

# Sonstiges

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# Übungen gegen Rückenschmerzen

Situps Variante 1

3 x 18

Plank

2 x 40 Sekunden

sit-ups Variante 2

3 x 15

Krankengymnastik von 09.11.2022 bei Putz

<https://player.vimeo.com/video/769342874?h=f2c45baaec>



# Wichtige Konten beim Klettern

Videos in Nextcloud

## 1. Sackstich

**Verwendung:** Zum Verbinden von Seilen und Reepschnüren – unter Umständen auch zum Anseilen, beispielsweise der Mittelperson in einer Gletscherseilschaft.

<https://www.youtube.com/embed/OAdOaSCDduA>

## 2. Achterknoten

**Verwendung:** Idealer Anseilknoten.

<https://www.youtube.com/embed/D9wpoA-cQF0>

## 3. Mastwurf

**Verwendung:** Ideal zur Selbstsicherung. Der Mastwurf kann mühelos gelockert und verschoben – d. h. in der Länge verändert – werden, bei Belastung zieht er sich fest und blockiert nach beiden Seiten. Er sollte mit einer Hand in den Karabiner gelegt werden können, immerhin möchte man sich ja mit der zweiten Hand festhalten.

<https://www.youtube.com/embed/RE9qpTe6Z7A>

## 4. Ankerstich

**Verwendung:** Zum Einbinden des Klettersteigsets oder der Abseilschlinge in den Hüftgurt oder zum Fixieren von Bandschlingen und Reepschnüren in einem Haken oder am Pickel (T-Anker).

<https://www.youtube.com/embed/WUp-UgVPkpU>

## 5. Prusik

**Verwendung:** Klemmknoten fürs gesicherte Abseilen, zur Selbst- oder Kameradenrettung und für den Aufstieg am Fixseil. Er klemmt in beide Richtungen. Beginnt der Prusik bei Belastung zu rutschen muss eine dritte Umwicklung angelegt werden.

[https://www.youtube.com/embed/\\_IVdHOsxMbg](https://www.youtube.com/embed/_IVdHOsxMbg)

## 6. Halbmastwurf (HMS)

**Verwendung:** Einfacher Knoten zur Partnersicherung, der nur in Verbindung mit einem HMS-Karabiner (birnenförmiger Karabiner mit Verschlusssicherung) verwendet wird.

[https://www.youtube.com/embed/\\_XnvNb5GGq8](https://www.youtube.com/embed/_XnvNb5GGq8)

# Electrum Cold Storage

<https://electrum.readthedocs.io/en/latest/coldstorage.html>

## Erstelle eine Unsignierte Transaktion

Transaction

Transaction ID:  

Unknown

Status: Unsigned  
Amount sent: 12, mBTC  
Transaction fee: 0,02962 mBTC  
Inputs (1)  

4359811e...b2f77648:012nUZdGyrdQ3PSxopAebMcDqidTZGTZVZH

Outputs (2)  

3NV6KhDiqWcAk6c3e4PqCv5RAE7vqekTGC12,  
19GKSZw2sx5WXhSyoFeiAgZAisKJpaG73616,52267

Copy

Save

Close

Drücke Speichern und speichere die Transaktion auf dem USB-Stick.

## Transaktion signieren

Im Offline-Wallet auf Werkzeug > Lade Transaktion > Datei

Transaction

Transaction ID:

Unknown

Status: Unsigned

Amount sent: 12, mBTC

Transaction fee: 0,02962 mBTC

Inputs (1)

4359811e...b2f77648:012nUZdGyrdQ3PSxopAebMcDqidTZGTZVZH

Outputs (2)

