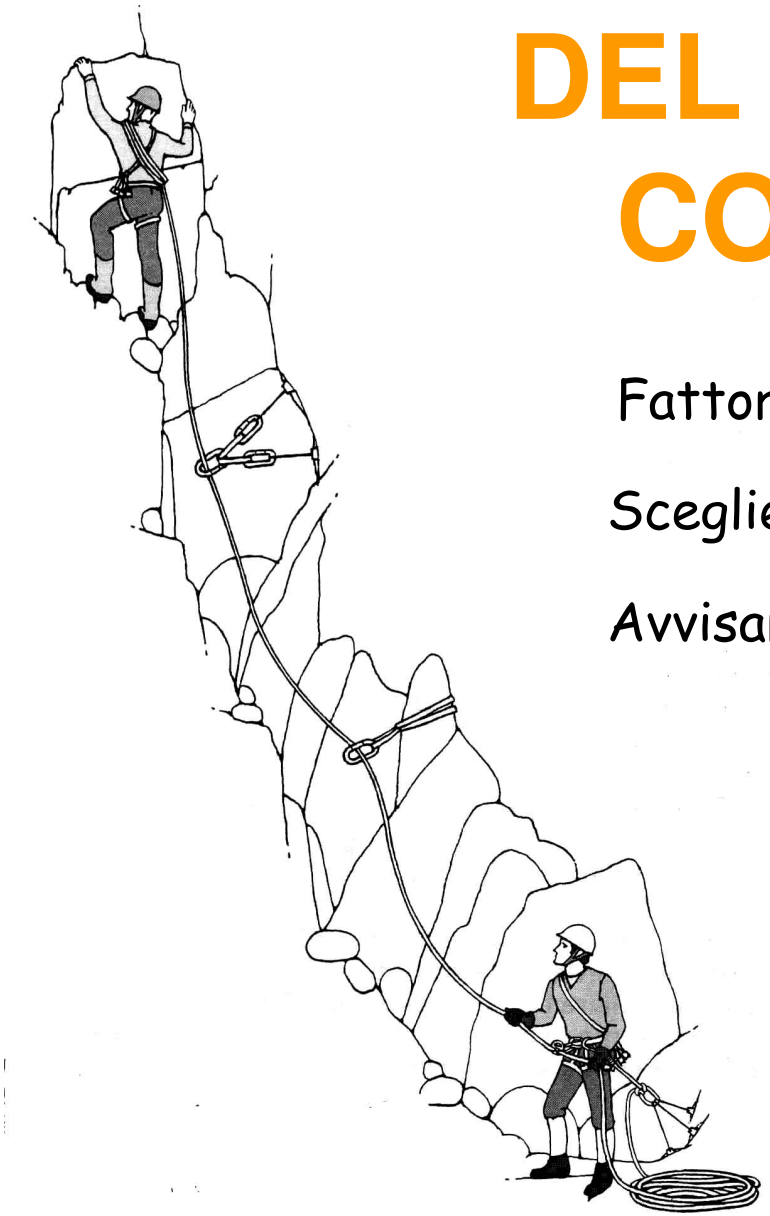
Se stesso e i propri compagni

Potenzialità

Limiti.

Ispezionare la parete e scegliere gli opportuni ancoraggi

PROGRESSIONE DEL PRIMO DI CORDATA

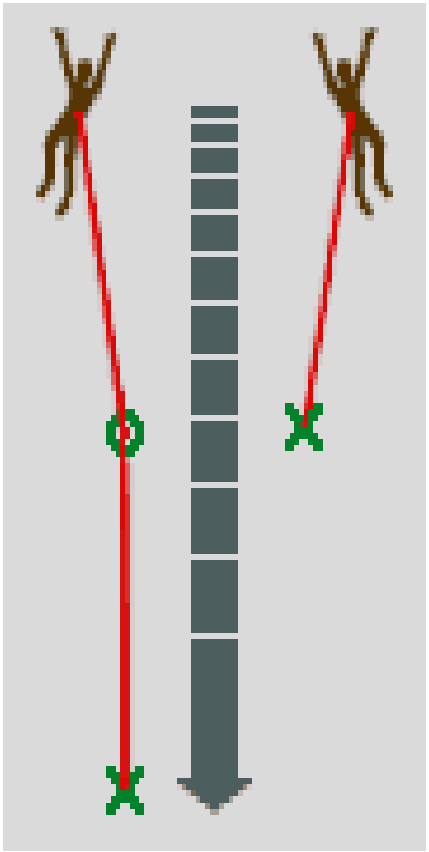


Fattore due

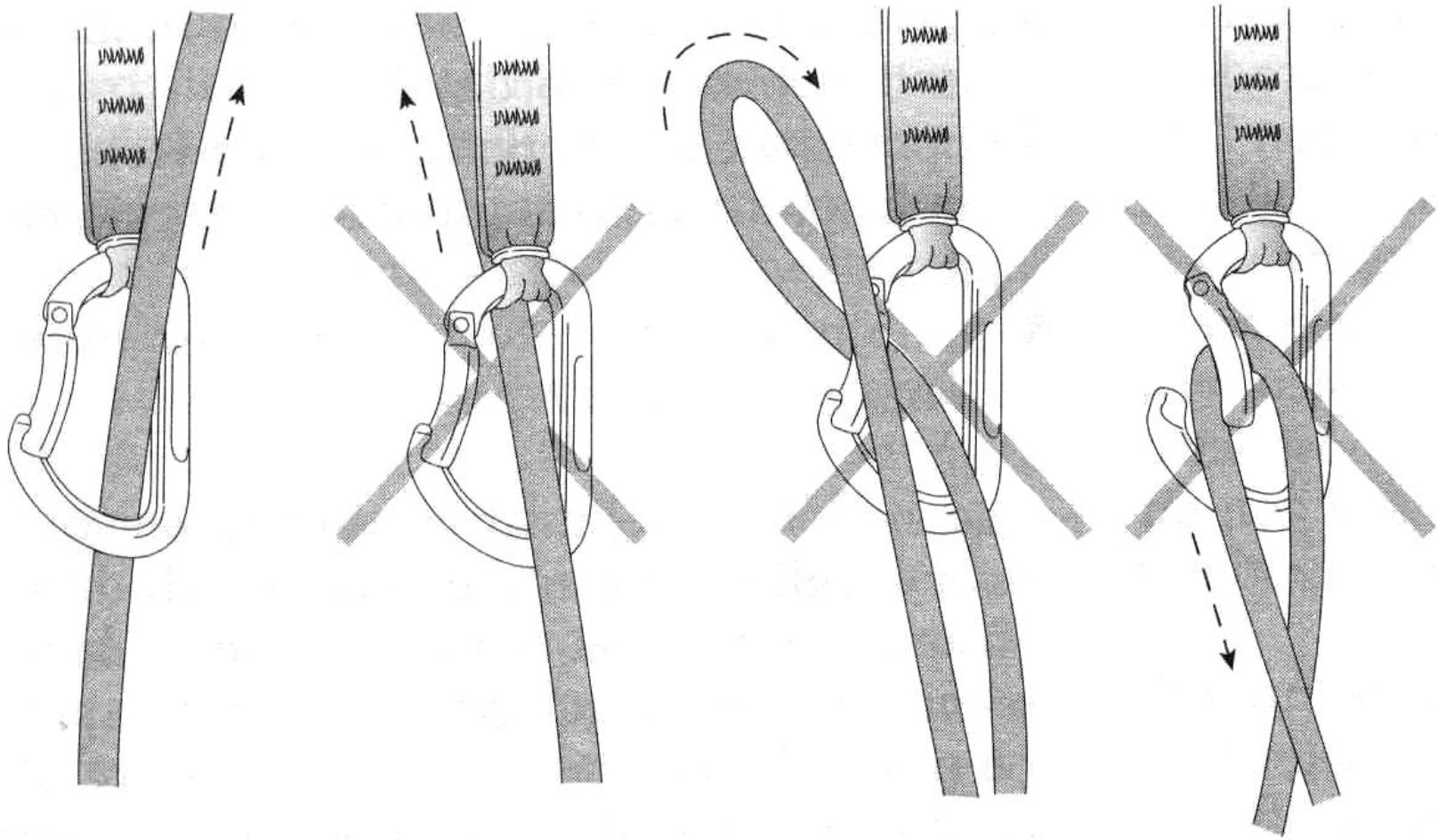
Scegliere in anticipo le protezioni

Avvisare il secondo dei pericoli.

