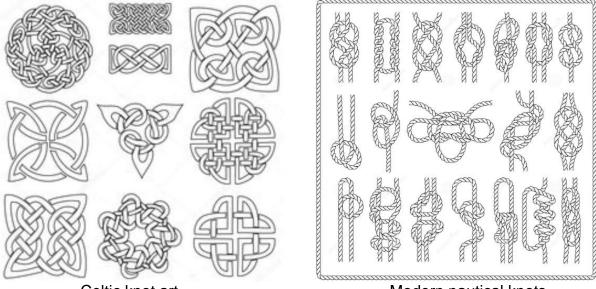


Knots and knot inspired symbols appear frequently in Viking and Anglo Saxon art as they were a vital part of everyday life.



Celtic knot art

Modern nautical knots

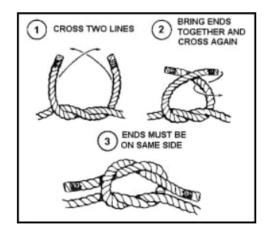
Knots remain a crucial part of nautical knowledge. They are practical and hugely varied – some are extremely complicated but we are going to challenge ourselves have a go at learning a few of the more basic examples.

In school we are using 1 meter lengths of 12mm utility (boat) rope but you can use any longish piece of string or rope, ideally not too fine or you will find it hard to undo your knots again.

Overhand Knot Instructions I Form a loop by passing the tag end over the standing part I Tuck it inside the loop and pull it out completely I Pull both ends to tighten

2. The Square Knot

The square knot is another kandi knot that I like to use. It's basically one overhand knot on top of another overhand knot. Like I said, it's great for more slippery materials and for more stability.



4. The Figure 8 Knot

Another kandi knot I like to use is the figure 8 knot. I use this one when tying off bigger creations like cuffs. The most well known use for this knot is in rock climbing. If rock climbers trust this knot to keep them from falling to their deaths, then I trust this knot to keep my cuffs from exploding into oblivion.

My favorite way I've heard someone teach a figure 8 knot is to:

1) Make an alien with the rope (or string in this case)

2) Strangle the alien

3) Poke the alien through the eye away from you. Simple!

...Annnnd that probably didn't make any sense to you. In case that's true (and let's be real, it probably is), here is a handy diagram:

Figure 8 Knot Instructions Make a loop with an end Now pass the end through it Pull both sides to adjust the knot Now pass the end through it The finished knot resembles an "8"

Pass the tag end through the rope loop Hold the loop and tag end and pull to tighten Hold the loop and tag end and pull to tighten

Bowline Knot Directions

