

## Objective

- To expose members to useful knots other than those used in tying their shoelaces
- To improve and exercise on both finger and mental agility
- To prepare members for higher level knots required for tent & crafts building
- To bring fun and enjoyment to the next level

## What To Teach

- Practical skills focusing on both finger and mental agility by learning knots
- The “how-to” and “purpose” of the knots involved, and “when” to use it

## Instructor Guide

- Instructor must learn how to tie each knot before each class
- Instructor must be able to demonstrate the proper way of tying the knots
- Instructor must be able to identify the mistakes made by members and correct them
- Instructor can refresh how to tie the required knots at <http://www.animatedknots.com/>

## Assessment

### Pre-junior (Oral & Practical Test)

- Pink Award – Able to show both figure-of-eight and reef knot correctly to examiner
- Orange Award – As above; must be able to tie 3 (three) figure-of-eight in 30 seconds
- Grey Award – As Orange Award; must be able to explain the function of reef knot

### Junior (Oral, Practical & Written Test)

- White Badge – Able to show both figure-of-eight, reef know and sheet bend correctly to examiner
- Green Badge – As White Badge; must be able to tie 5 (five) figure-of-eight in 30 seconds
- Purple Badge – As Green Badge; must be able to write down the functions of all 3 knots
- Blue Badge – As Purple Badge + clove hitch; must be able to tie 6 (six) figure-of-eight in 30 seconds
- Red Badge – As Blue Badge; must be able to write down the functions of all 4 knots
- Silver Badge – Able to show all 5 (five) knots correctly to examiner; must be able to tie 13 (thirteen) figure-of-eight in 60 seconds; prepare a write-up with functions of each knot, along with an example of each knot clearly tied using thread into the write-up.

## Worksheet

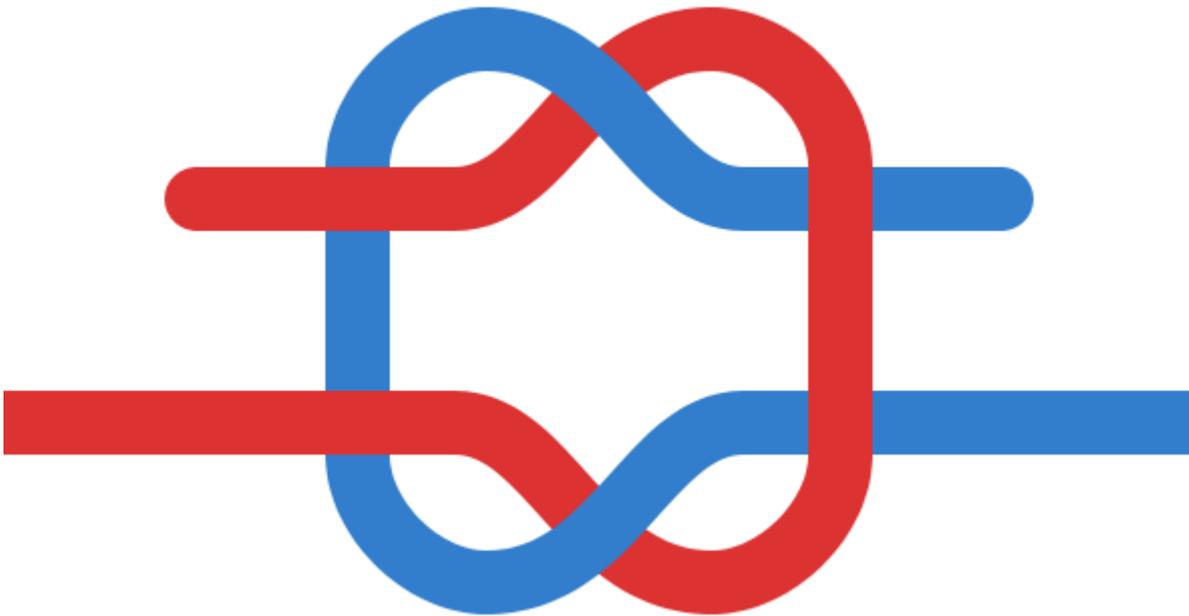
### Reef Knot

The reef knot is used to tie the two ends of a single line together.

