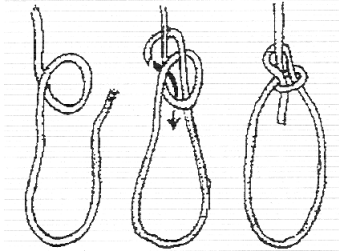


# Knot Skills

## Bowline

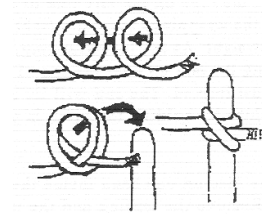
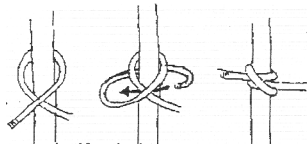
With one end of the rope make a 'tree' with a rabbit hole at the base of the tree - loop on TOP. The short end of the rope is the 'rabbit'. Make the rabbit pop up out of his hole, go around the tree and back down the hole. Now pull the rabbit's two 'ears' and the tree to tighten the knot. The loop can be as large as you want.



This knot is used to make a rescue loop.

## Clove Hitch

Begin with the short end on the far side and in front of the pole. Wrap around the pole and form an "X" in front of the pole. Hold the "X" with your left hand. Wrap the short end of the rope around the pole again and pass the end under the "X" and through the gap in the rope. Tighten.



Alternate method for clove hitch

Used to fastened rope to a pole or make a clothesline.

## Square Knot

Right over left, down and under; then left over right, down and under. Pull both double ends to tighten. Short ends should be on the same side as shown.



Used to tie 2 ropes of equal diameter together.

The knot below has short ends on the opposite sides and it NOT a square knot. This knot is unsafe.



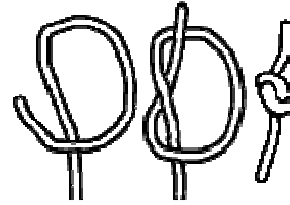
## Lark's Head

Used to loosely tie a loop around a poll, ring or another rope. This knot slides easily. Used to securely fasten a dunk bag to a clothesline.



## Overhand Knot

The overhand knot is the simplest of all knots and is formed using only 1 rope. Commonly used to stop fraying,



## Fisherman's Knot

Tie an overhand knot around the second rope, then tie another overhand knot with the end of the second rope around the first. Align the knots so they lie close to one another as shown. The fisherman's knot is adjustable.



## Sheet Bend

Make a bight (hook) with the larger rope as shown, with the short end on the bottom. Pass the smaller diameter rope up through the bottom of the bight around the bottom backside of the bight and over the upper side, then pass it under itself as shown. Pull tightly. Short ends are on the same side.



This knot is used to tie two ropes of unequal size together. Note the short ends are on the same side. Short ends are on opposite sides in the "X"ed drawing.

## Double Sheet Bend

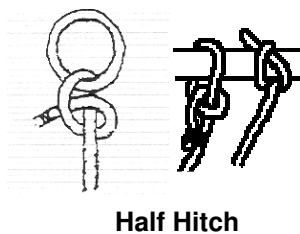
Follow same directions for sheet bend, simply adding another wrap around the bight as shown. Use this for a more secure sheet bend or when the ropes differ drastically in diameter. This knot is used to tie 2 ropes of unequal diameter to each other.



## Half Hitch / Double Half Hitch

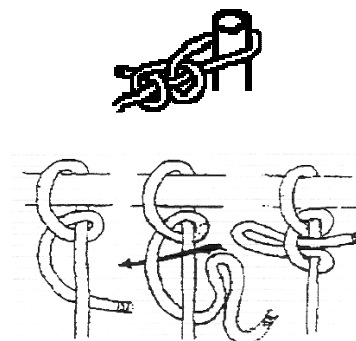
Pass the rope through a loop, ring or around a post. With the short end, pass the rope behind itself then up and through a loop created as shown. For a double half hitch, repeat.

These knots are used to fasten a rope to a ring, loop or tent stake. The double half hitch is more secure than one half hitch.



Half Hitch

## Double Half Hitch

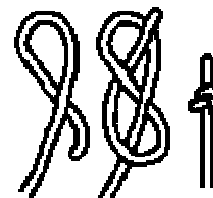


Double half hitch, slipped

## Figure Eight Knot

Formed in the shape of an "8" as shown with only 1 rope.

Use to 'stop' the end of a rope from fraying. Does not jam as easily as the overhand knot.



## Strangle Knot

An excellent knot for closing a bag, or for any situation that you want a temporary knot that is easily opened. Note its similarity to the clove hitch, except that a loop is pulled through.

