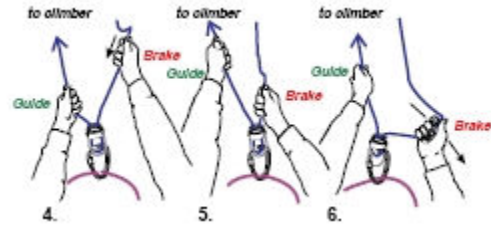
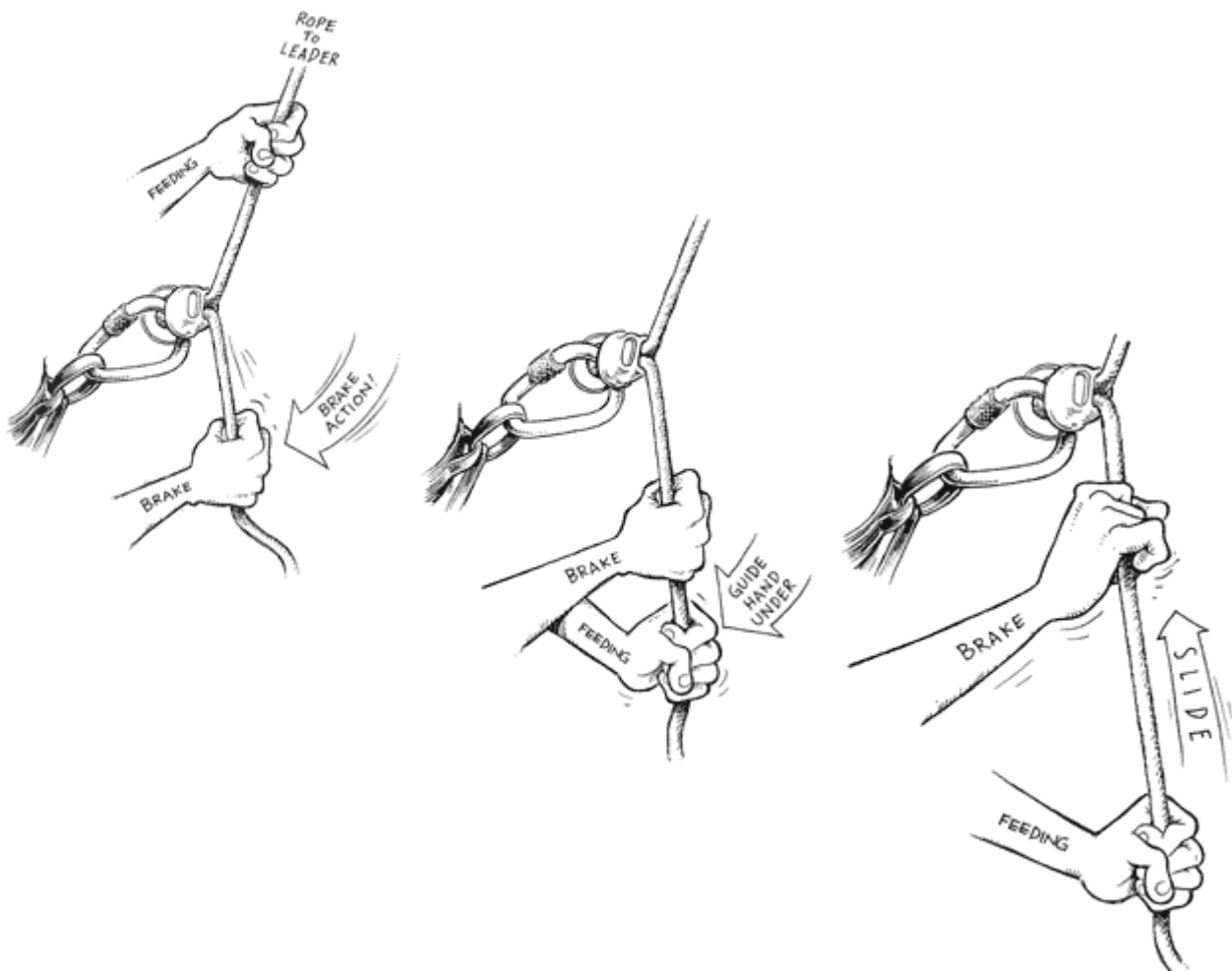


# Belay Techniques and Their Names

Slip, Slap, Slide (SSS) ; S-S-S or Pinch Method ; Classic Method ; Pinch-and-Slide ; Pull Pinch Slide ;