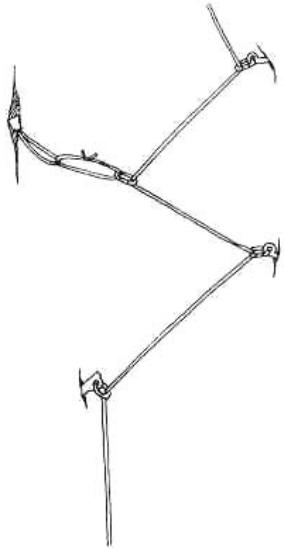
Fc = Lca / Lco



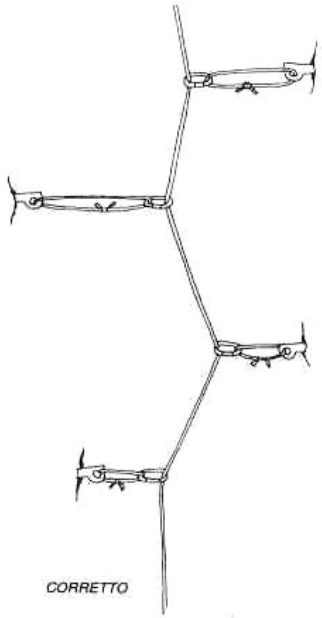
Passaggio della corda nel moschettone



Accorgimenti vari



SCORRETTO



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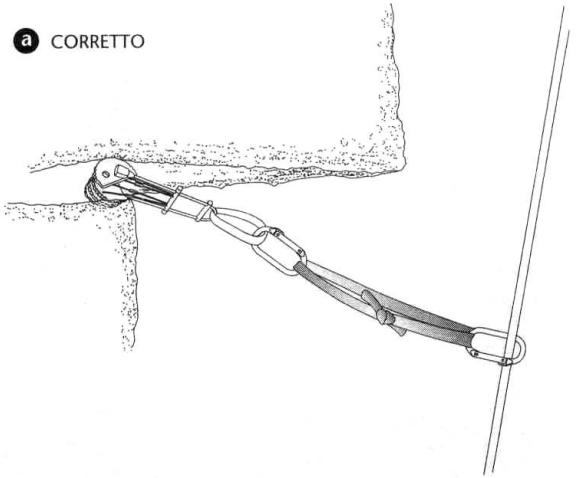

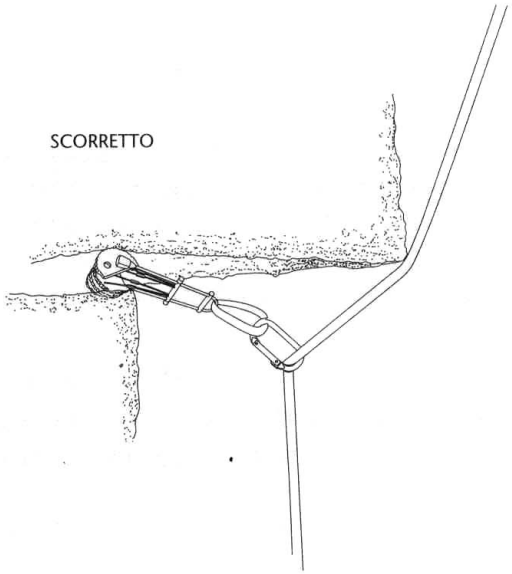

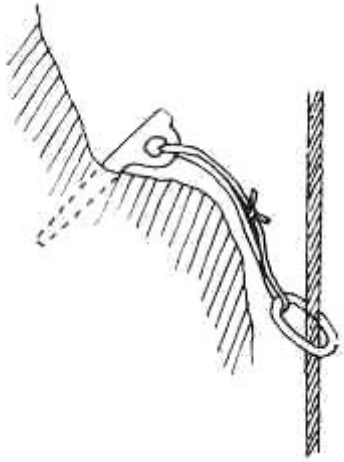

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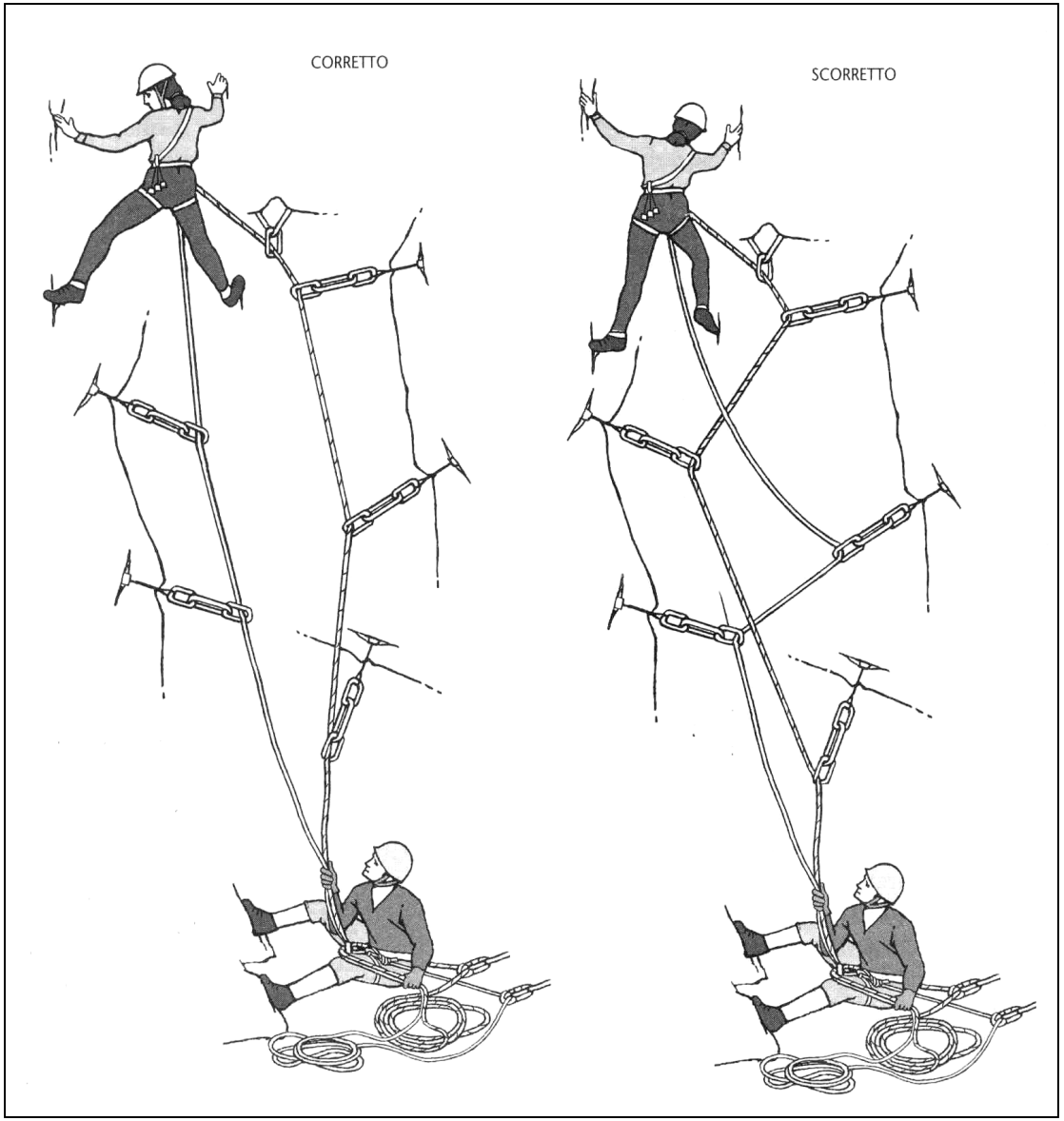
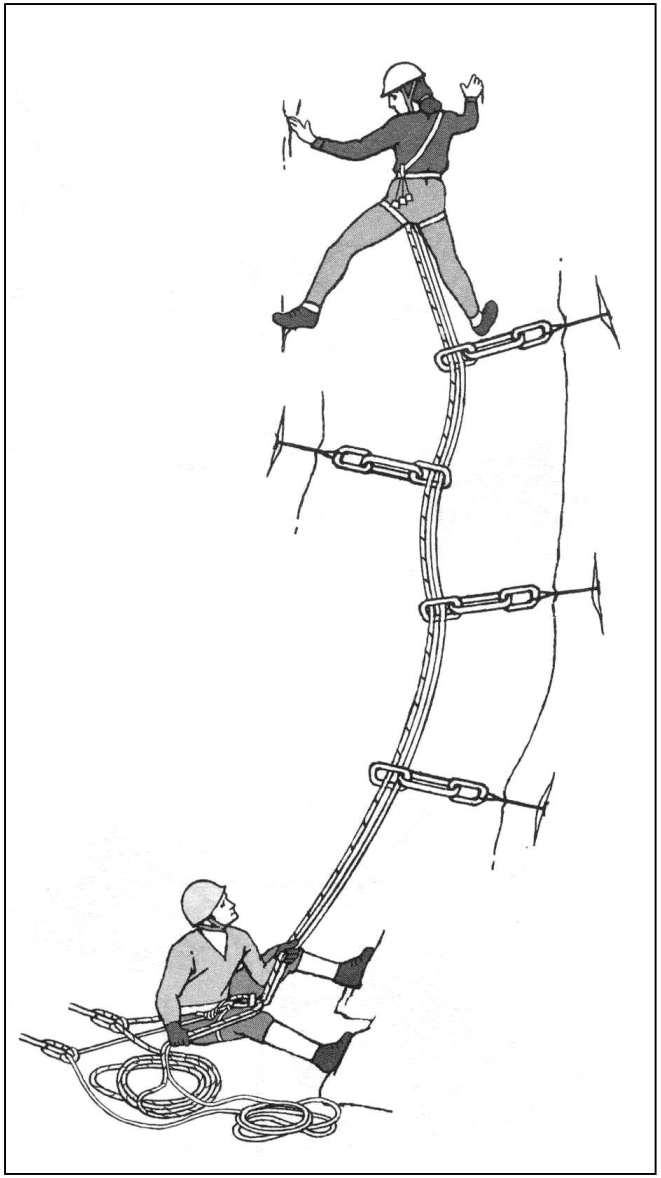
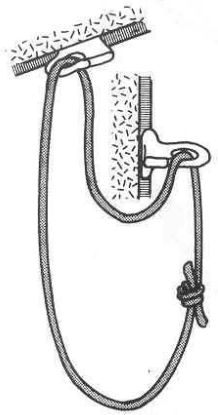
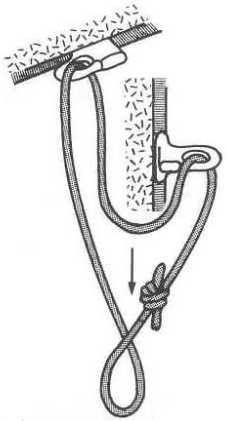
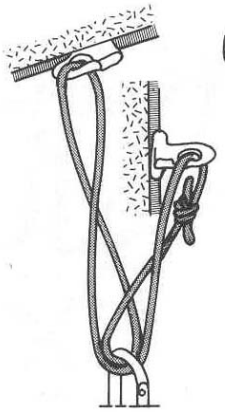


