

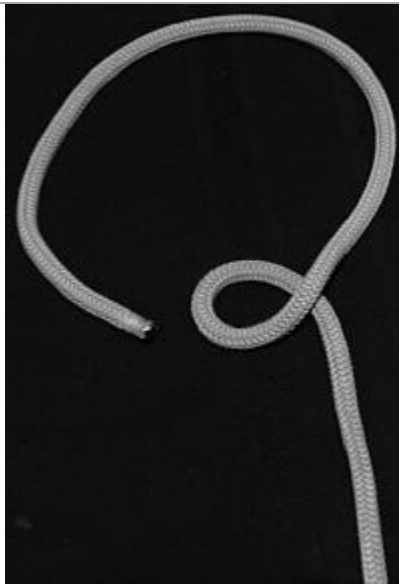
SINGLE LOOP KNOTS

Bowline

There are several variations on tying the bowline, two of which are presented here. I start with one method of tying that is simple to photograph and then demonstrate the one handed twist method, which is an easy and reliable way of forming the loop in the standing part.

Step #1

Arrange the rope as shown, with a small loop in the standing part and the end going around the object the loop is to be tied around.



Step #2

Insert the end through the loop.



Step #3

Pull the end around and behind the standing part.



Step #4

Insert the end back through the loop.



Finished Bowline - Front View

Dress and set the knot.



Finished Bowline - Rear View

Dress and set the knot.



Bowline - One Handed Twist Method

This is a fast and reliable method for making the loop in the standing part. This method can also be used to tie a sheet bend. To use this method for a sheet bend, instead of twisting the end into a loop in its own standing part (as shown below), twist a loop very near the end of a second rope. Be sure that the end of the rope you have in your hand is pointing up and the end of the second rope (that you'll be twisting a loop into) is pointing down.

Bowline - One Handed Twist Method - Step #1

Grab the end of the rope and place it across the standing part. Place your thumb under the standing part.



***Bowline - One Handed Twist Method - Step
#2***

Rotate your wrist clockwise, hooking the standing part with your thumb and bringing it around in a loop. Keep the end inside the big loop.



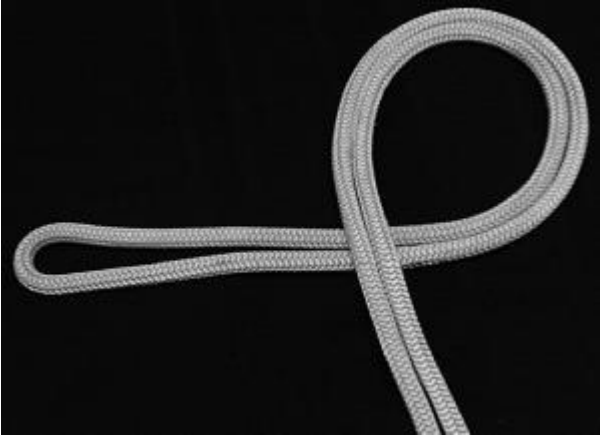
***Bowline - One Handed Twist Method - Step
#3***

Continue rotating your wrist until the loop is formed in the standing part with the end threaded through it. Now you can just weave the end behind the standing part and back down through the loop, as described above (do this to complete the sheet bend, too).



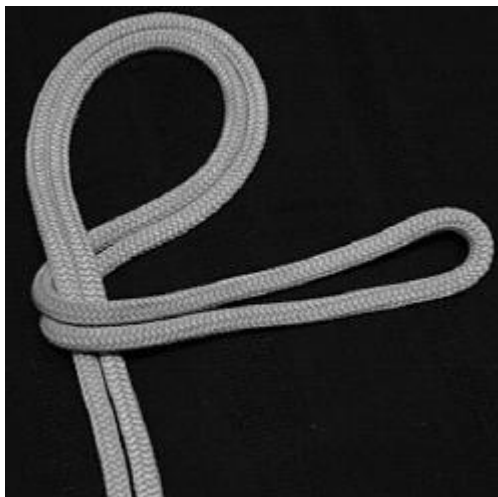
Figure 8 Loop

The Figure 8 Loop is just a Figure 8 Knot tied in the bight.

<i>Step #1</i>	
<p>Start with a bight of rope and form a loop where the end is behind the standing part.</p>	

Step #2

Bring the end around and in front of the standing part.



Step #3

Insert the end back through the loop.



Finished Figure 8 Loop

Dress and set the knot.

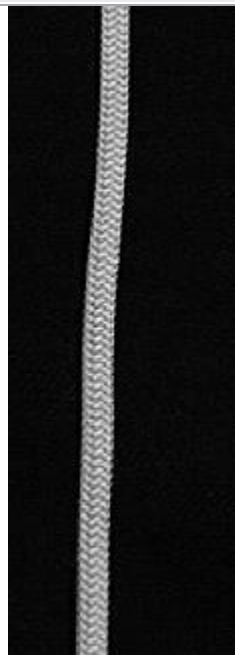


In Line Figure 8 Loop

The In Line Figure 8 Loop is used for a load that will be more or less parallel to the standing part. This loop knot can be pulled through a pulley easier than other loop knots.

