

REBEL GIRLS®

# JUNKO TABEL



## MASTERS THE MOUNTAINS

Junko is bad at athletics. Really bad. But when her teacher takes her class on a trip to the biggest mountain Junko's ever seen, she is determined to make it to the top. Ganbatte, her teacher tells her. Do your best. After that first trip, Junko becomes a mountaineer in body and spirit. With her friends and fellow climbers, she climbs snowy mountains, rocky mountains, and even faraway mountains outside of her home country of Japan. Then, Junko does something that's never been done before...she becomes the first woman to climb the tallest mountain in the world.

Learn more by visiting [RebelGirls.com](http://RebelGirls.com)

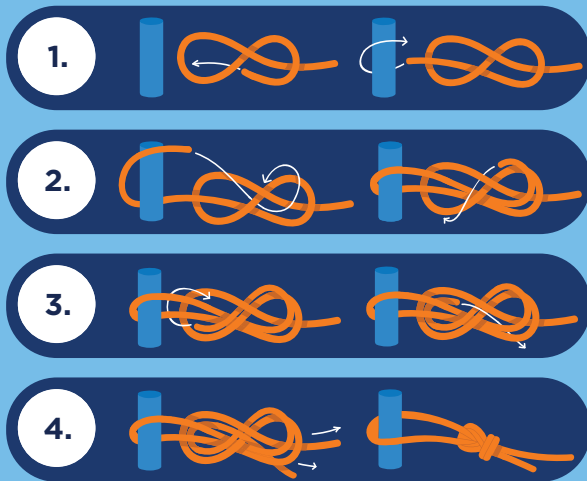
Flip the page to try your hand at one of the activities  
from Junko Tabei Masters the Mountains →

# LEARN TO TIE MOUNTAINEER KNOTS LIKE JUNKO!

You already know one knot -- the kind you use to tie your shoes! But there are nearly 4,000 other unique knots. Junko and her fellow climbers used several different knots to keep them safe as they climbed high mountains. Grab an old shoelace, a piece of rope, or a string to practice tying the knots below.

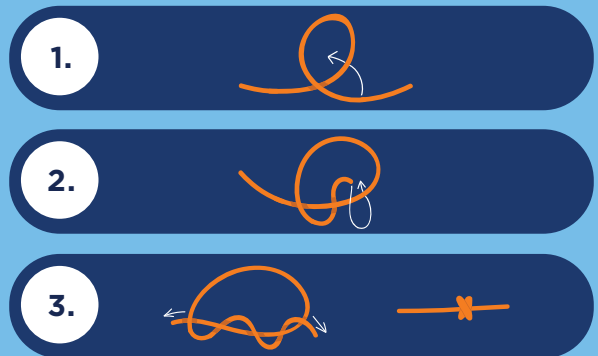
The **Figure Eight Follow Through** knot is one of the strongest knots and helps climbers connect securely to a wall. Here are the steps:

1. Make a figure "eight" with your rope.
2. Wrap the free end of the figure "eight" around the item you're tying yourself to.
3. Take the free end and follow the "eight" around a second time.
4. Then pull the end tight.



The **Double Overhand Stopper** knot is used at the end of a rope for extra security. This knot will make sure that a climber's rope never slips unexpectedly. Here are the steps:

1. Make a loop and feed one end into the loop.
2. Take the end and pass it through the loop one more time.
3. Pull the ends to tighten.



Activity created in partnership with



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