

Level 6/7 Certification Training Course Outline

LEVELS 6 & 7 - CLASS OUTLINE

1. **REVIEW of RESISTANCE**
 - . Additional resistance problems
 - . Theoretical and Practical Applications
2. **SNATCH BLOCK RESISTANCE & LOADING**
 - . A different view
 - . Theoretical and Practical Applications
 - . Running and Fixed snatch blocks
3. **TOTAL BLOCK LOADING**
 - . Line Angle Factor Multiplier Information
 - . Line Angle Factor Problems
4. **REVIEW of WINCHING**
 - . Golden Rule to Winching
 - . Theoretical and Practical Applications
 - . Simple Lay-ups problems
 - . Compound Lay-up Problems
 - . Winching with High Performance Straps
5. **UP-RIGHTING**
 - . Top, Bottom and End Rolls
6. **UP-RIGHTING & MID-AIR ROLLING OF CARS**
 - . Car on roof - mid-air up-righting
7. **UP-RIGHTING / END-ROLLING EMPTY & LOADED TANK TRAILERS**
 - . Tankers, van trailers, trucks and buses
 - . End-rolling Techniques
 - . Top-rolling Cement trucks
8. **WINCHING of LOADED VEHICLES**
 - . Compound lay-ups
 - . Front, Rear and Side winching of straight trucks and tractors-trailers
 - . Winching Loaded T & T from deep ditch
9. **REVIEW and EVALUATION**
 - . Closing comments and examination