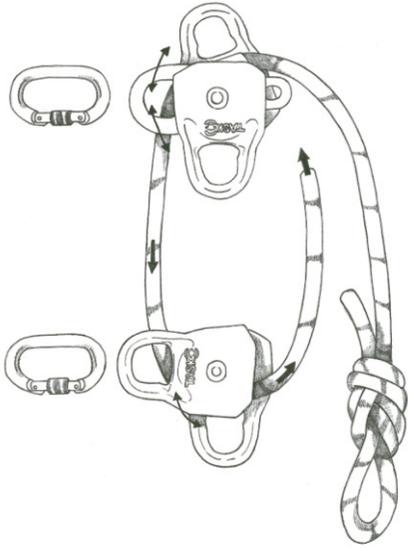
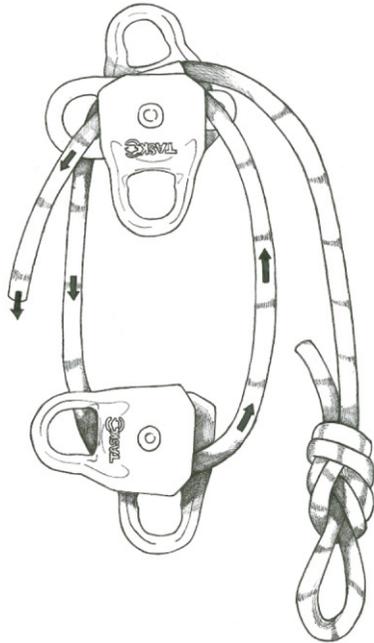


**MONTANDO O SISTEMA
3X1**

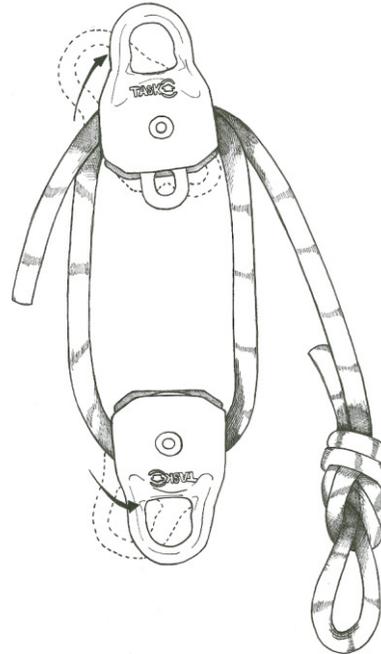
PASSO 1



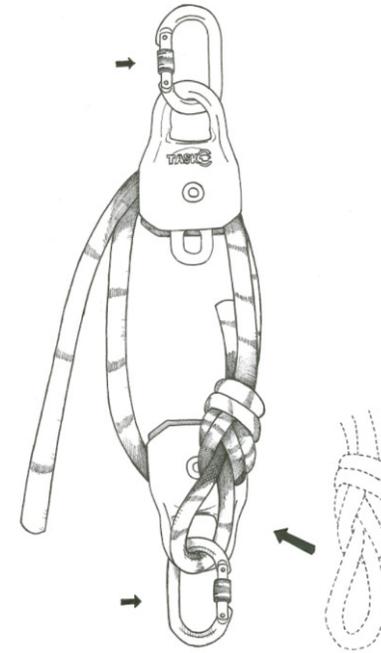
PASSO 2



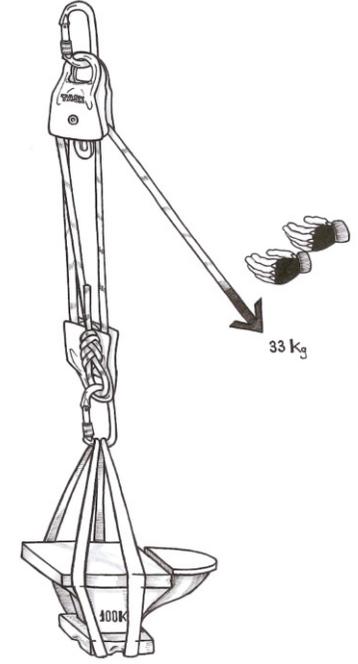
PASSO 3



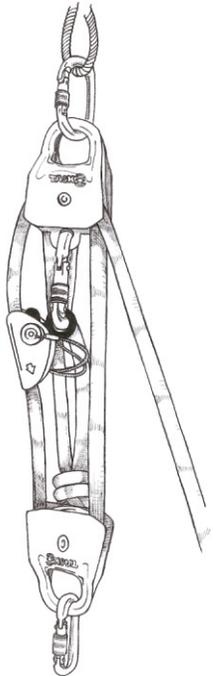
PASSO 4



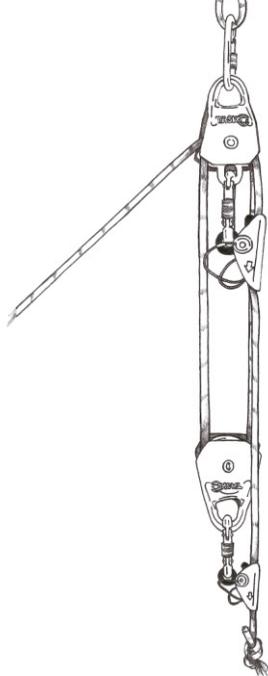
**FORÇA UTILIZADA
NO SISTEMA 3X1**



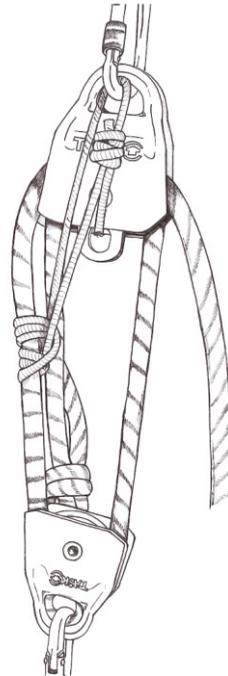
**SISTEMA 3X1 COM
ROPE GRAB**



**SISTEMA 3X1 COM
2 ROPE GRABS**



**SISTEMA 3X1 COM
PRUSSIK**



**UTILIZAÇÃO
ILUSTRAÇÃO A**