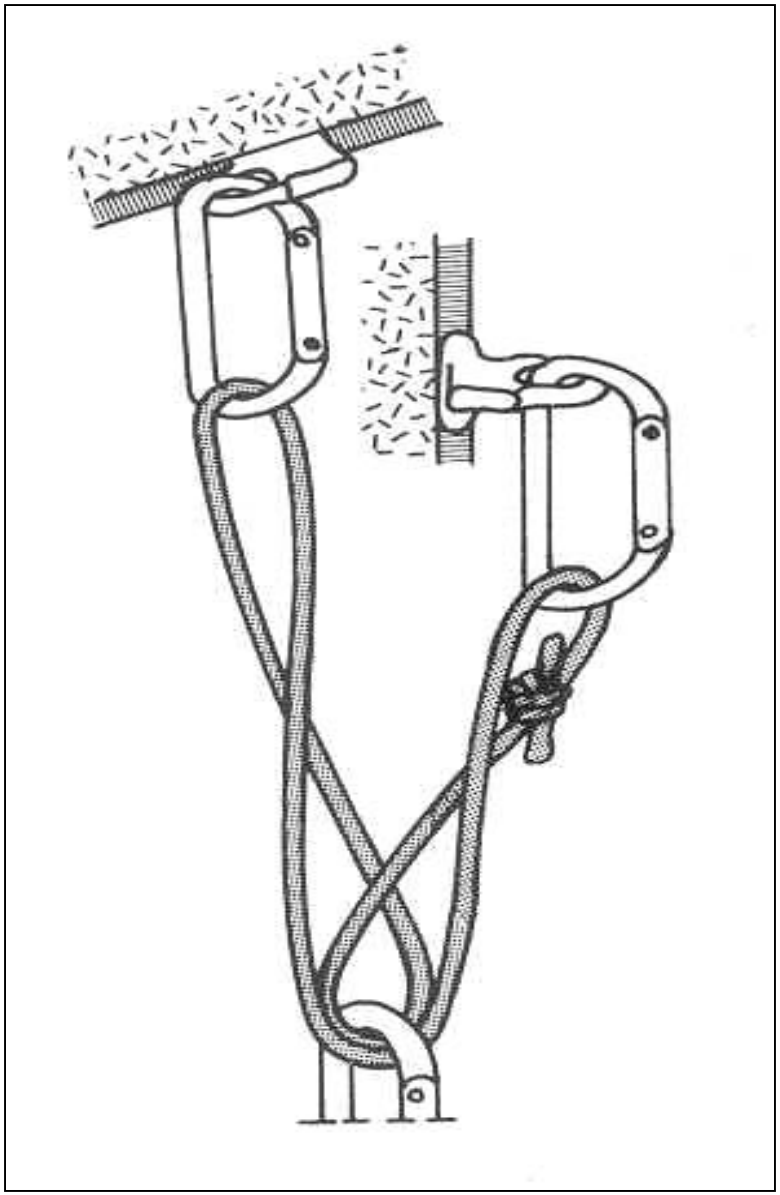


Fermata con due ancoraggi

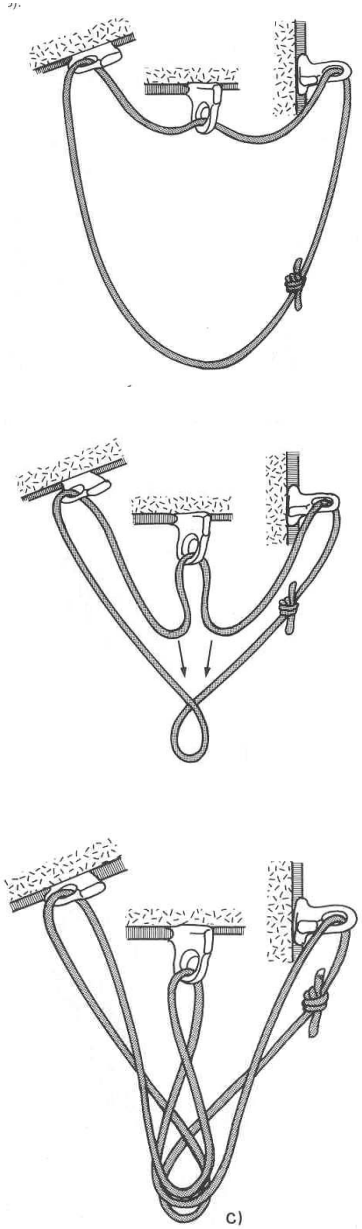


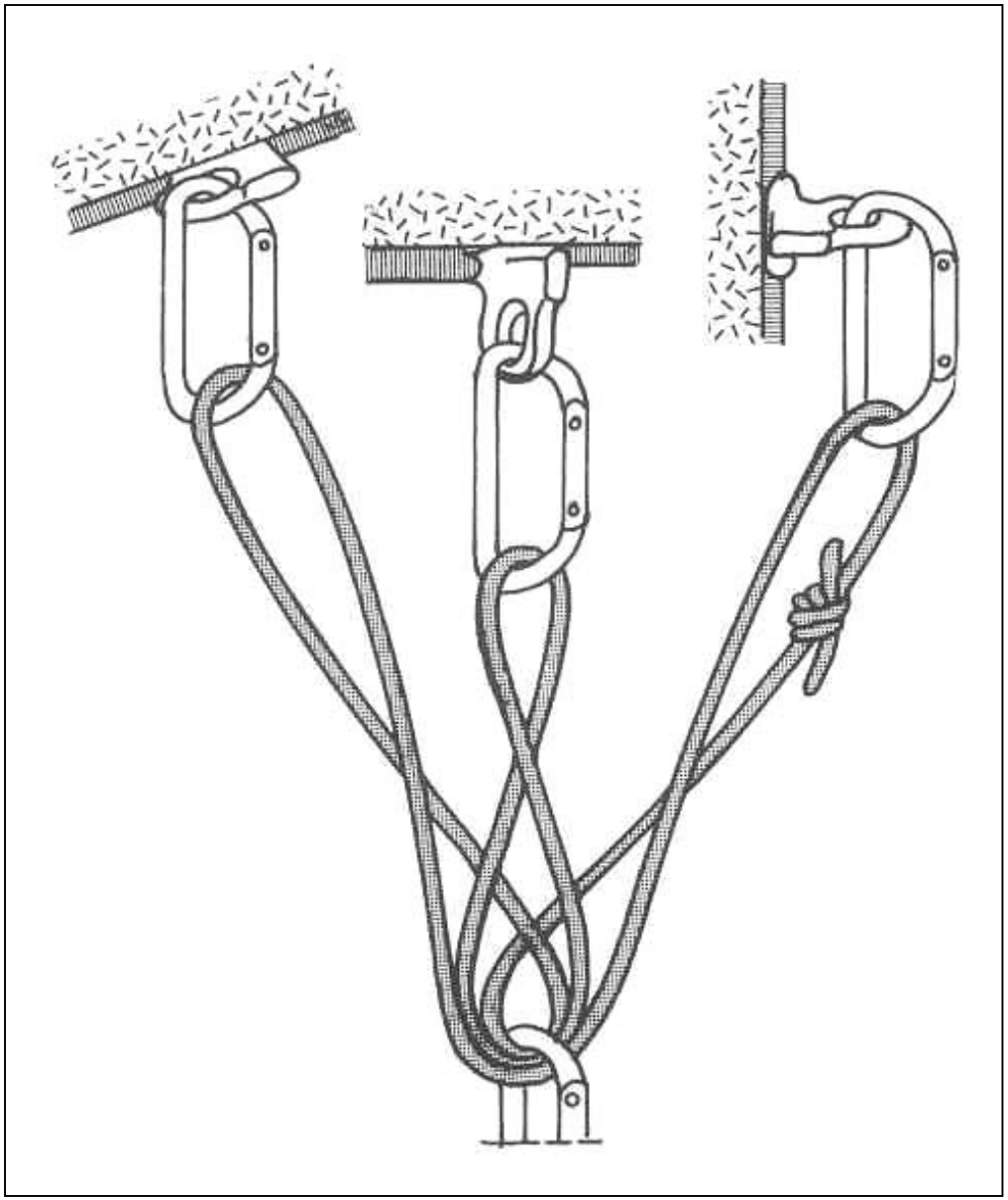




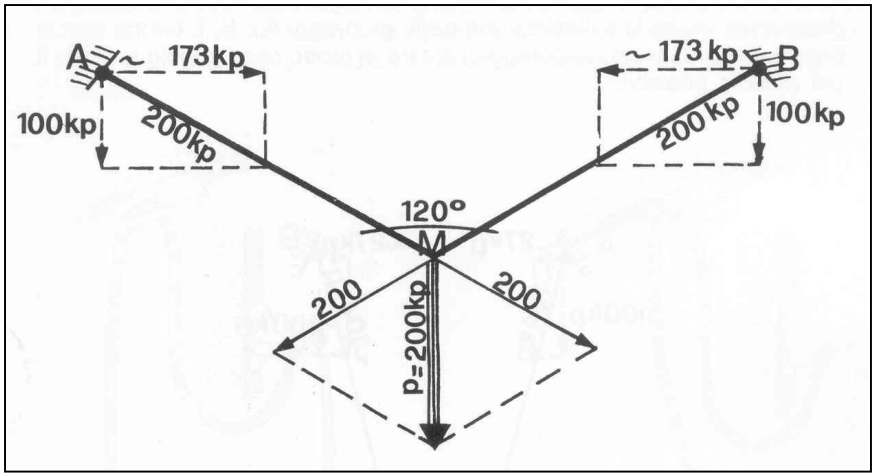


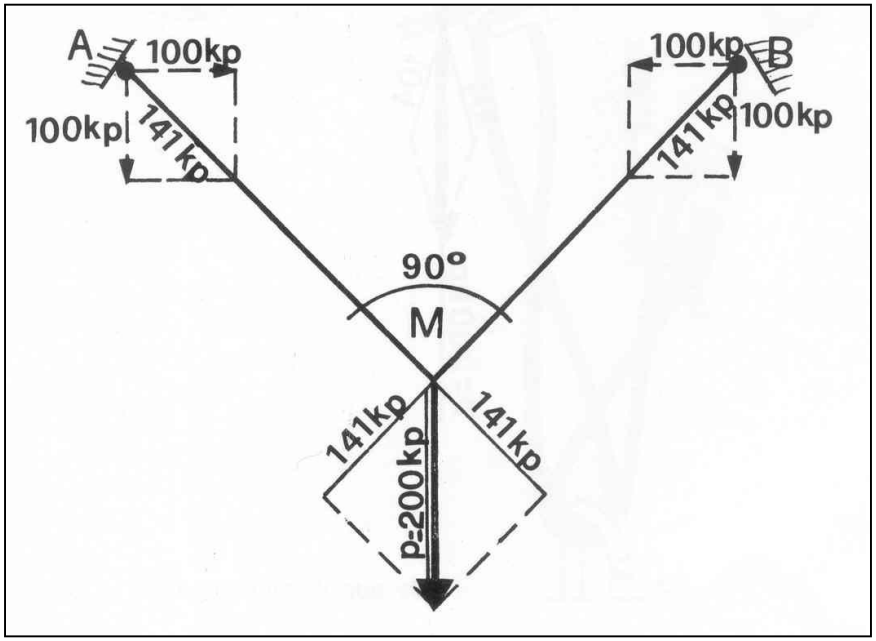
Fermata con tre ancoraggi

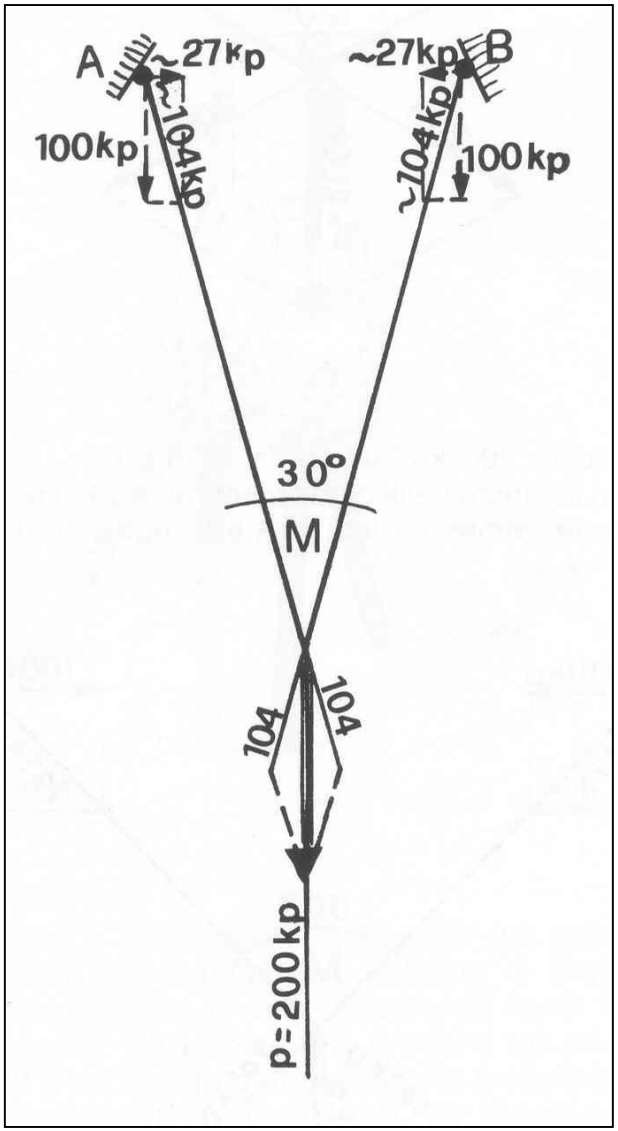




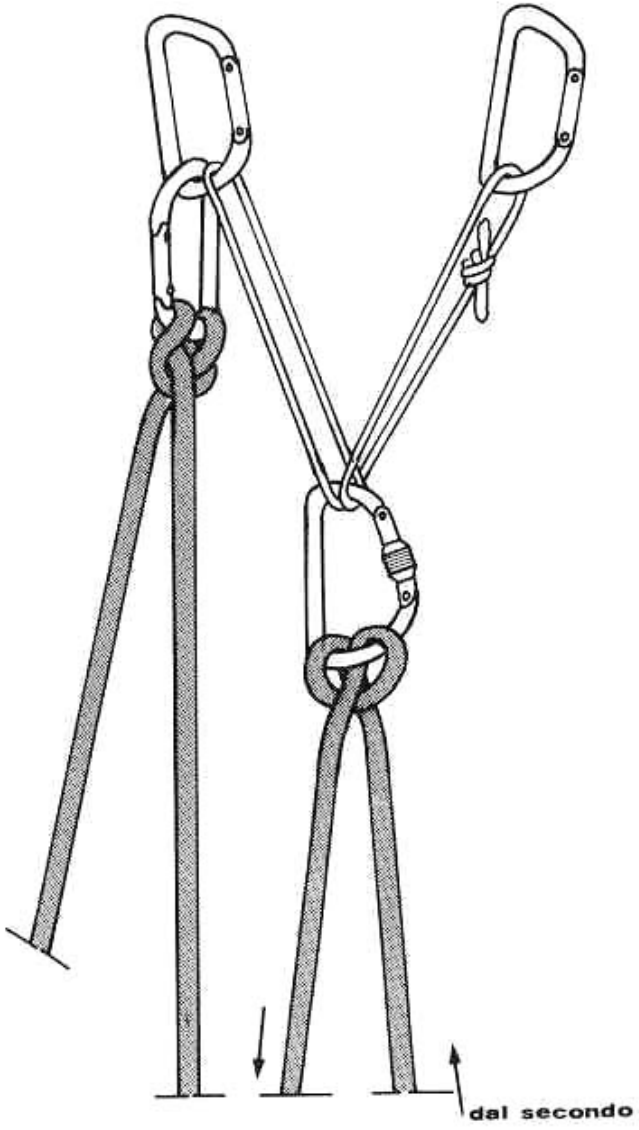
