



Knot Tying

Class: Helping Hand | **Category:** Recreation

- ☐ 1. Know and explain two different types of lashing.

- ☐ 2. Learn to make the following knots and explain their usage:

- ☐ a. Overhand knot

- ☐ b. Figure-eight knot

- ☐ c. Granny knot

- ☐ d. Square knot

- ☐ e. Clove hitch

- ☐ f. Fisherman's knot

- ☐ g. Sheet bend

- ☐ h. Sheepshank

- ☐ 3. Prepare a model over a table or cardboard that includes the eight knots you have learned to make.



Overhand

This simple knot is the most commonly used one and finds application in diverse fields. According to The Ashley Book of Knots, it is the simplest of the single strand stopper knots.

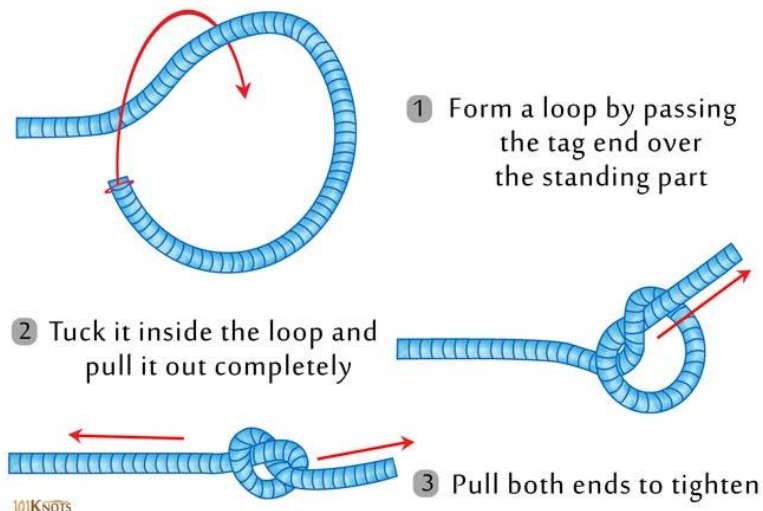
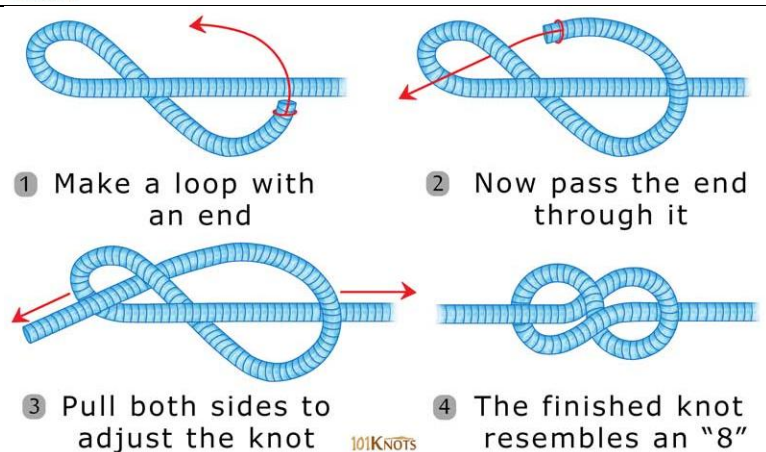


