

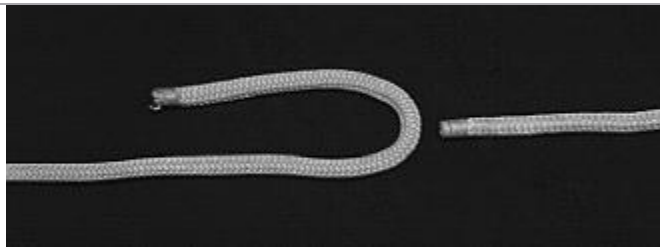
BENDS

Sheet Bend

The sheet bend is very similar to the square knot, granny knot, thief knot, and particularly the bowline. In fact, the sheet bend can be tied using the One Handed Twist Method which is also used to tie the bowline. The sheet bend is very fast to tie and when slipped, is one of the easiest bends to work with. It is also useful when joining two ropes of different diameters.

Step #1

Form a bight (with the larger diameter rope).



Step #2

Insert the second rope under and then over the end of the first rope.



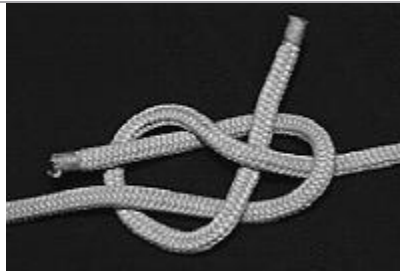
Step #3

Take the end of the second rope and bring it under the bight.



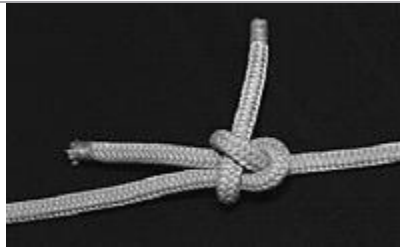
Step #4

Bring the end over the bight, putting it under its own standing part.



Finished Sheet Bend

Pull on both standing parts to set the knot.



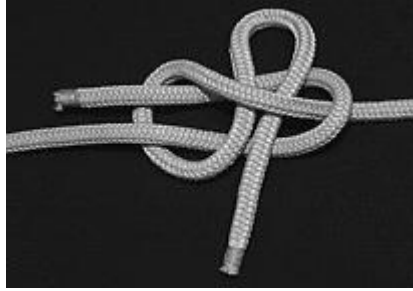
Double Sheet Bend

A double sheet bend is a more secure knot and can be tied by adding another wrap around the bight (that is, repeating steps 3 -4).



Slipped Sheet Bend

To slip the sheet bend, stick a bight through instead of the end. Pull on the end to untie the knot.

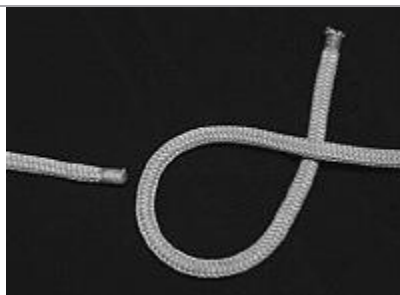


Full Carrick Bend

The Carrick Bend is a strong, secure knot that can be used to join two ropes of different construction.

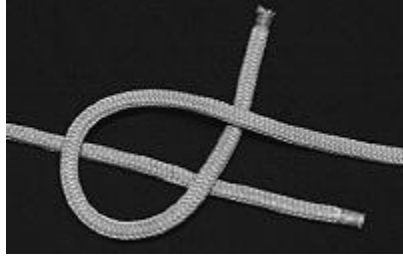
Step #1

Form a loop with the first rope, with the end behind the standing part.



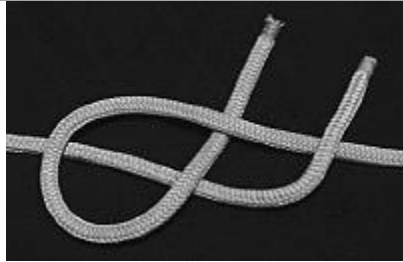
Step #2

Place the second rope under the loop.



Step #3

Bring the end over the standing part of the first rope.



Step #4

Place the end of the second rope under the end of the first rope.



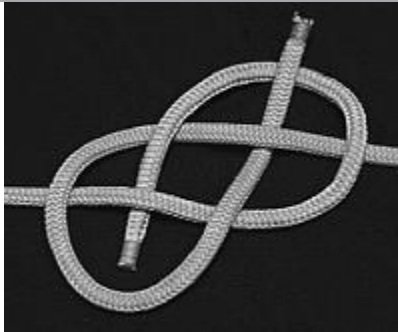
Step #5

Place the end over the standing part of the first rope.



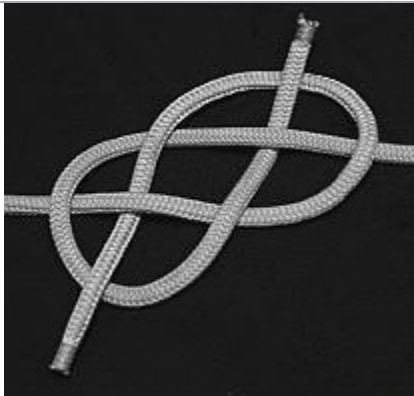
Step #6

Weave the end of the second rope under its own standing part.



Step #7

Finally, pull the end over the first rope. The knot should be symmetric with the ends on opposite sides.



Finished Carrick Bend - Front View

**Pull on both standing parts
and then the ends to tighten
the knot.**



Finished Carrick Bend - Rear View

Rear view.

