

INICIACIÓN A LA TREPA EN JARDINERÍA

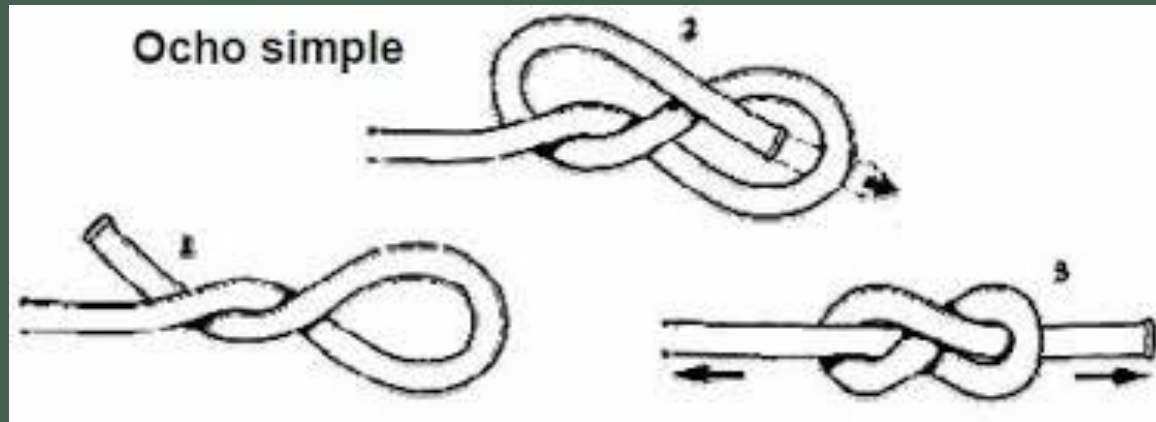
CURSO 19-20

CEP ALMERÍA

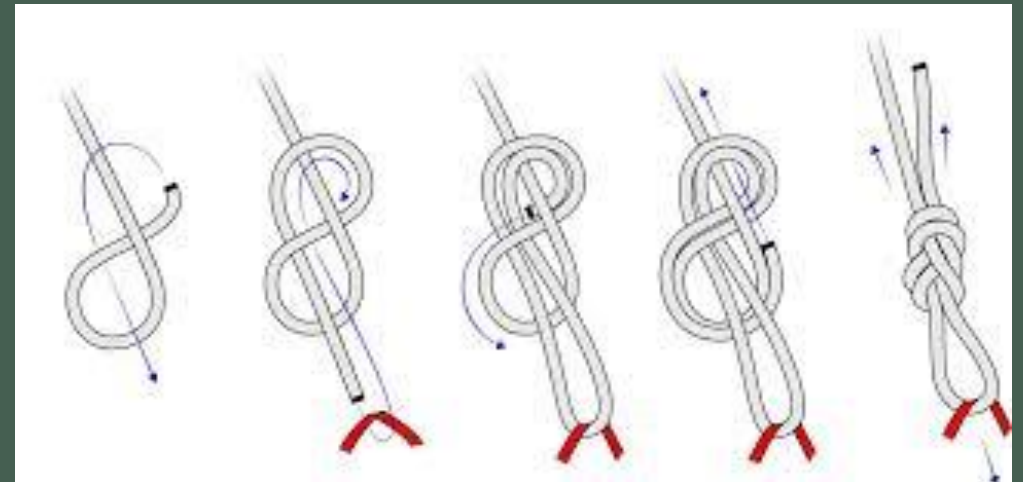
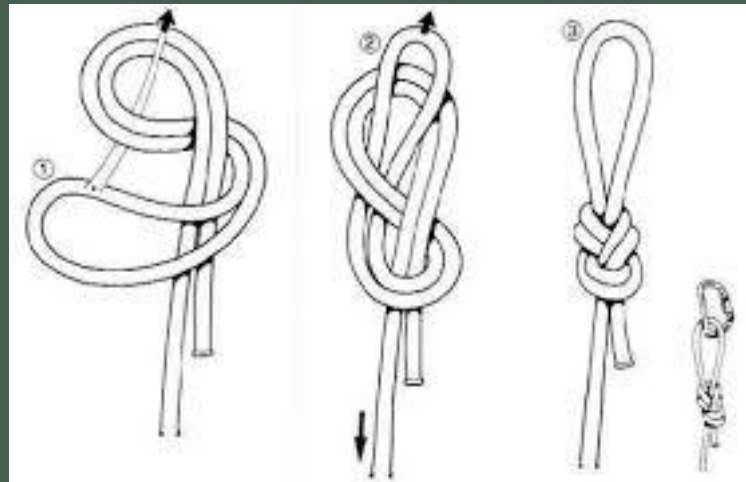
NUDOS SENCILLOS