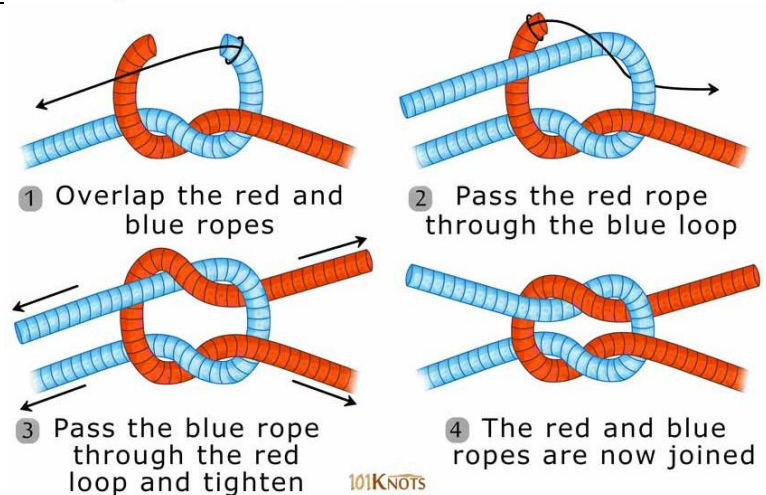
Figure-eight knot

The figure 8 knot also known as the Flemish knot is a type of stopper knot that helps in climbing and sailing by not allowing the tag ends of ropes to slip out of the retaining devices. While climbing, you can also use it as a hitch. Having an efficiency of about 80%, it is the basis of many other complicated knots used for the purpose of rock climbing like the figure 8 bend, figure 8 on a bight, figure 8 follow through, double figure 8 knot, etc.



Granny knot

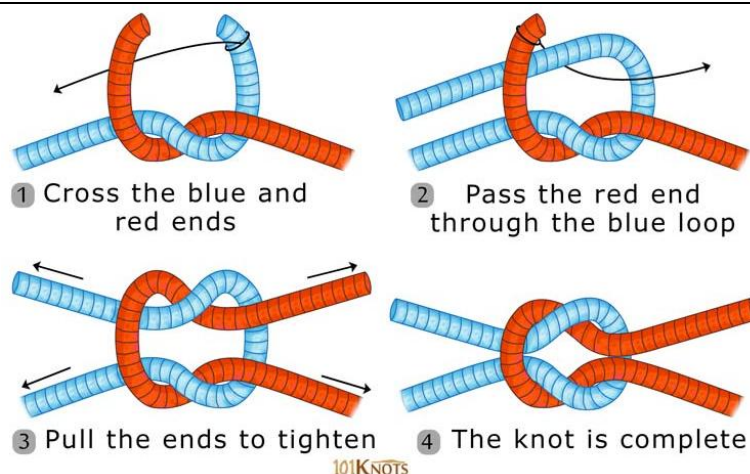
It is a type of single Carrick bend that consists of a couple of half knots, one tied above the other. It is thought that the name originated from its use of tying the necks of sacks in granaries. Other names include booby, calf, lubbers, and false knot.





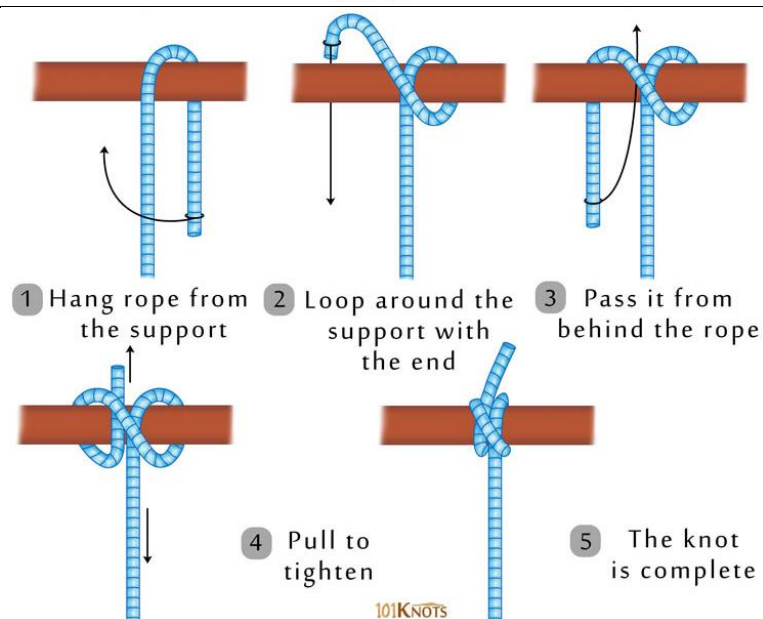
Square knot

The square knot can join 2 ropes of the same size. It is the first knot we learn to make with our shoelaces. It looks like a bow and is hugely unreliable. Its breaking strength is only 45% of the line strength. This leads surgeons to add an extra turn to the first half knot. The simple and ancient binding knot is also known by the names Hercules, Herakles, flat, and reef knots. It helps to secure a line or rope around an object. It creates unique designs of jewellery.