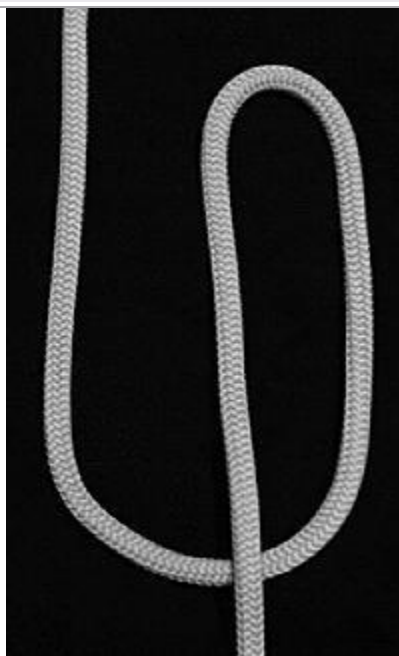
Step #1

Start with the standing part of the rope.



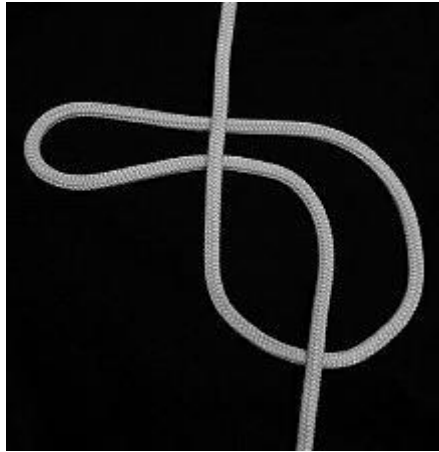
Step #2

Twist the standing part to create a loop, as shown.



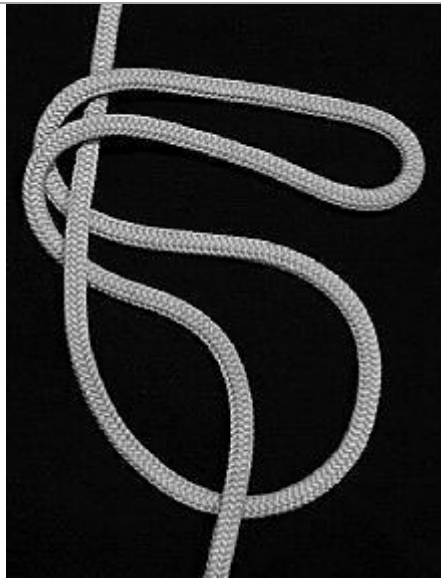
Step #3

**Bring the loop behind
the standing part.**



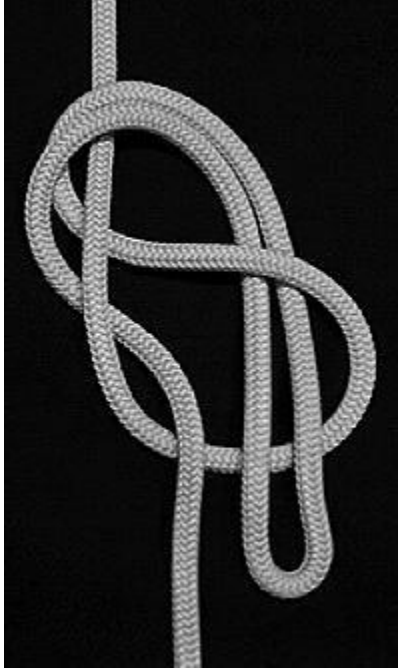
Step #4

**Wrap the loop back around
the standing part.**



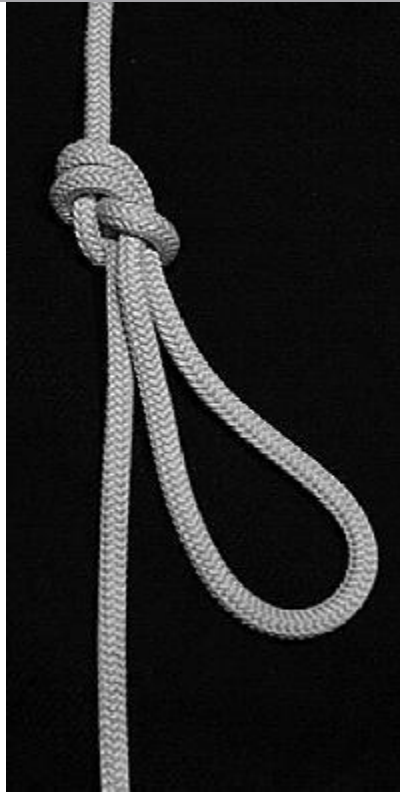
Step #5

Insert the loop back through itself, to the side of the standing part that comes down out of the knot.



Finished In Line Figure 8 Loop - Front View

To dress the knot, pull the standing part coming out of the top of the knot. Then pull on the loop to set the knot.