DISTANZA degli ANCORAGGI

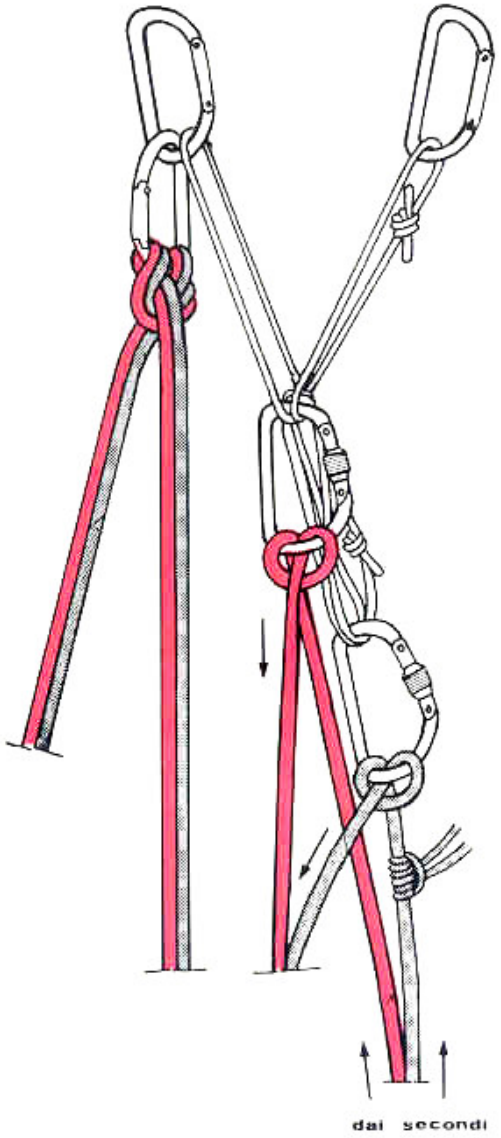






Sicurezza al/i secondo/i





Prusik di sicurezza

COMPORTAMENTO DEL SECONDO

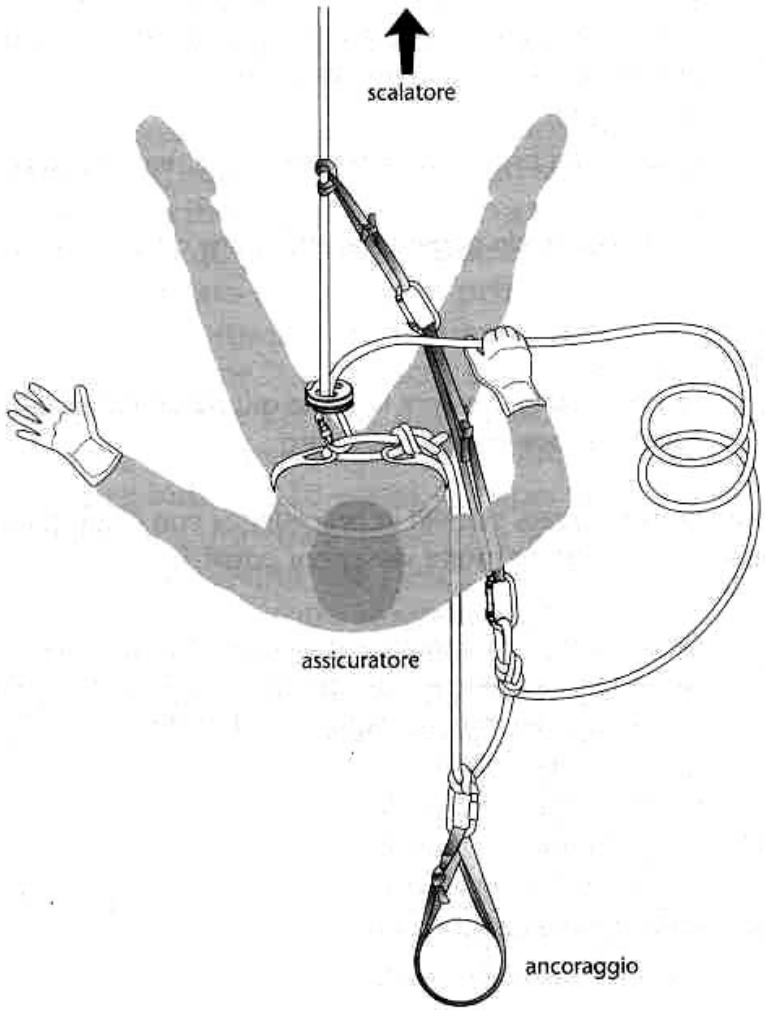
Assicura il primo di cordata

Non si distrae mai

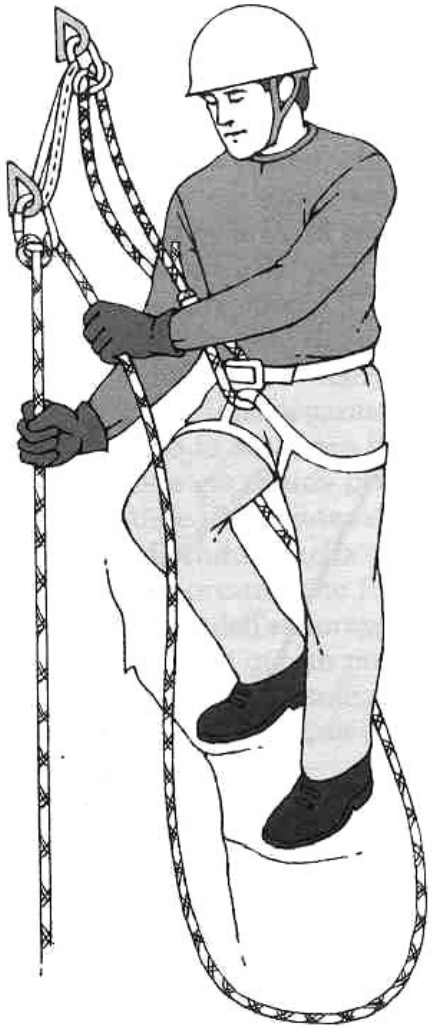
Non sta sulla perpendicolare del primo.

