

Instructional video - Ropes

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I came accross this video today on the QajaqUSA forum . Duane Strosaker shows a couple of ropes exercises from the Greenland championship competition list.

What struck me watching this video is the clear instruction and execution of the moves by Duane. It clearly shows that on the ropes too it is not all done by force but rather by agility. E.g. at 1:20 into the video, clearly the leg goes first and the rest follows "almost" automatically.

Note: this text willl largely disappear when the video loads.

<http://www.youtube.com/watch?v=mv5LvxoS4uE>