

TUTORIALS FROM  
LOS DOMOS

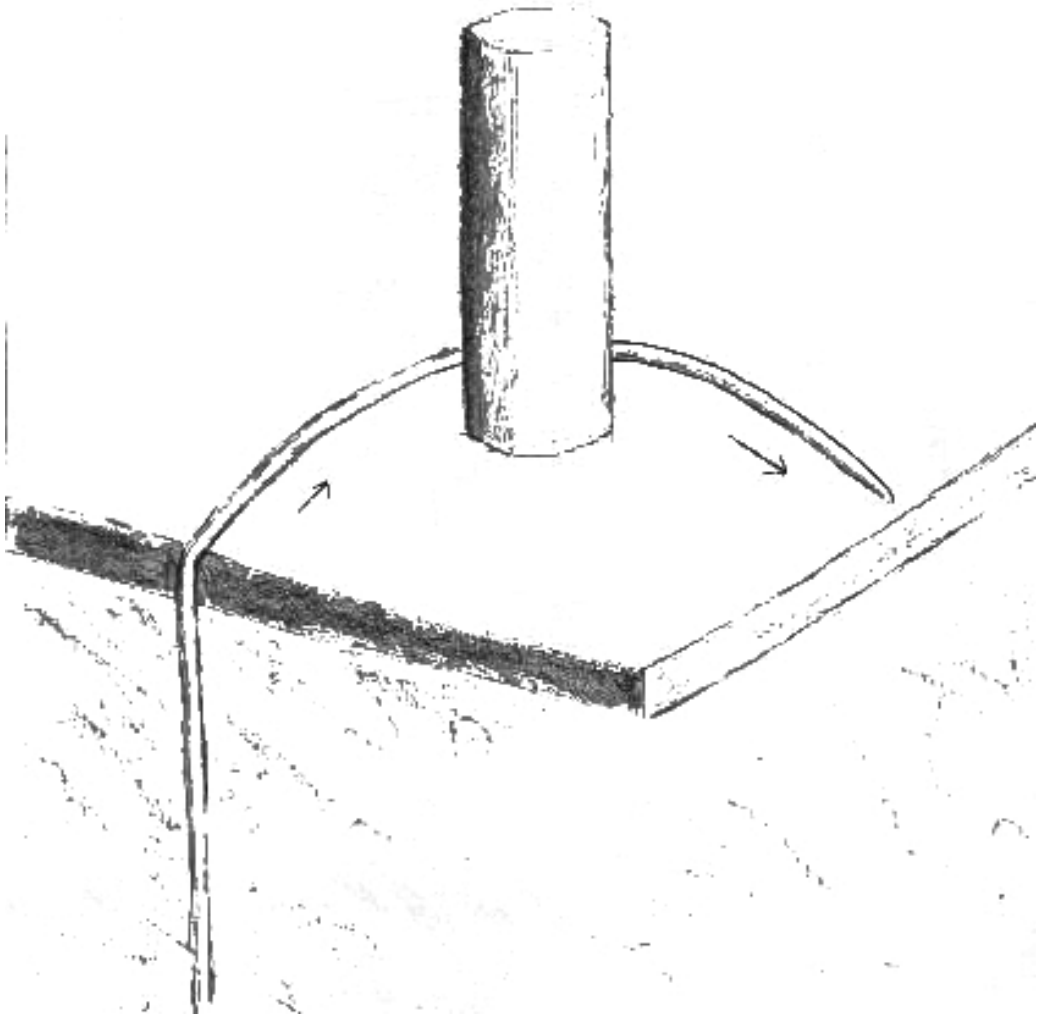


## TYING KNOTS

LEARN TO TIE THE RIGHT KNOTS FOR  
IMPORTANT SITUATIONS

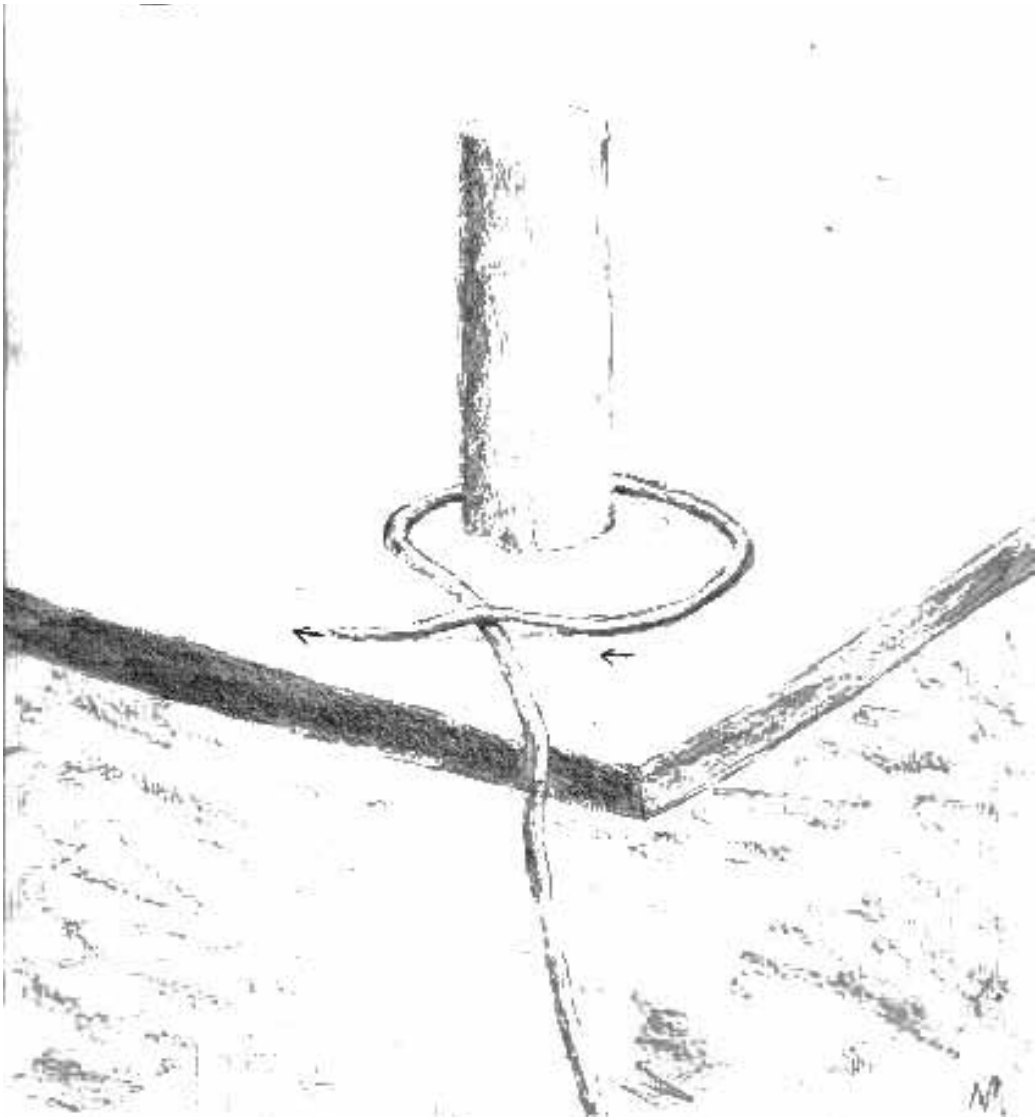
BOWLINE

Working from left to right, place your rope around an