



Practical Exercise Statement – Ascending, Texas Kick

Time Allotted: 1 Hour

Purpose: The purpose of this training exercise is to review and practice principles associated with ascending rope.

Terminal Learning Objective: The student shall safely and efficiently ascend a rope a given distance.

Enabling Learning Objectives: Given a required equipment cache and a period of instruction, the student shall:

- Identify personal equipment necessary for ascending rope
- Rig onto a static rope that is anchored at an elevated position.
- Ascend the rope a given distance. (Typically at least 20')
- Changeover to descending operation while at height.
- Descend back to the ground.

Equipment Needed:

- 2 – ½” ropes of suitable length for the ascending environment
- 2 – Anchor straps or other anchoring device
- 2 – Ascenders
- 10 – 8mm paired prusiks
- 1 – Break Bar Rack with screw link
- Edge Protection (as needed)
- Carabiners
- 2 – Pick-off straps (optional)

Instructor's Notes: This exercise is designed for 4-6 students. Students should belay each other, so include whatever belay review might be necessary per the student's skill level. This exercise is best performed at a training tower with anchor points on the roof, but can be adapted to whatever environment is available to you.

Discuss the Texas Kick method, and demonstrate how to rig the elements to your person, including the harness attachment and the foot attachments. Ascend a few kicks, and demonstrate how to transition to the lower. Discuss the importance to having the belayer provide some slack when the transition to the BBR is made so the belay doesn't load.

- Have each student rig in, ensuring that they appropriately size the equipment to fit their reach
- Ensure proper verbal sequences are used (i.e., “on belay”, etc.)

- Have each student climb a determined distance, change-over to descending, and descend back to the ground