3NV6KhDiqWcAk6c3e4PqCv5RAE7vqekTGC12,

19GKSZw2sx5WXhSyoFeiAgZAisKJpaG73616,52267

Copy

Save

Sign

Close

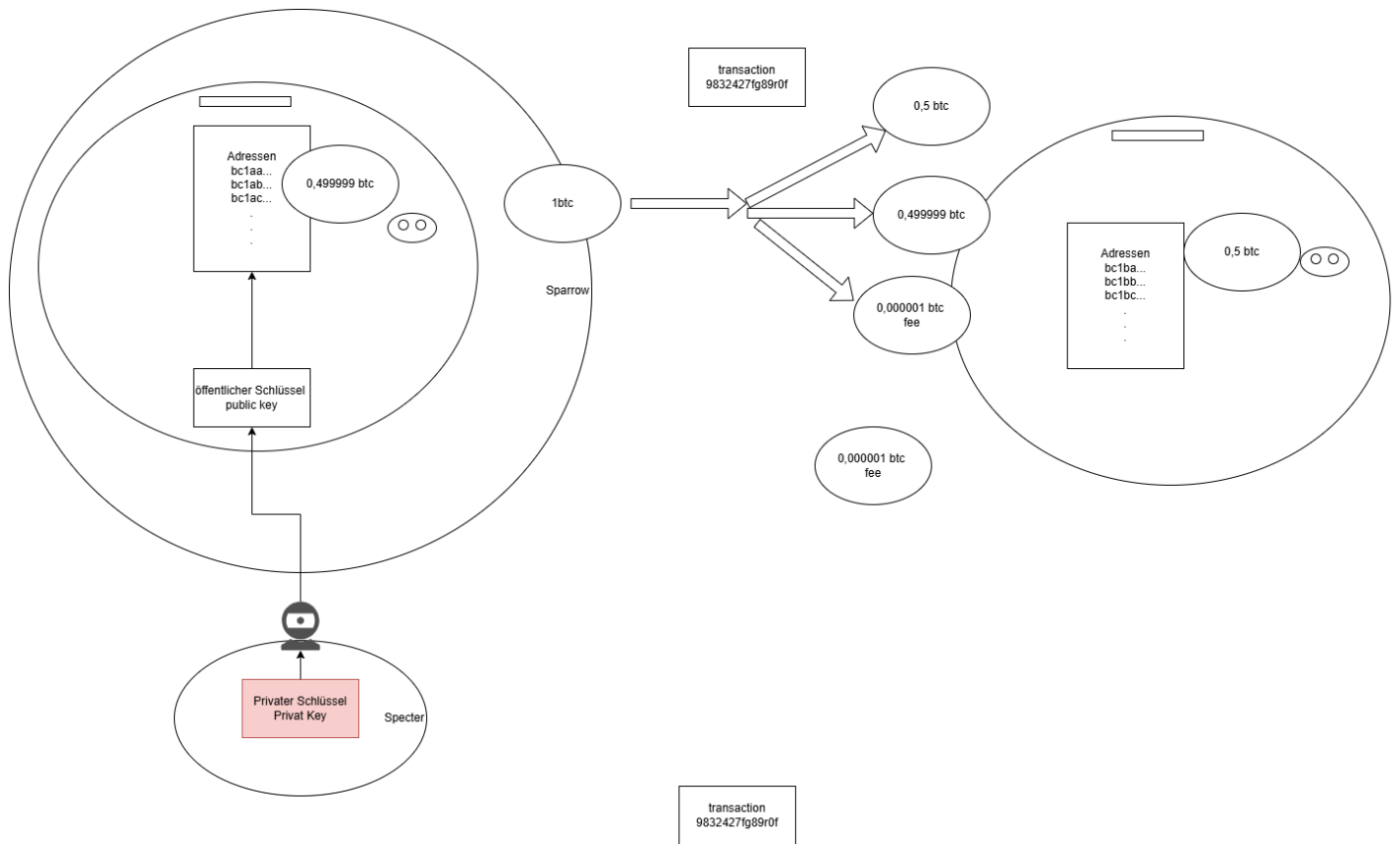
Die Transaktion Signieren und auf dem USB-Stick speichern