Assicurazione al primo

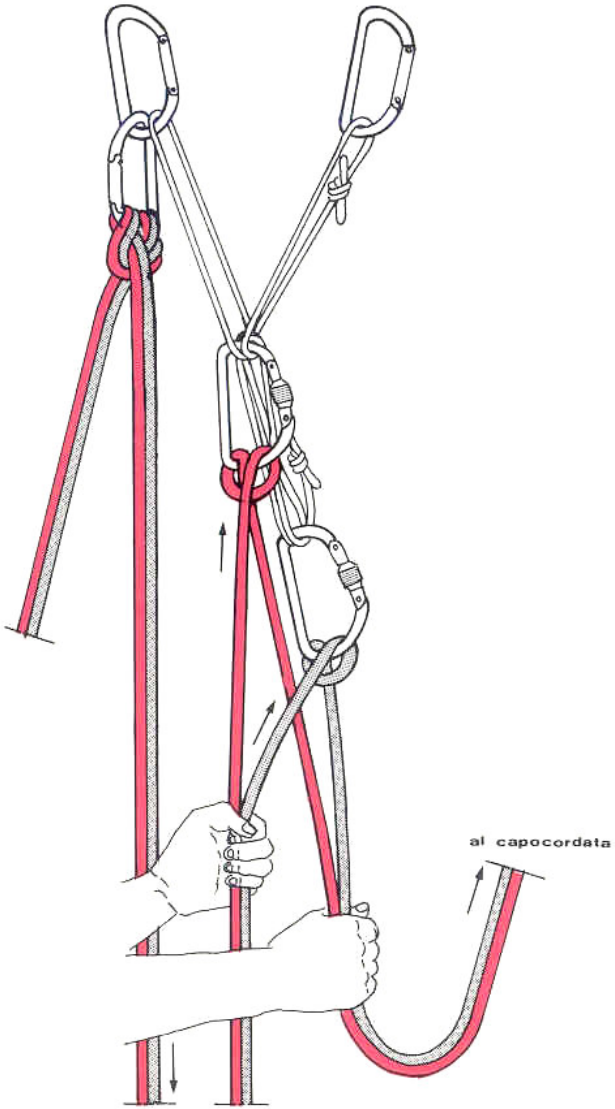
In vita

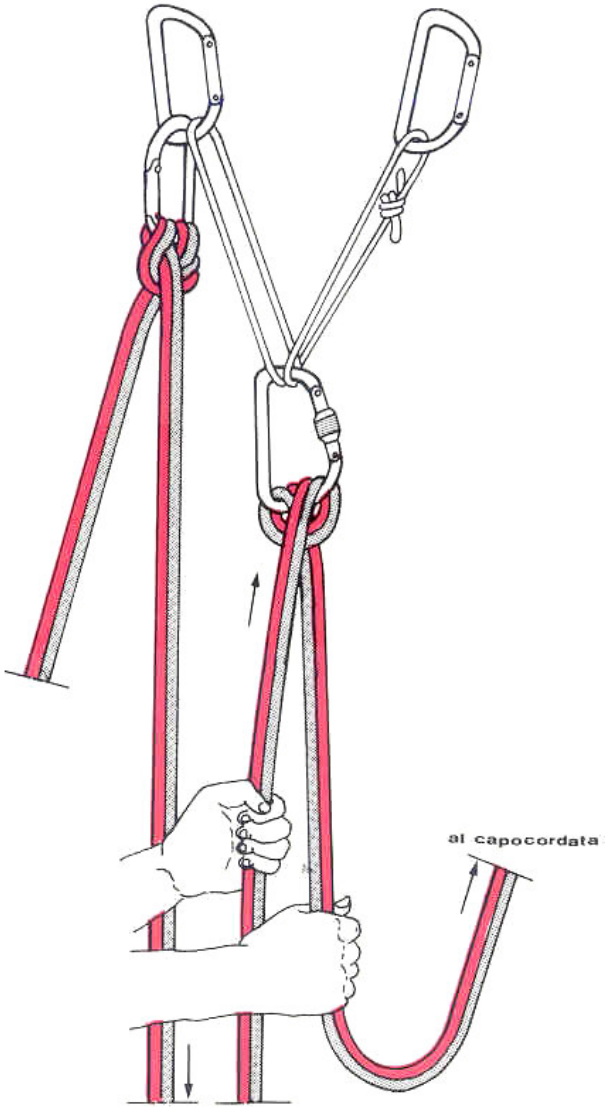


Su ancoraggi



Assicurazione con due corde





Assicurazione a spalla

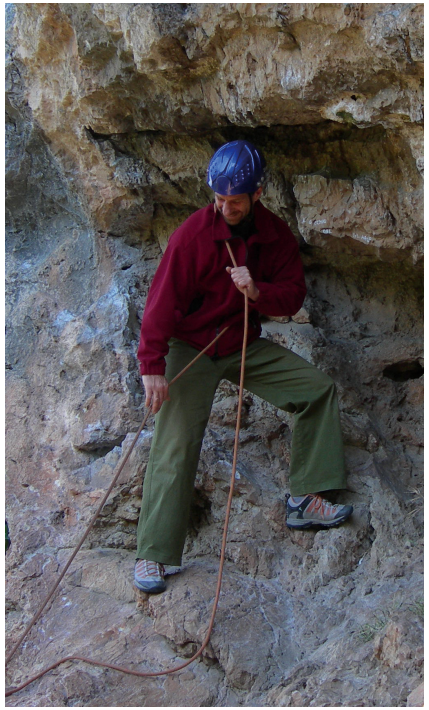
ambio

incrociata

E’ bene conoscere la tecnica,
però …….

ambio

incrociata



Attenzione!

Non è facile trattenere una persona che cade

COMPORTAMENTO IN FERMATA

Ordine

Scioltezza nelle manovre

Essere sempre assicurati

La cordata è una unità di più persone

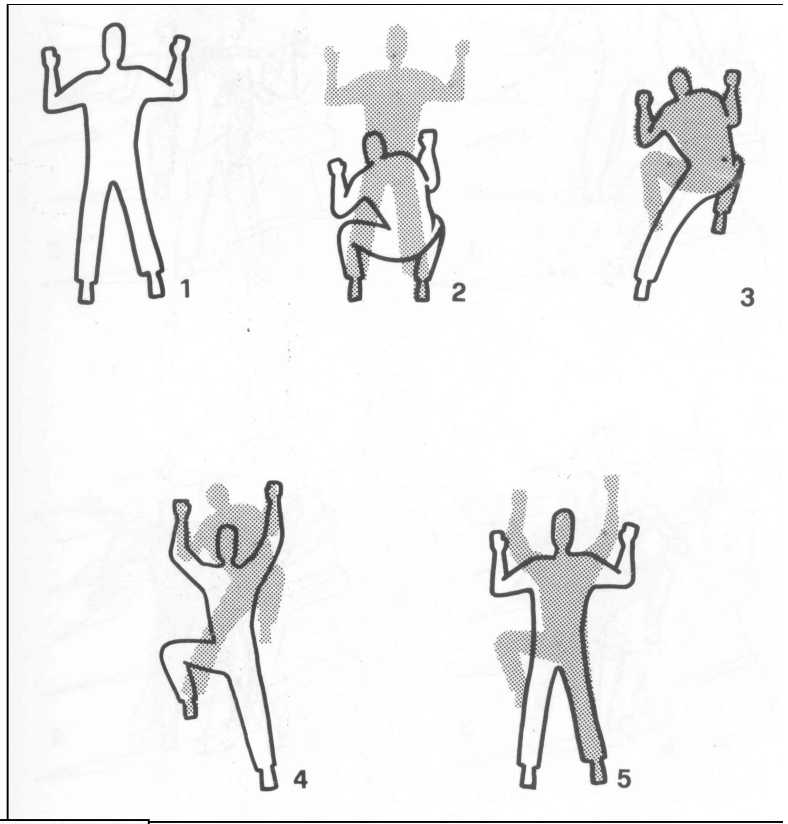
Il male o il bene di uno è il male o il bene di tutti.