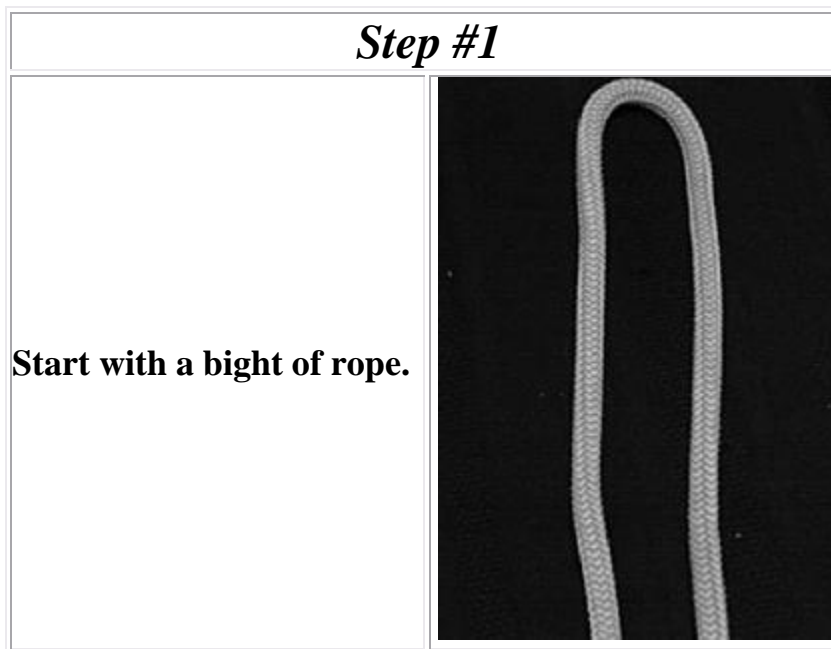
Finished In Line Figure 8 Loop - Opposite View

Opposite view.

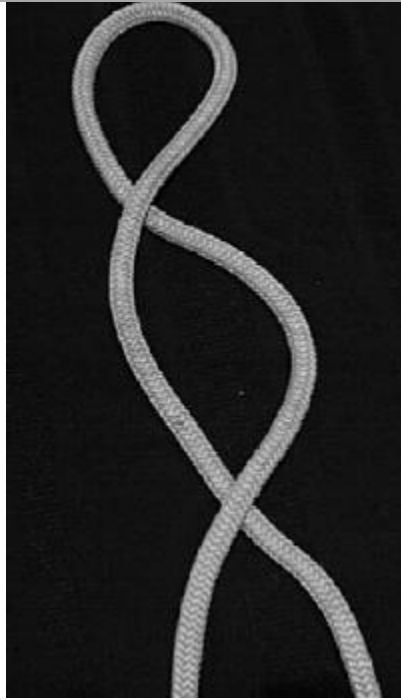


Butterfly Knot

The Butterfly knot is good to use when you need an attachment loop in the bight of a loaded rope, because the ends lead out of the knot perpendicular to the loop.

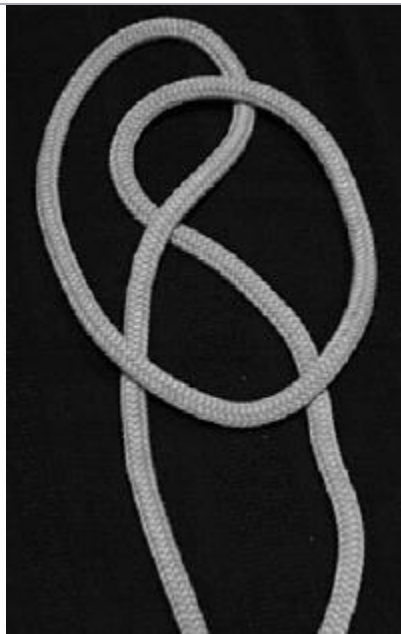


Twist the rope twice; that is, one full turn.



Step #3

Grasp the top of the bight and fold it down toward the ends.



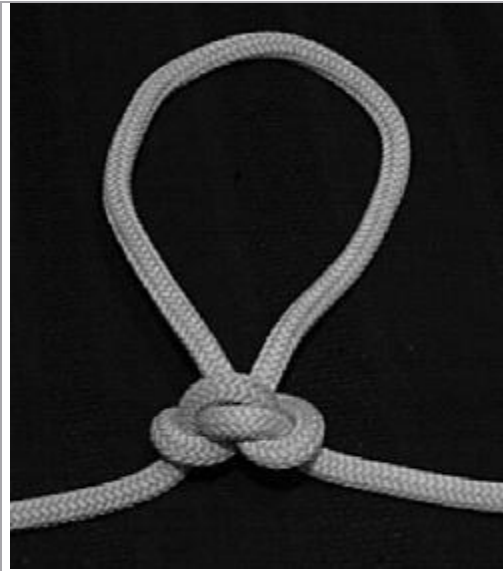
Step #4

With your hand still on the top of the bight, pull it underneath and through the the "hole" that was just formed.



Finished Butterfly Knot - Front View

Dress and set the knot.



Finished Butterfly Knot - Rear View

Dress and set the knot.