## Transaktion übermitteln

Auf dem Online Wallet die Transaktion ins Netzwerk übermitteln

Werkzeug > Lade Transaktion > Datei

# Bitcoin Seminar





# Fahrrad Codieren

EIN Code-Generator

# Bip39 Wordlist

abandon  
ability  
able  
about  
above  
absent  
absorb  
abstract  
absurd  
abuse  
access  
accident  
account  
accuse  
achieve  
acid  
acoustic  
acquire  
across  
act  
action  
actor  
actress  
actual  
adapt  
add  
addict  
address  
adjust  
admit  
adult  
advance  
advice  
aerobic  
affair

afford  
afraid  
again  
age  
agent  
agree  
ahead  
aim  
air  
airport  
aisle  
alarm  
album  
alcohol  
alert  
alien  
all  
alley  
allow  
almost  
alone  
alpha  
already  
also  
alter  
always  
amateur  
amazing  
among  
amount  
amused  
analyst  
anchor  
ancient  
anger  
angle  
angry  
animal  
ankle  
announce

annual  
another  
answer  
antenna  
antique  
anxiety  
any  
apart  
apology  
appear  
apple  
approve  
april  
arch  
arctic  
area  
arena  
argue  
arm  
armed  
armor  
army  
around  
arrange  
arrest  
arrive  
arrow  
art  
artefact  
artist  
artwork  
ask  
aspect  
assault  
asset  
assist  
assume  
asthma  
athlete  
atom

attack  
attend  
attitude  
attract  
auction  
audit  
august  
aunt  
author  
auto  
autumn  
average  
avocado  
avoid  
awake  
aware  
away  
awesome  
awful  
awkward  
axis  
baby  
bachelor  
bacon  
badge  
bag  
balance  
balcony  
ball  
bamboo  
banana  
banner  
bar  
barely  
bargain  
barrel  
base  
basic  
basket  
battle

beach  
bean  
beauty  
because  
become  
beef  
before  
begin  
behave  
behind  
believe  
below  
belt  
bench  
benefit  
best  
betray  
better  
between  
beyond  
bicycle  
bid  
bike  
bind  
biology  
bird  
birth  
bitter  
black  
blade  
blame  
blanket  
blast  
bleak  
bless  
blind  
blood  
blossom  
blouse  
blue

blur  
blush  
board  
boat  
body  
boil  
bomb  
bone  
bonus  
book  
boost  
border  
boring  
borrow  
boss  
bottom  
bounce  
box  
boy  
bracket  
brain  
brand  
brass  
brave  
bread  
breeze  
brick  
bridge  
brief  
bright  
bring  
brisk  
broccoli  
broken  
bronze  
broom  
brother  
brown  
brush  
bubble

buddy  
budget  
buffalo  
build  
bulb  
bulk  
bullet  
bundle  
bunker  
burden  
burger  
burst  
bus  
business  
busy  
butter  
buyer  
buzz  
cabbage  
cabin  
cable  
cactus  
cage  
cake  
call  
calm  
camera  
camp  
can  
canal  
cancel  
candy  
cannon  
canoe  
canvas  
canyon  
capable  
capital  
captain  
car



carbon  
card  
cargo  
carpet  
carry  
cart  
case  
cash  
casino  
castle  
casual  
cat  
catalog  
catch  
category  
cattle  
caught  
cause  
caution  
cave  
ceiling  
celery  
cement  
census  
century  
cereal  
certain  
chair  
chalk  
champion  
change  
chaos  
chapter  
charge  
chase  
chat  
cheap  
check  
cheese  
chef

cherry  
chest  
chicken  
chief  
child  
chimney  
choice  
choose  
chronic  
chuckle  
chunk  
churn  
cigar  
cinnamon  
circle  
citizen  
city  
civil  
claim  
clap  
clarify  
claw  
clay  
clean  
clerk  
clever  
click  
client  
cliff  
climb  
clinic  
clip  
clock  
clog  
close  
cloth  
cloud  
clown  
club  
clump

cluster  
clutch  
coach  
coast  
coconut  
code  
coffee  
coil  
coin  
collect  
color  
column  
combine  
come  
comfort  
comic  
common  
company  
concert  
conduct  
confirm  
congress  
connect  
consider  
control  
convince  
cook  
cool  
copper  
copy  
coral  
core  
corn  
correct  
cost  
cotton  
couch  
country  
couple  
course

cousin  
cover  
coyote  
crack  
cradle  
craft  
cram  
crane  
crash  
crater  
crawl  
crazy  
cream  
credit  
creek  
crew  
cricket  
crime  
crisp  
critic  
crop  
cross  
crouch  
crowd  
crucial  
cruel  
cruise  
crumble  
crunch  
crush  
cry  
crystal  
cube  
culture  
cup  
cupboard  
curious  
current  
curtain  
curve