# Nudos básicos.

Ocho simple

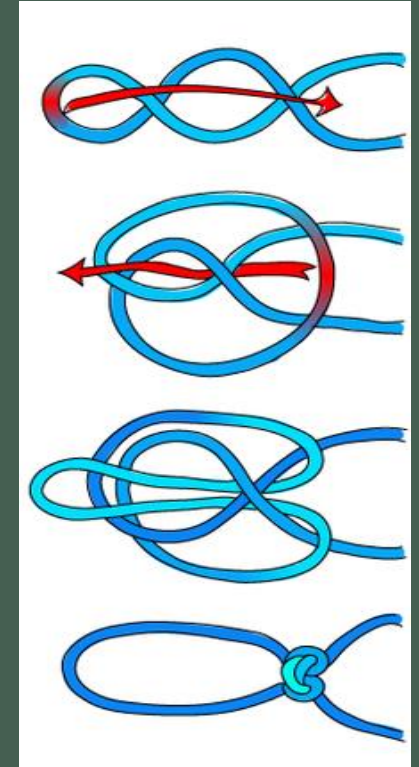
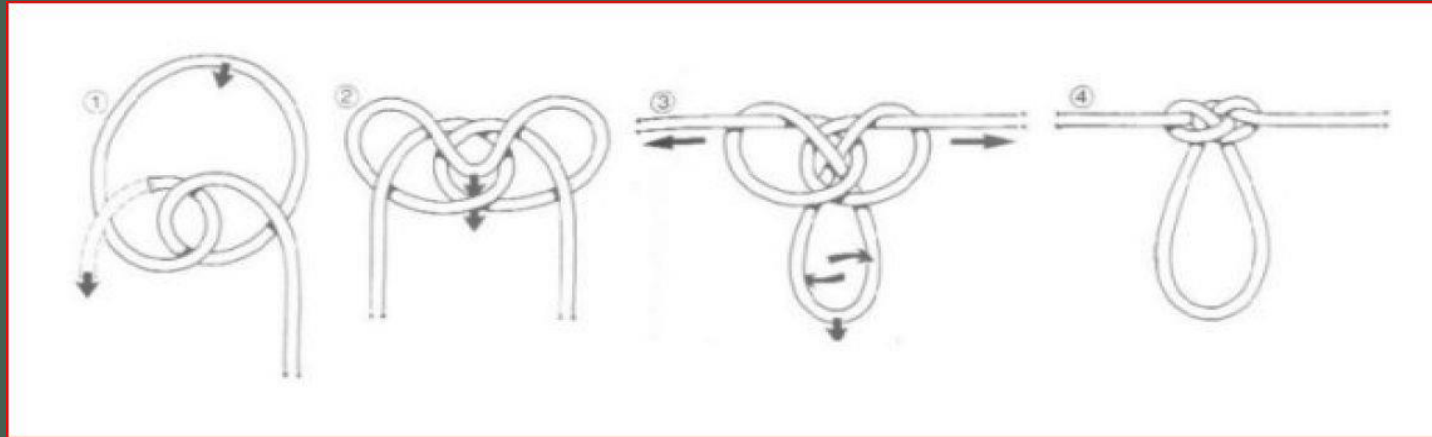