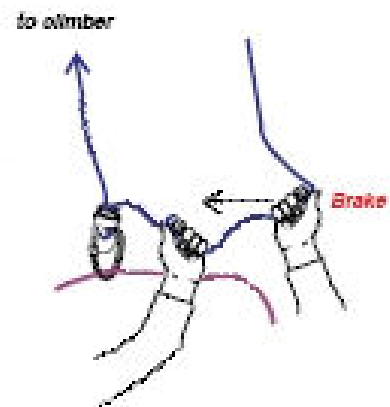
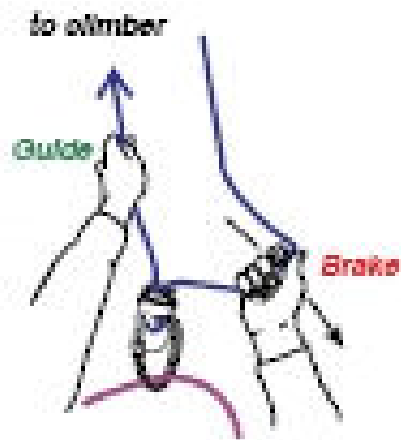
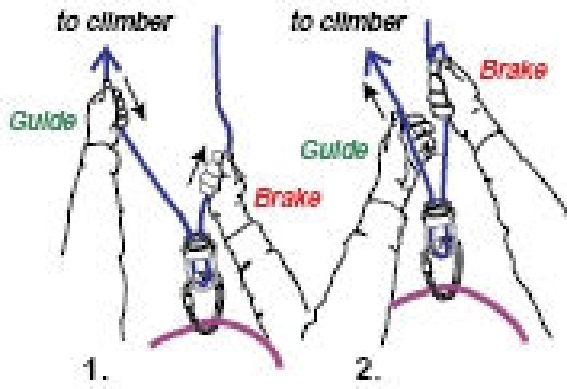


Brake Under Slide B-U-S ; Hands Down ;



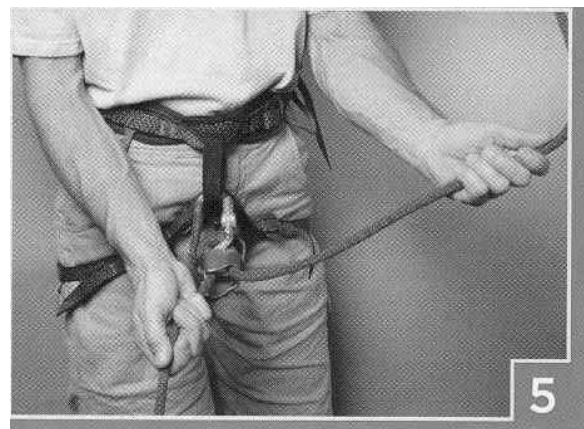
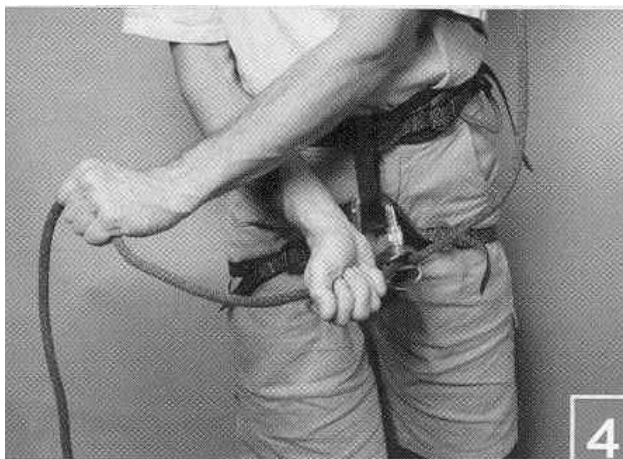
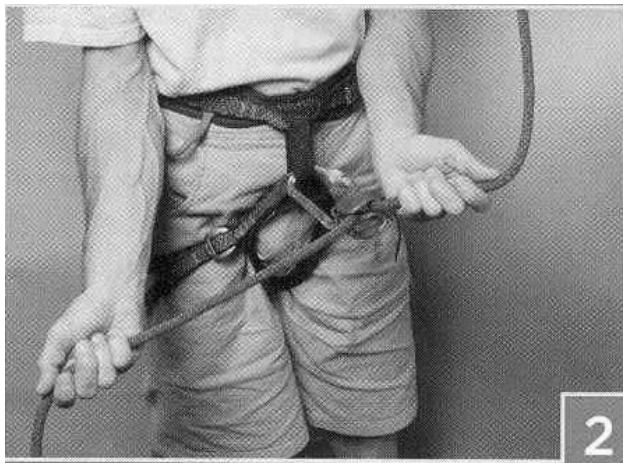
# Belay Techniques and Their Names

## Pull-Lock-Grab-Slide



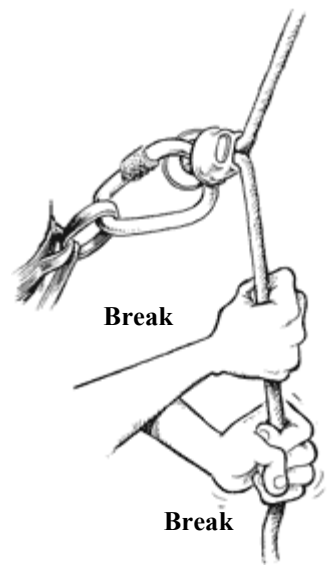
# Belay Techniques and There Names

Pull Lock Hand Over Hand ;



# Belay Techniques and Their Names

The Chop ;



Pull Up ; Hand over Hand