cushion  
custom  
cute  
cycle  
dad  
damage  
damp  
dance  
danger  
daring  
dash  
daughter  
dawn  
day  
deal  
debate  
debris  
decade  
december  
decide  
decline  
decorate  
decrease  
deer  
defense  
define  
defy  
degree  
delay  
deliver  
demand  
demise  
denial  
dentist  
deny  
depart  
depend  
deposit  
depth  
deputy

derive  
describe  
desert  
design  
desk  
despair  
destroy  
detail  
detect  
develop  
device  
devote  
diagram  
dial  
diamond  
diary  
dice  
diesel  
diet  
differ  
digital  
dignity  
dilemma  
dinner  
dinosaur  
direct  
dirt  
disagree  
discover  
disease  
dish  
dismiss  
disorder  
display  
distance  
divert  
divide  
divorce  
dizzy  
doctor

document

dog

doll

dolphin

domain

donate

donkey

donor

door

dose

double

dove

draft

dragon

drama

drastic

draw

dream

dress

drift

drill

drink

drip

drive

drop

drum

dry

duck

dumb

dune

during

dust

dutch

duty

dwarf

dynamic

eager

eagle

early

earn

earth  
easily  
east  
easy  
echo  
ecology  
economy  
edge  
edit  
educate  
effort  
egg  
eight  
either  
elbow  
elder  
electric  
elegant  
element  
elephant  
elevator  
elite  
else  
embark  
embody  
embrace  
emerge  
emotion  
employ  
empower  
empty  
enable  
enact  
end  
endless  
endorse  
enemy  
energy  
enforce  
engage



engine  
enhance  
enjoy  
enlist  
enough  
enrich  
enroll  
ensure  
enter  
entire  
entry  
envelope  
episode  
equal  
equip  
era  
erase  
erode  
erosion  
error  
erupt  
escape  
essay  
essence  
estate  
eternal  
ethics  
evidence  
evil  
evoke  
evolve  
exact  
example  
excess  
exchange  
excite  
exclude  
excuse  
execute  
exercise

exhaust  
exhibit  
exile  
exist  
exit  
exotic  
expand  
expect  
expire  
explain  
expose  
express  
extend  
extra  
eye  
eyebrow  
fabric  
face  
faculty  
fade  
faint  
faith  
fall  
false  
fame  
family  
famous  
fan  
fancy  
fantasy  
farm  
fashion  
fat  
fatal  
father  
fatigue  
fault  
favorite  
feature  
february

federal

fee

feed

feel

female

fence

festival

fetch

fever

few

fiber

fiction

field

figure

file

film

filter

final

find

fine

finger

finish

fire

firm

first

fiscal

fish

fit

fitness

fix

flag

flame

flash

flat

flavor

flee

flight

flip

float

flock

floor  
flower  
fluid  
flush  
fly  
foam  
focus  
fog  
foil  
fold  
follow  
food  
foot  
force  
forest  
forget  
fork  
fortune  
forum  
forward  
fossil  
foster  
found  
fox  
fragile  
frame  
frequent  
fresh  
friend  
fringe  
frog  
front  
frost  
frown  
frozen  
fruit  
fuel  
fun  
funny  
furnace

fury  
future  
gadget  
gain  
galaxy  
gallery  
game  
gap  
garage  
garbage  
garden  
garlic  
garment  
gas  
gasp  
gate  
gather  
gauge  
gaze  
general  
genius  
genre  
gentle  
genuine  
gesture  
ghost  
giant  
gift  
giggle  
ginger  
giraffe  
girl  
give  
glad  
glance  
glare  
glass  
glide  
glimpse  
globe

gloom  
glory  
glove  
glow  
glue  
goat  
goddess  
gold  
good  
goose  
gorilla  
gospel  
gossip  
govern  
gown  
grab  
grace  
grain  
grant  
grape  
grass  
gravity  
great  
green  
grid  
grief  
grit  
grocery  
group  
grow  
grunt  
guard  
guess  
guide  
guilt  
guitar  
gun  
gym  
habit  
hair

