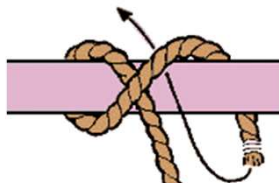


Knot Practice

Practice these 4 knots. You can use a shoelace or rope.

Not sure where to tie them? Try the arm of a chair, the back of a chair, a ruler, a pencil, or a door knob. Then use the long rope and a couple of the knots you practiced to set up a short dunk line between two vertical posts, like between two chairs.

Clove Hitch



How: Place rope over bar.



Bring rope around and cross over.



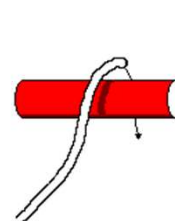
Bring rope around again to the other side.

Tuck loose end under where rope crosses.

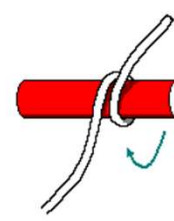
Pull tight.

Use: Secures a rope to a tree or post quickly

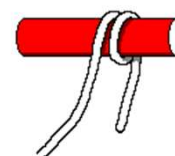
Round Turn and Two Half Hitches



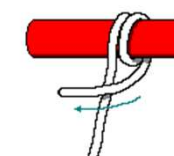
How: Place rope over bar.



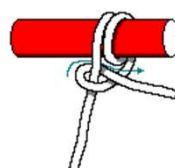
Bring rope around ...



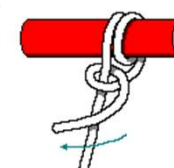
and then around again.



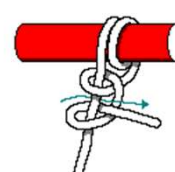
Cross end over the main part of rope.



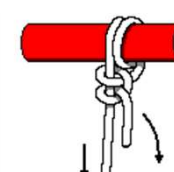
Tuck end through to form a half hitch.



Cross end over again.



Tuck to make second half hitch.



Tighten.

Cleat Hitch

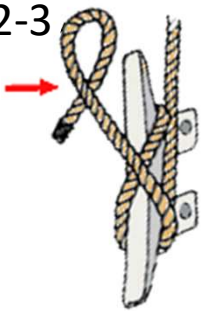
1



Use: Secure rope at flag pole; tie boat to dock

1 Take a full turn around the base of the cleat

2-3



2. Pass the working end over the horn of the cleat, diagonally

3. Back around the other side of the base, then diagonally over the horn again, forming an X

4

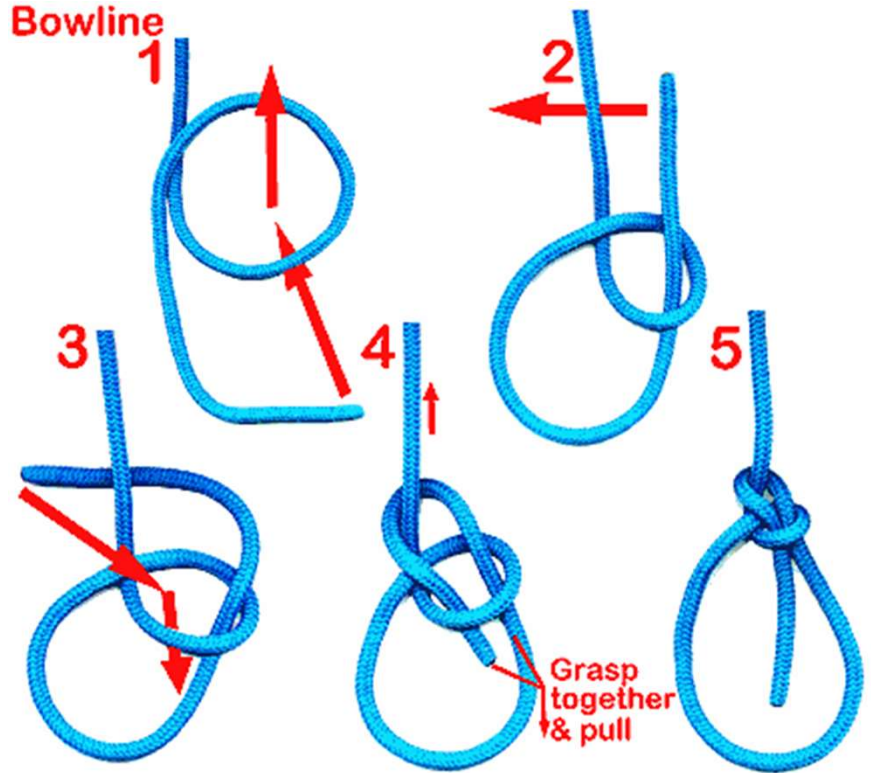


4. Here's the sometimes tricky part: **put the tail under** the bit you've just brought over the top, forming a loop that goes over the opposite horn.

5. When snugged down, the line should form a nice figure-8 as it crosses the horn of the cleat.

Bowline

Bowline



1. Once there was a tree, with a hole at its base, and a rabbit living in the hole.
2. The rabbit came up out of the hole, ran around the tree ...
3. And dove back down into the hole.

Use: to create a loop that does not shrink or expand.
Good for starting your Dunk Line.