The knot lies flat when made with cloth and has been used for tying bandages for millennia. It has also been used since ancient times to tie belts and sashes. A modern use in this manner includes tying the obi (or belt) of a martial arts keikogi.

It is appropriate for tying plastic garbage or trash bags, as the knot forms a handle when tied in two twisted edges of the bag.

However, it is an insecure knot, unstable when jiggled, and is not suitable for supporting weight.



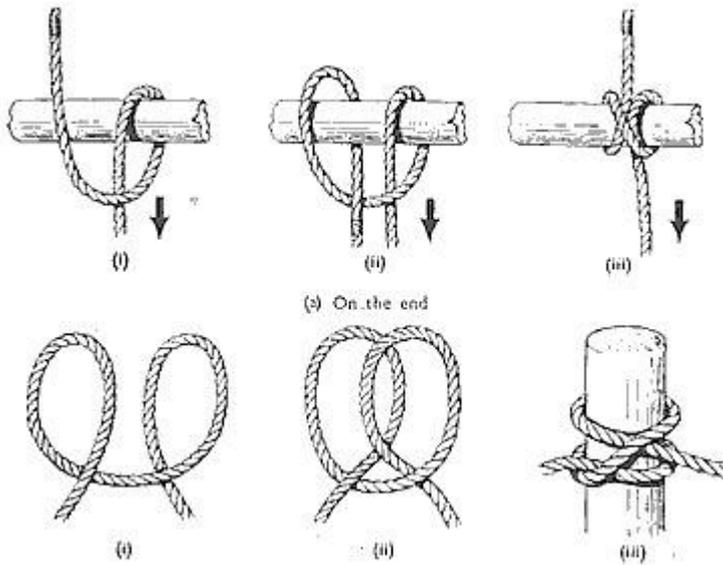
### Figure of Eight Knot

The figure-eight knot is a type of knot. It is very important in both sailing and rock climbing as a method of stopping ropes from running out of retaining devices.



## Clove Hitch

This knot is particularly useful where the length of the running end needs to be adjustable, since feeding in rope from either direction will loosen the knot to be tightened at a new position. With certain types of cord, the clove hitch can slip when loaded. In modern climbing rope, the clove hitch will slip to a point, and then stop slipping. With smaller diameter cords, after being heavily weighted it may become difficult to untie. It is also unreliable when used on a square or rectangular post, rather than round. The clove hitch is commonly used in pioneering to start and finish a lashing such as the traditional square lashing, tripod lashing, round lashing, and sheer lashing.



## Sheet Bend

The sheet bend (also known as becket bend, weaver's knot and weaver's hitch) is a bend, that is, a knot that joins two ropes together. Doubled, it is effective in binding lines of different diameter or rigidity securely together, although it has a tendency to work loose when not under load.



## Bowline

The bowline is commonly used in sailing small craft, for example to fasten a halyard to the head of a sail or to tie a jib sheet to a clew of a jib.

The bowline is well known as a rescue knot for such purposes as rescuing people who might have fallen down a hole, or off a cliff onto a ledge. They would put it around themselves and sit on the loop. This makes it easy to heft them up away from danger.

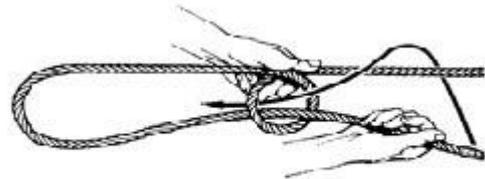


FIG. 7-20. Bowline

## BOWLINE

**One of the most useful knots you can know. The bowline forms a secure loop that will not jam and is easy to tie and untie.**

Form an eye in the rope with the standing part of the rope running underneath. Run the free end up through the eye making a loop below the eye.

Take a turn around the standing part and feed the free end back down into the eye and hold there. Pull standing part to tighten down the knot.

