

Easy Bridge Tray Climbing Method



Article Overview

The Easy Bridge Tray Climbing Method involves constructing a stable bridge-like climbing frame using spars and lashings, allowing safe climbing and training.

Overview

The method uses a bridge or climbing frame built from wooden spars (poles) and secured with lashings. This setup is commonly used in pioneering, outdoor education, or climbing training to simulate bridge traversal or elevated climbing challenges. The structure is designed to be stable enough for climbers to stand on and move across safely.

Materials Needed

- Uprights: Two spars, approximately 3.6 meters each
- Lower horizontal rail: One spar, 2.5 meters
- Top horizontal spar: One spar, 1.25 meters
- Diagonal bracing spars: Two spars, 2.5 meters each
- Lashings: Square lashings for horizontals, diagonal lashings for bracing
- Guy ropes: For stabilizing the frame during erection

Construction Steps

- Build Trestles: Lash the horizontal spars to the uprights about 1 meter from the ends using square lashings.
- Add Diagonal Bracing: Attach the diagonal spars to the trestles with square lashings and connect their centers with a diagonal lashing....

Article Content

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Bridging

Climbers are encouraged to explore different methods to find their most comfortable and efficient way to navigate bridge climbing.

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How to do Bridge Pose | Flexibility For Climbers

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How to Speed Bridge!

How to Speed Bridge! The art of building bridges really, really fast, explained! In real life, using bridges that have

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Good speed bridging tutorial? : r/CompetitiveMinecraft

There are many types of speed bridging: Ninja Bridge and Schenneler, moonwalk, breezily, god bridging, tele-bridging and more.

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How to Lead an Aid Climb

How to lead an aid climb! How to place aid gear, pendulum, tension traverse, back-clean, lead overhangs, traverses and more.

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A Comprehensive Guide to Climbing Technique

A non-exhaustive, yet fairly comprehensive guide to climbing technique that tackles dynamic versus static movement

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Cable Tray Climbing Bend Angle Calculation

Don't Know How to Make Cable Tray Riser? Watch This Simple Method Don't Know How to Make Cable Tray Riser?

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After 4 hours of practicing, I present the NEW fastest bridging method ...

Could also place the solid block at the same level as the previous scaffold bridge if too much height gain is a concern, potentially with

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Bridging

The discussion revolves around different techniques for parallel wall climbing, specifically focusing on a method called bridge

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SRT Method

SRT (Single Rope Technique) is a rope climbing method. This page covers JRB's non-mechanical SRT climbing method, its

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RANKING BRIDGING METHODS | Hypixel Forums

This post is half-serious, half-a-joke BREEZILY: Pretty much useless, fast ninjabridge can be the same speed.

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Climbing Moves, Holds, & Technique: The Beginner's Guide

New to climbing? Our beginner's guide to climbing moves, holds, & technique provides the information you need to

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Bridge/Climbing Frame

Bridge/Climbing Frame Equipment 12 x spars 3.6m long 8 x spars 2.5m long 2 x spars 1.25m long 24 lashing lengths Additional

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Briding method after Speed Bridging. : r/CompetitiveMinecraft

I like to practice this method in my spare time. Realistically, it's very difficult to become consistent enough to bridge faster than speed

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FM 3-97.61 Chapter 7

To set up a retrievable rappel point, a climber must apply one of the following methods: (1) Double the rope

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6 Climbing Methods for Saddle Hunting: From Easy to Extreme

Taking notes from professional arborists and recreational tree climbers (yeah, it's a thing!), they have developed

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Best bridging method : r/CompetitiveMinecraft

Best bridging method What is the best and easiest to learn? Ninja bridge, moonwalk, breezily bridge, scaffold bridge.

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Perfect Cable Tray Offset Bending Under Bridge

turn under a bridge going up and down so for example let's take this bridge as an example using this height as the

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BB's guide to Boulderspeak

Mantelshelf moves (or "mantels") are the climbing equivalent of getting out of a swimming pool without using the steps. They involve

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Fundamental Escape Movements — No-Gi Grappling | InGrappling

Escape movements — bridge, shrimp, Granby roll, sit-out, stand-up, kipping. All named escapes are built from these six.

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UKC Articles

This is very simple but often climbers find it difficult to get the right level of pump or intensity.

Contact Us

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