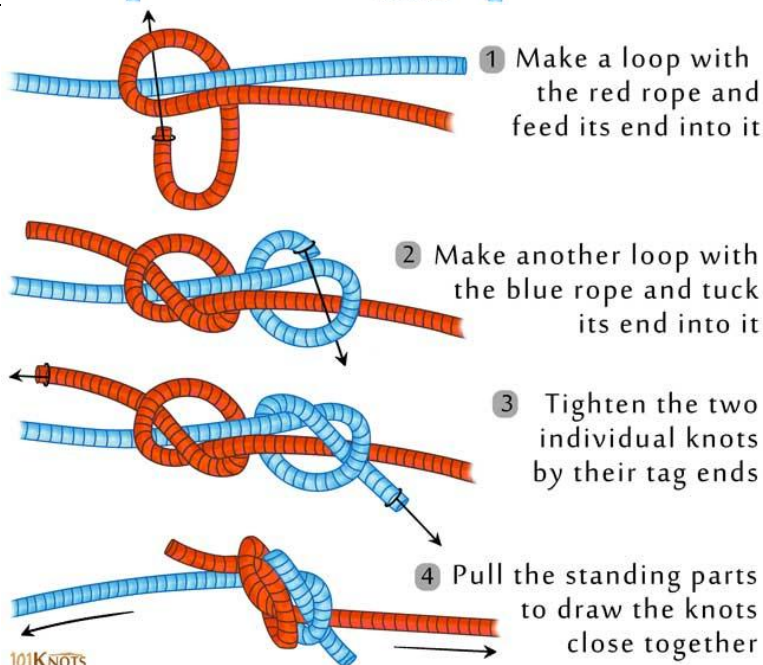
Clove hitch

It is considered to be one of the most important knots alongside the sheet bend and bowline. Also known as a double hitch, it is simply 2 back to back half hitches around a cylindrical object such as a tree, axe or a post. It causes an efficiency loss of approximately 40%. The quick release knot can also be tied with webbing. It can be an interesting forest school activity.



Fisherman's knot

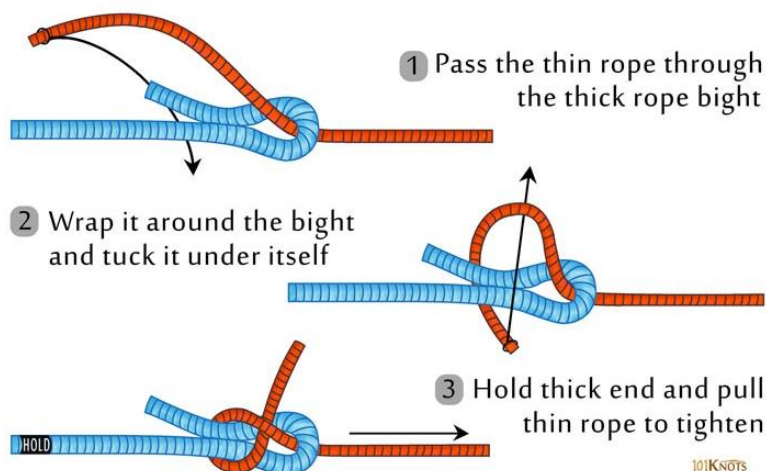
Fisherman's knot, also known as English knot, consists of two overhand knots each one tied around the standing part of the other one. Though it is mainly used as a bend to join two lines, it can be easily used to connect the ends of a single length of rope to form a loop. The beauty of the knot lies in its symmetry.





Sheet bend

Need to lengthen a thick clothesline, but all you have is a thin piece of rope? Don't fret. The sheet bend can lend a helping hand. The knot, also known as, becket bend, weaver's hitch or weaver's knot, though recommended for joining ropes of different diameters, is equally effective for ropes of equal thicknesses as well. It owes the name weaver's knot to its historical use in textile mills. However, weavers tend to tie it in a variety of ways.



Sheepshank

The sheepshank knot is mostly used to shorten a length of rope temporarily. Not being a stable knot, it falls apart under too heavy or too little load. Hence, it should be avoided. The Ashley Book of Knots cautions against using it and advises to seize or secure the ends to make it safe unless the need is purely temporary.