half  
hammer  
hamster  
hand  
happy  
harbor  
hard  
harsh  
harvest  
hat  
have  
hawk  
hazard  
head  
health  
heart  
heavy  
hedgehog  
height  
hello  
helmet  
help  
hen  
hero  
hidden  
high  
hill  
hint  
hip  
hire  
history  
hobby  
hockey  
hold  
hole  
holiday  
hollow  
home  
honey  
hood

hope  
horn  
horror  
horse  
hospital  
host  
hotel  
hour  
hover  
hub  
huge  
human  
humble  
humor  
hundred  
hungry  
hunt  
hurdle  
hurry  
hurt  
husband  
hybrid  
ice  
icon  
idea  
identify  
idle  
ignore  
ill  
illegal  
illness  
image  
imitate  
immense  
immune  
impact  
impose  
improve  
impulse  
inch



include  
income  
increase  
index  
indicate  
indoor  
industry  
infant  
inflict  
inform  
inhale  
inherit  
initial  
inject  
injury  
inmate  
inner  
innocent  
input  
inquiry  
insane  
insect  
inside  
inspire  
install  
intact  
interest  
into  
invest  
invite  
involve  
iron  
island  
isolate  
issue  
item  
ivory  
jacket  
jaguar  
jar

jazz  
jealous  
jeans  
jelly  
jewel  
job  
join  
joke  
journey  
joy  
judge  
juice  
jump  
jungle  
junior  
junk  
just  
kangaroo  
keen  
keep  
ketchup  
key  
kick  
kid  
kidney  
kind  
kingdom  
kiss  
kit  
kitchen  
kite  
kitten  
kiwi  
knee  
knife  
knock  
know  
lab  
label  
labor

ladder  
lady  
lake  
lamp  
language  
laptop  
large  
later  
latin  
laugh  
laundry  
lava  
law  
lawn  
lawsuit  
layer  
lazy  
leader  
leaf  
learn  
leave  
lecture  
left  
leg  
legal  
legend  
leisure  
lemon  
lend  
length  
lens  
leopard  
lesson  
letter  
level  
liar  
liberty  
library  
license  
life

lift  
light  
like  
limb  
limit  
link  
lion  
liquid  
list  
little  
live  
lizard  
load  
loan  
lobster  
local  
lock  
logic  
lonely  
long  
loop  
lottery  
loud  
lounge  
love  
loyal  
lucky  
luggage  
lumber  
lunar  
lunch  
luxury  
lyrics  
machine  
mad  
magic  
magnet  
maid  
mail  
main

major  
make  
mammal  
man  
manage  
mandate  
mango  
mansion  
manual  
maple  
marble  
march  
margin  
marine  
market  
marriage  
mask  
mass  
master  
match  
material  
math  
matrix  
matter  
maximum  
maze  
meadow  
mean  
measure  
meat  
mechanic  
medal  
media  
melody  
melt  
member  
memory  
mention  
menu  
mercy

merge  
merit  
merry  
mesh  
message  
metal  
method  
middle  
midnight  
milk  
million  
mimic  
mind  
minimum  
minor  
minute  
miracle  
mirror  
misery  
miss  
mistake  
mix  
mixed  
mixture  
mobile  
model  
modify  
mom  
moment  
monitor  
monkey  
monster  
month  
moon  
moral  
more  
morning  
mosquito  
mother  
motion

motor  
mountain  
mouse  
move  
movie  
much  
muffin  
mule  
multiply  
muscle  
museum  
mushroom  
music  
must  
mutual  
myself  
mystery  
myth  
naive  
name  
napkin  
narrow  
nasty  
nation  
nature  
near  
neck  
need  
negative  
neglect  
neither  
nephew  
nerve  
nest  
net  
network  
neutral  
never  
news  
next

nice  
night  
noble  
noise  
nominee  
noodle  
normal  
north  
nose  
notable  
note  
nothing  
notice  
novel  
now  
nuclear  
number  
nurse  
nut  
oak  
obey  
object  
oblige  
obscure  
observe  
obtain  
obvious  
occur  
ocean  
october  
odor  
off  
offer  
office  
often  
oil  
okay  
old  
olive  
olympic



