

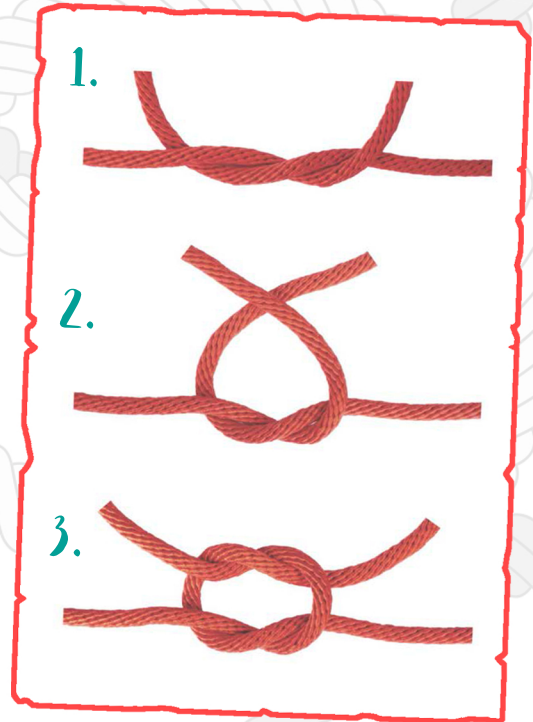
TO KNOT OR NOT TO KNOT?

A knot is a fixed looping piece of string or rope. Knots are often used for binding things together and are used by sailors for many different reasons. There are hundreds of types of knots, each suitable for different tasks. Here are two knots for you to practice.

REEF KNOT

The reef knot is a simple knot used to join two pieces of rope together that are the same size and material. Sailors call it a reef knot because they use it to “reef” sails - that means to reduce the amount of exposed sail during strong winds.

1. Bring the two ends of the rope together - **left over right**. Tie a half knot like the first picture.
2. Bring the two ends back together but this time **right over left**.
3. Tie a second half knot like the third picture.

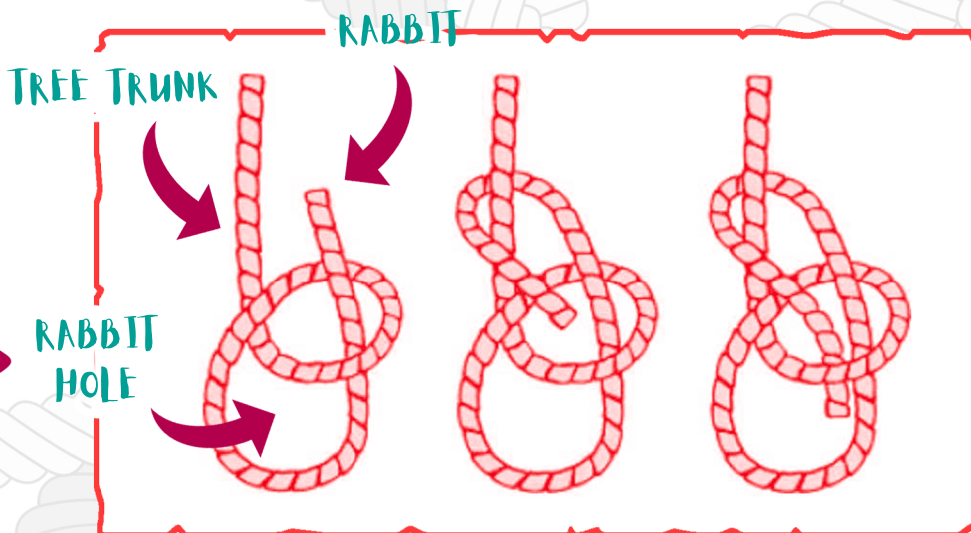


Here's a rhyme to help you remember how to do it:

RIGHT OVER LEFT, LEFT OVER RIGHT, MAKES A KNOT BOTH TIDY AND TIGHT!

BOWLINE (PRONOUNCED BOH-LINN)

The bowline knot forms a knot that won't slip. That's just what you want for tying a rope around your waist or around someone requiring rescue.



See if you can follow the pictures to make a bowline. When you've finished, you should end up with a loop that won't slip!

First you have to imagine the standing end of the rope as a **tree trunk** and the other end as a **rabbit**. First a loop is made near the end of the rope which will act as the **rabbit's hole**.

"UP THROUGH THE RABBIT HOLE, ROUND THE BIG TREE, DOWN THROUGH THE RABBIT HOLE AND OFF GOES HE!"