Ocho doble

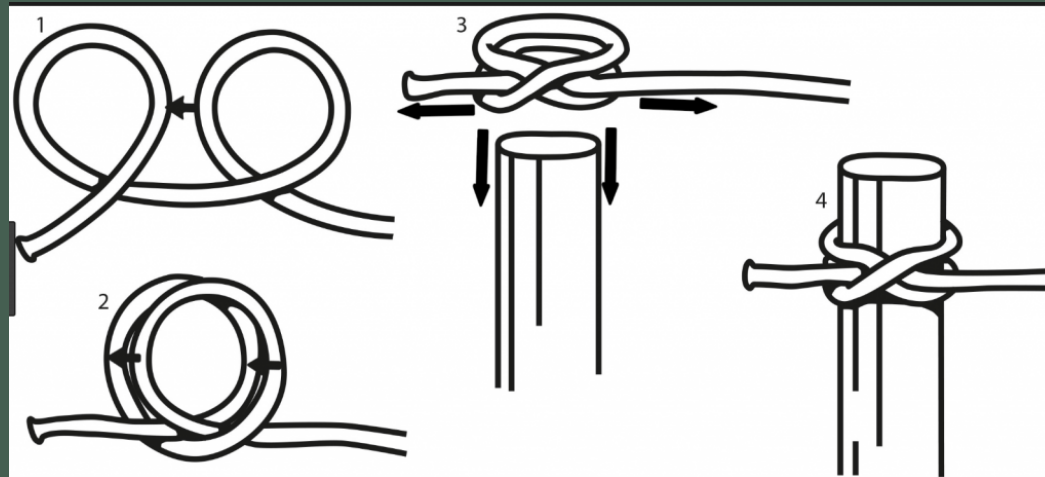


# Nudos básicos.

Mariposa

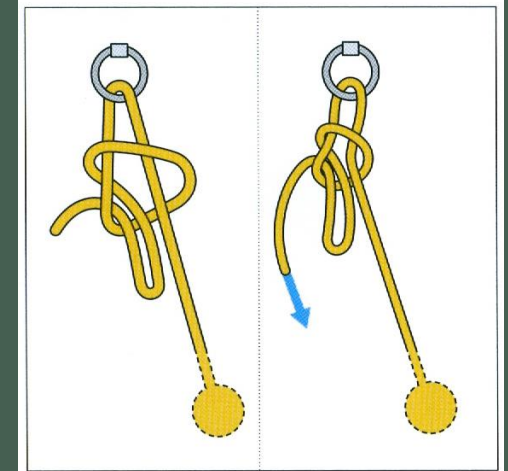
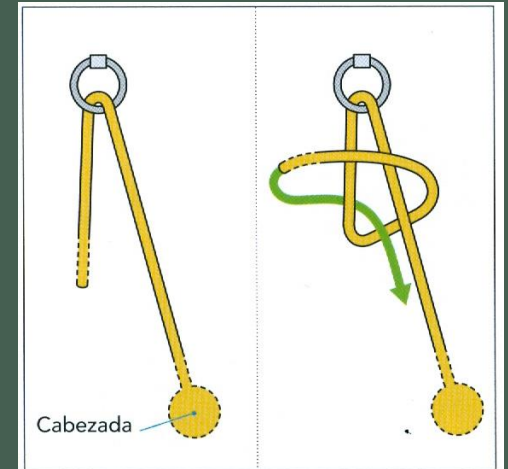
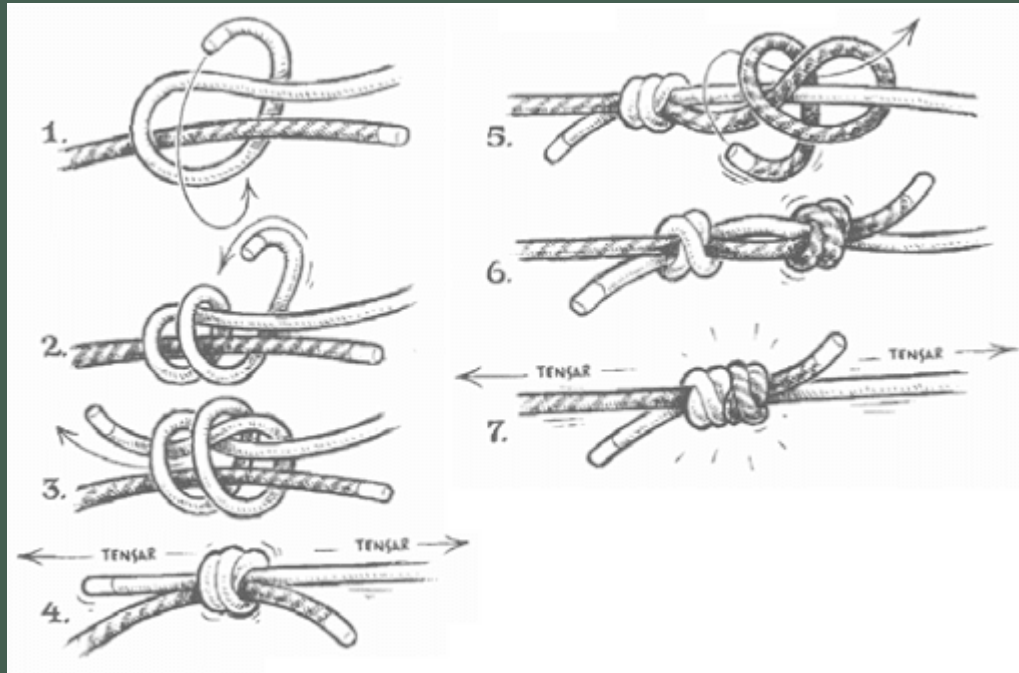


Ballestrinque



# Nudos básicos.

Pescador doble



Liberación rápida

# Nudos básicos.

Prusik