omit  
once  
one  
onion  
online  
only  
open  
opera  
opinion  
oppose  
option  
orange  
orbit  
orchard  
order  
ordinary  
organ  
orient  
original  
orphan  
ostrich  
other  
outdoor  
outer  
output  
outside  
oval  
oven  
over  
own  
owner  
oxygen  
oyster  
ozone  
pact  
paddle  
page  
pair  
palace  
palm

panda  
panel  
panic  
panther  
paper  
parade  
parent  
park  
parrot  
party  
pass  
patch  
path  
patient  
patrol  
pattern  
pause  
pave  
payment  
peace  
peanut  
pear  
peasant  
pelican  
pen  
penalty  
pencil  
people  
pepper  
perfect  
permit  
person  
pet  
phone  
photo  
phrase  
physical  
piano  
picnic  
picture

piece  
pig  
pigeon  
pill  
pilot  
pink  
pioneer  
pipe  
pistol  
pitch  
pizza  
place  
planet  
plastic  
plate  
play  
please  
pledge  
pluck  
plug  
plunge  
poem  
poet  
point  
polar  
pole  
police  
pond  
pony  
pool  
popular  
portion  
position  
possible  
post  
potato  
pottery  
poverty  
powder  
power

practice  
praise  
predict  
prefer  
prepare  
present  
pretty  
prevent  
price  
pride  
primary  
print  
priority  
prison  
private  
prize  
problem  
process  
produce  
profit  
program  
project  
promote  
proof  
property  
prosper  
protect  
proud  
provide  
public  
pudding  
pull  
pulp  
pulse  
pumpkin  
punch  
pupil  
puppy  
purchase  
purity

purpose

purse

push

put

puzzle

pyramid

quality

quantum

quarter

question

quick

quit

quiz

quote

rabbit

raccoon

race

rack

radar

radio

rail

rain

raise

rally

ramp

ranch

random

range

rapid

rare

rate

rather

raven

raw

razor

ready

real

reason

rebel

rebuild

recall  
receive  
recipe  
record  
recycle  
reduce  
reflect  
reform  
refuse  
region  
regret  
regular  
reject  
relax  
release  
relief  
rely  
remain  
remember  
remind  
remove  
render  
renew  
rent  
reopen  
repair  
repeat  
replace  
report  
require  
rescue  
resemble  
resist  
resource  
response  
result  
retire  
retreat  
return  
reunion

reveal  
review  
reward  
rhythm  
rib  
ribbon  
rice  
rich  
ride  
ridge  
rifle  
right  
rigid  
ring  
riot  
ripple  
risk  
ritual  
rival  
river  
road  
roast  
robot  
robust  
rocket  
romance  
roof  
rookie  
room  
rose  
rotate  
rough  
round  
route  
royal  
rubber  
rude  
rug  
rule  
run

runway  
rural  
sad  
saddle  
sadness  
safe  
sail  
salad  
salmon  
salon  
salt  
salute  
same  
sample  
sand  
satisfy  
satoshi  
sauce  
sausage  
save  
say  
scale  
scan  
scare  
scatter  
scene  
scheme  
school  
science  
scissors  
scorpion  
scout  
scrap  
screen  
script  
scrub  
sea  
search  
season  
seat



second  
secret  
section  
security  
seed  
seek  
segment  
select  
sell  
seminar  
senior  
sense  
sentence  
series  
service  
session  
settle  
setup  
seven  
shadow  
shaft  
shallow  
share  
shed  
shell  
sheriff  
shield  
shift  
shine  
ship  
shiver  
shock  
shoe  
shoot  
shop  
short  
shoulder  
shove  
shrimp  
shrug

shuffle

shy

sibling

sick

side

siege

sight

sign

silent

silk

silly

silver

similar

simple

since

sing

siren

sister

situate

six

size

skate

sketch

ski

skill

skin

skirt

skull

slab

slam

sleep

slender

slice

slide

slight

slim

slogan

slot

slow

slush

small  
smart  
smile  
smoke  
smooth  
snack  
snake  
snap  
sniff  
snow  
soap  
soccer  
social  
sock  
soda  
soft  
solar  
soldier  
solid  
solution  
solve  
someone  
song  
soon  
sorry  
sort  
soul  
sound  
soup  
source  
south  
space  
spare  
spatial  
spawn  
speak  
special  
speed  
spell  
spend