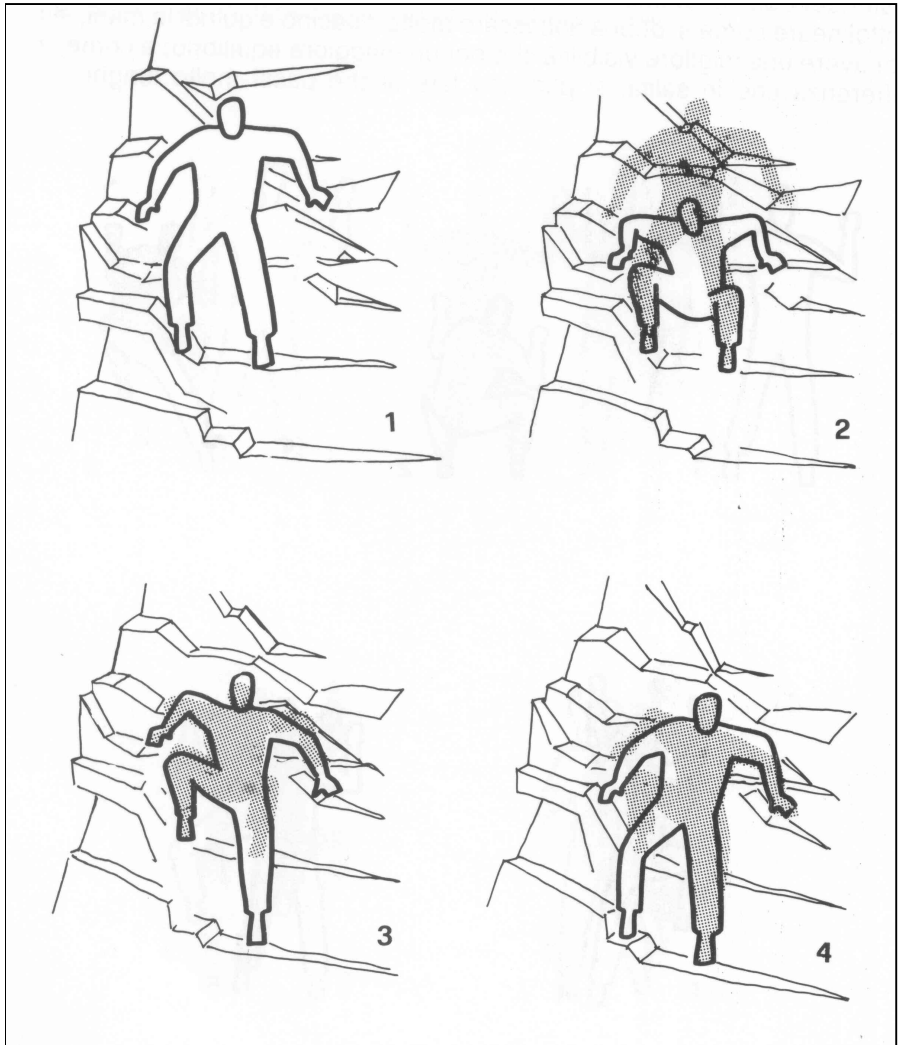
TECNICHE DI DISCESA

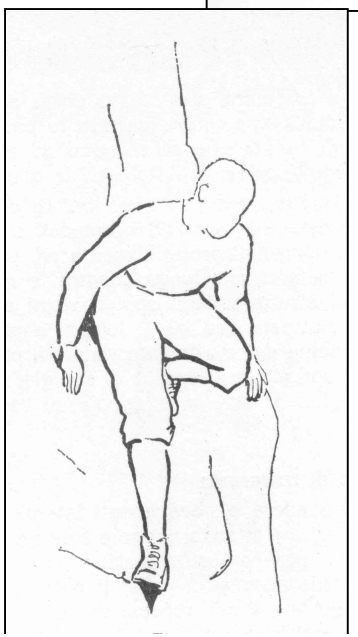
In arrampicata

In corda doppia

Arrampicata in discesa





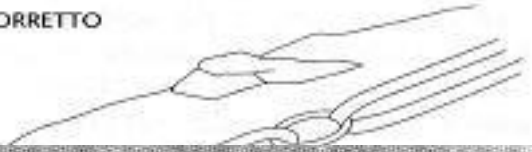


Corda doppia

Il concetto è quello di calarci scivolando su una corda doppia o (meglio) due corde giuntate, fissate a cavallo di un ancoraggio, per poterla/e poi recuperare.

L'attrito generato sulle corde ci permette di scendere senza fatica e in piena sicurezza.