sphere  
spice  
spider  
spike  
spin  
spirit  
split  
spoil  
sponsor  
spoon  
sport  
spot  
spray  
spread  
spring  
spy  
square  
squeeze  
squirrel  
stable  
stadium  
staff  
stage  
stairs  
stamp  
stand  
start  
state  
stay  
steak  
steel  
stem  
step  
stereo  
stick  
still  
sting  
stock  
stomach  
stone

stool  
story  
stove  
strategy  
street  
strike  
strong  
struggle  
student  
stuff  
stumble  
style  
subject  
submit  
subway  
success  
such  
sudden  
suffer  
sugar  
suggest  
suit  
summer  
sun  
sunny  
sunset  
super  
supply  
supreme  
sure  
surface  
surge  
surprise  
surround  
survey  
suspect  
sustain  
swallow  
swamp  
swap

swarm  
swear  
sweet  
swift  
swim  
swing  
switch  
sword  
symbol  
symptom  
syrup  
system  
table  
tackle  
tag  
tail  
talent  
talk  
tank  
tape  
target  
task  
taste  
tattoo  
taxi  
teach  
team  
tell  
ten  
tenant  
tennis  
tent  
term  
test  
text  
thank  
that  
theme  
then  
theory

there  
they  
thing  
this  
thought  
three  
thrive  
throw  
thumb  
thunder  
ticket  
tide  
tiger  
tilt  
timber  
time  
tiny  
tip  
tired  
tissue  
title  
toast  
tobacco  
today  
toddler  
toe  
together  
toilet  
token  
tomato  
tomorrow  
tone  
tongue  
tonight  
tool  
tooth  
top  
topic  
topple  
torch

tornado  
tortoise  
toss  
total  
tourist  
toward  
tower  
town  
toy  
track  
trade  
traffic  
tragic  
train  
transfer  
trap  
trash  
travel  
tray  
treat  
tree  
trend  
trial  
tribe  
trick  
trigger  
trim  
trip  
trophy  
trouble  
truck  
true  
truly  
trumpet  
trust  
truth  
try  
tube  
tuition  
tumble



tuna  
tunnel  
turkey  
turn  
turtle  
twelve  
twenty  
twice  
twin  
twist  
two  
type  
typical  
ugly  
umbrella  
unable  
unaware  
uncle  
uncover  
under  
undo  
unfair  
unfold  
unhappy  
uniform  
unique  
unit  
universe  
unknown  
unlock  
until  
unusual  
unveil  
update  
upgrade  
uphold  
upon  
upper  
upset  
urban

urge  
usage  
use  
used  
useful  
useless  
usual  
utility  
vacant  
vacuum  
vague  
valid  
valley  
valve  
van  
vanish  
vapor  
various  
vast  
vault  
vehicle  
velvet  
vendor  
venture  
venue  
verb  
verify  
version  
very  
vessel  
veteran  
viable  
vibrant  
vicious  
victory  
video  
view  
village  
vintage  
violin

virtual  
virus  
visa  
visit  
visual  
vital  
vivid  
vocal  
voice  
void  
volcano  
volume  
vote  
voyage  
wage  
wagon  
wait  
walk  
wall  
walnut  
want  
warfare  
warm  
warrior  
wash  
wasp  
waste  
water  
wave  
way  
wealth  
weapon  
wear  
weasel  
weather  
web  
wedding  
weekend  
weird  
welcome

west  
wet  
whale  
what  
wheat  
wheel  
when  
where  
whip  
whisper  
wide  
width  
wife  
wild  
will  
win  
window  
wine  
wing  
wink  
winner  
winter  
wire  
wisdom  
wise  
wish  
witness  
wolf  
woman  
wonder  
wood  
wool  
word  
work  
world  
worry  
worth  
wrap  
wreck  
wrestle

wrist

write

wrong

yard

year

yellow

you

young

youth

zebra

zero

zone

zoo