Nodo galleggiante

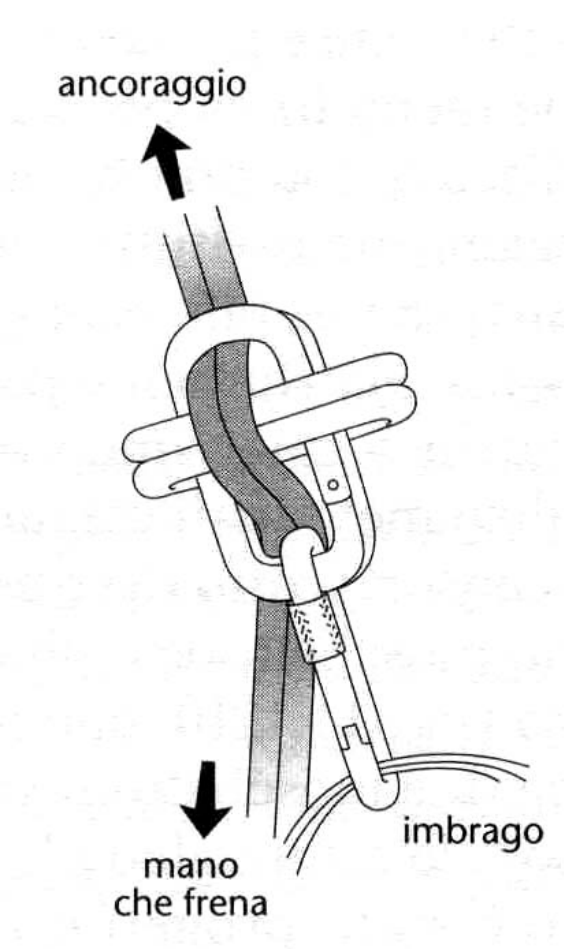


Corda doppia Dulfer

Corda doppia

con attrezzo

Con moschettoni



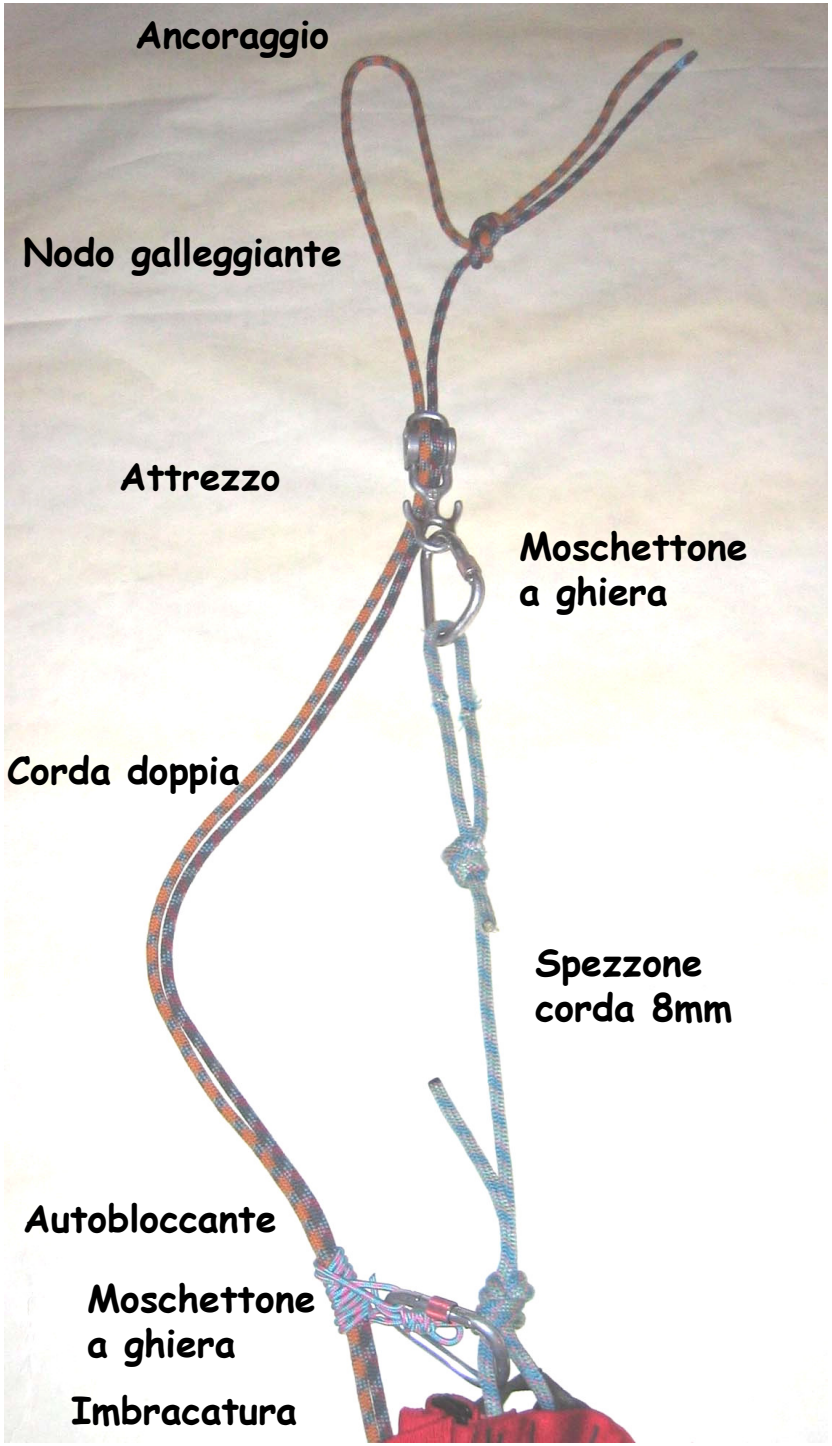
Con shell o secchiello

ancoraggio

Con la sola corda

ancoraggio

Armatura della doppia



SCUOLA DI ALPINISMO GRUPPO CORVI
GRUPPO ALPINISTICO
CORVI
MANDELLO

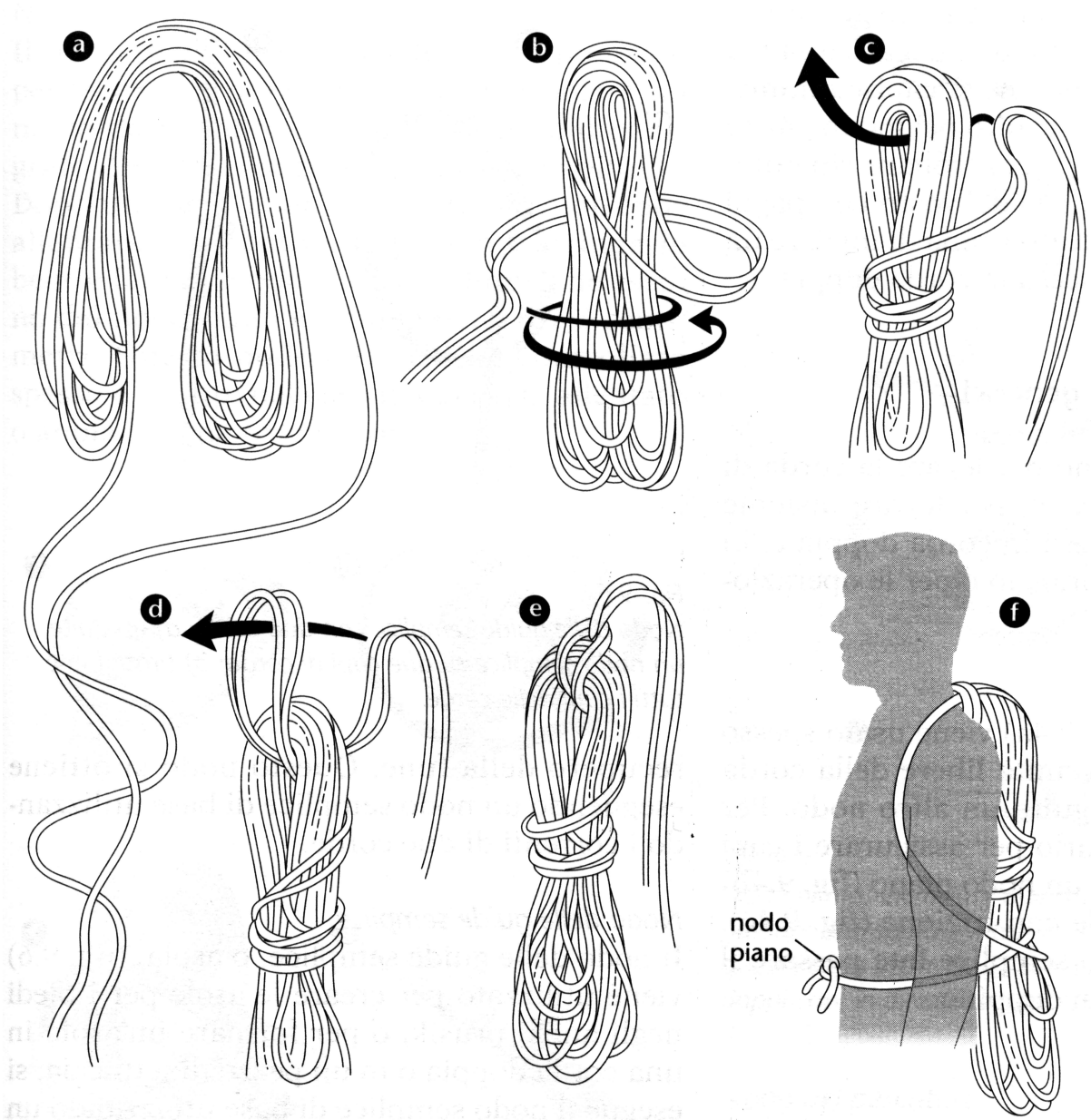
RIPOSO IN PARETE

Come arrotolare e portare le corde

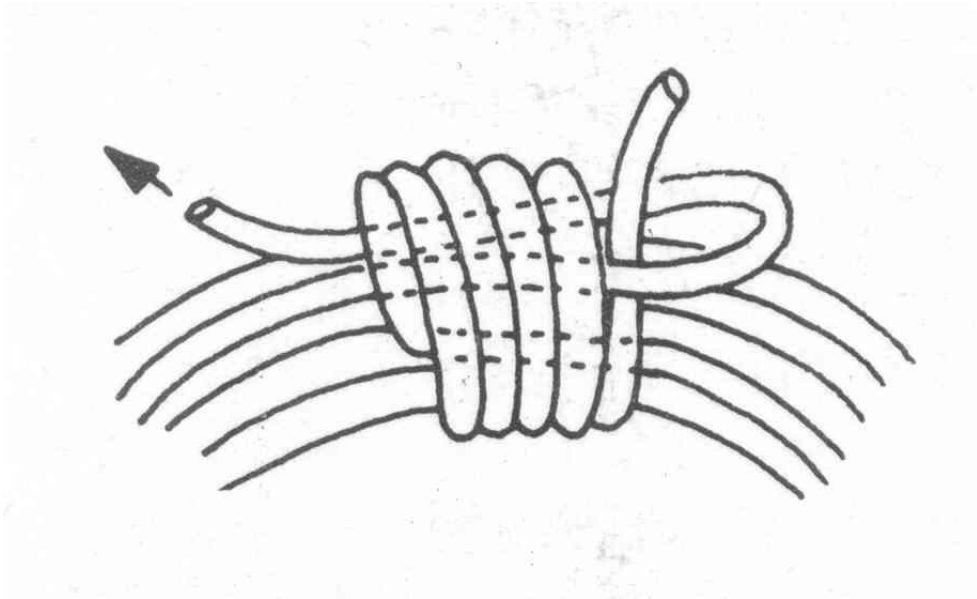
E’ utile usare il metodo delle spire alterne.

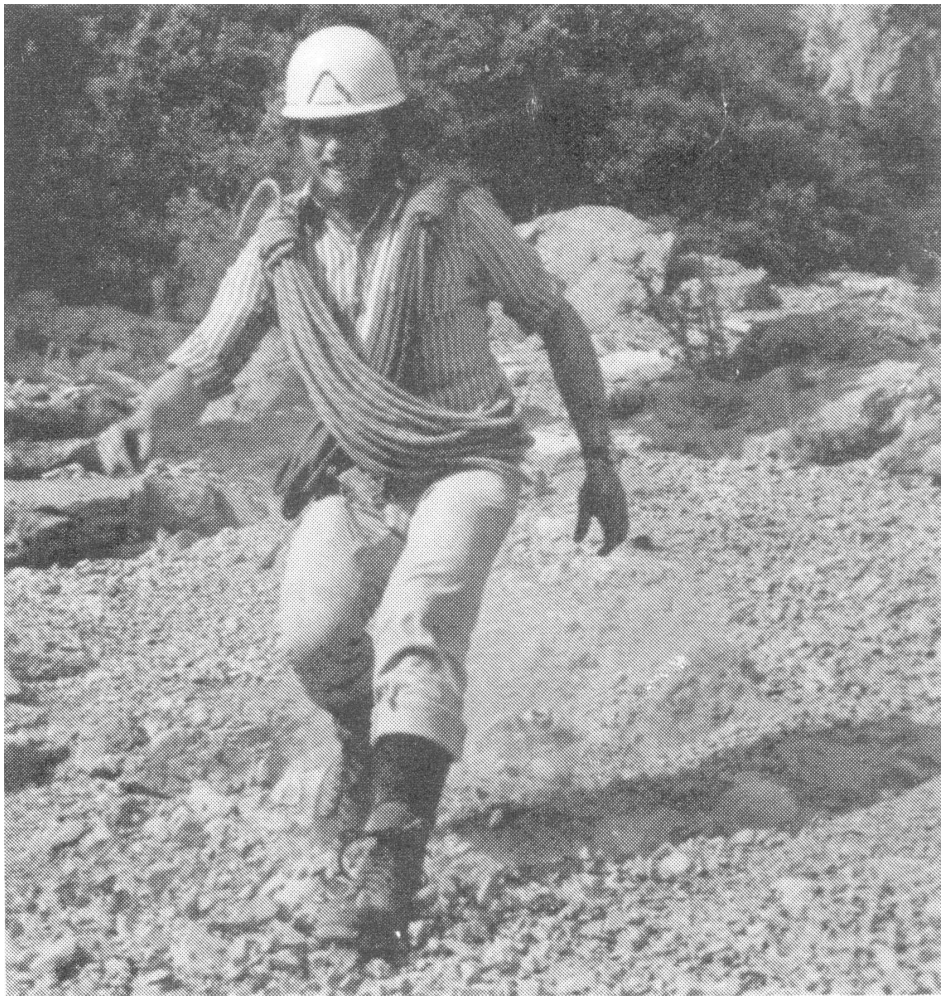
La corda si ingarbuglia meno.

E’ indispensabile per il lancio delle corde doppie.



Come arrotolare e portare le corde





SCUOLA DI ALPINISMO GRUPPO CORVI
GRUPPO ALPINISTICO
CORVI
MANDELLO
LEZIONE
DI
TE
R LA
PROGRESSIONE
FINE
CLUB ALPINO ITALIANO