object, giving the right hand end piece a one foot tail.



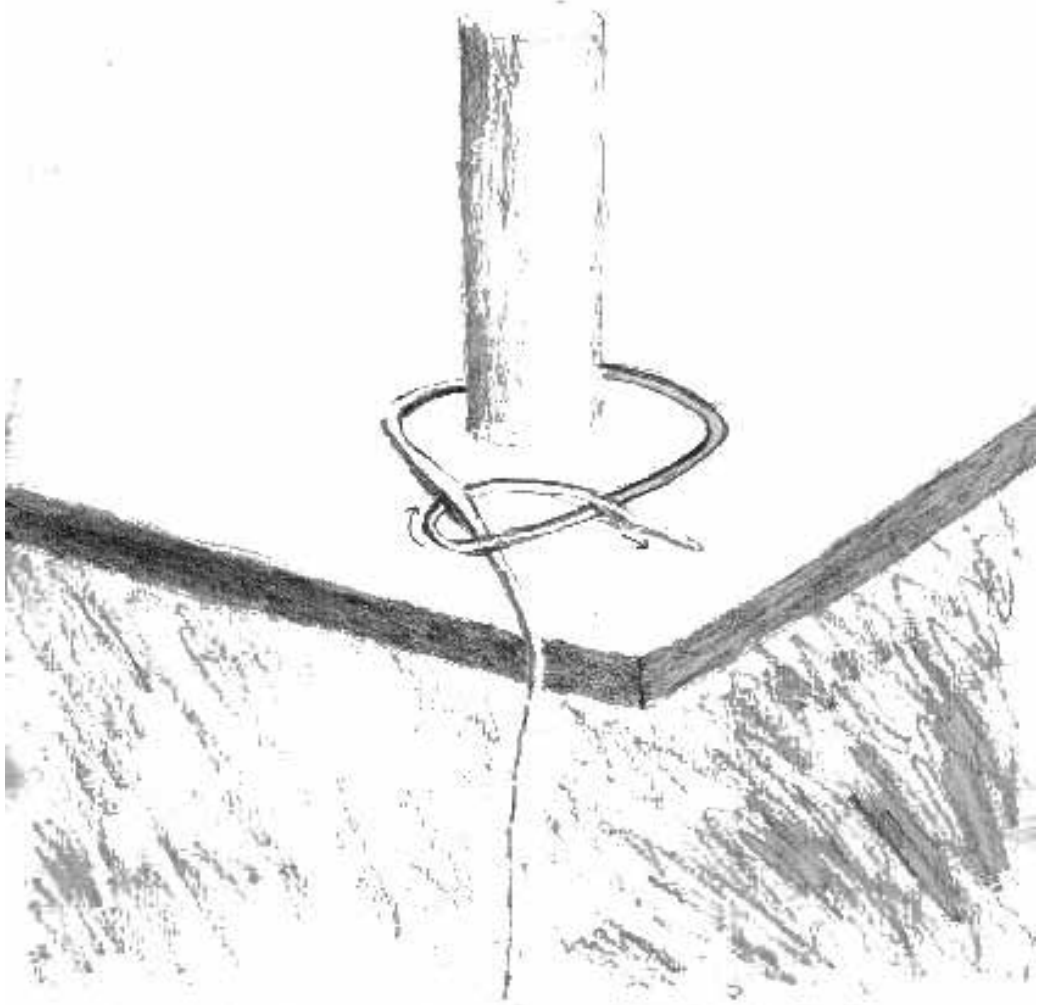
2

Bring the shorter, right hand end piece over to the left, placing it overtop of the lefthand rope. Your rope is now crossed in front of your object.



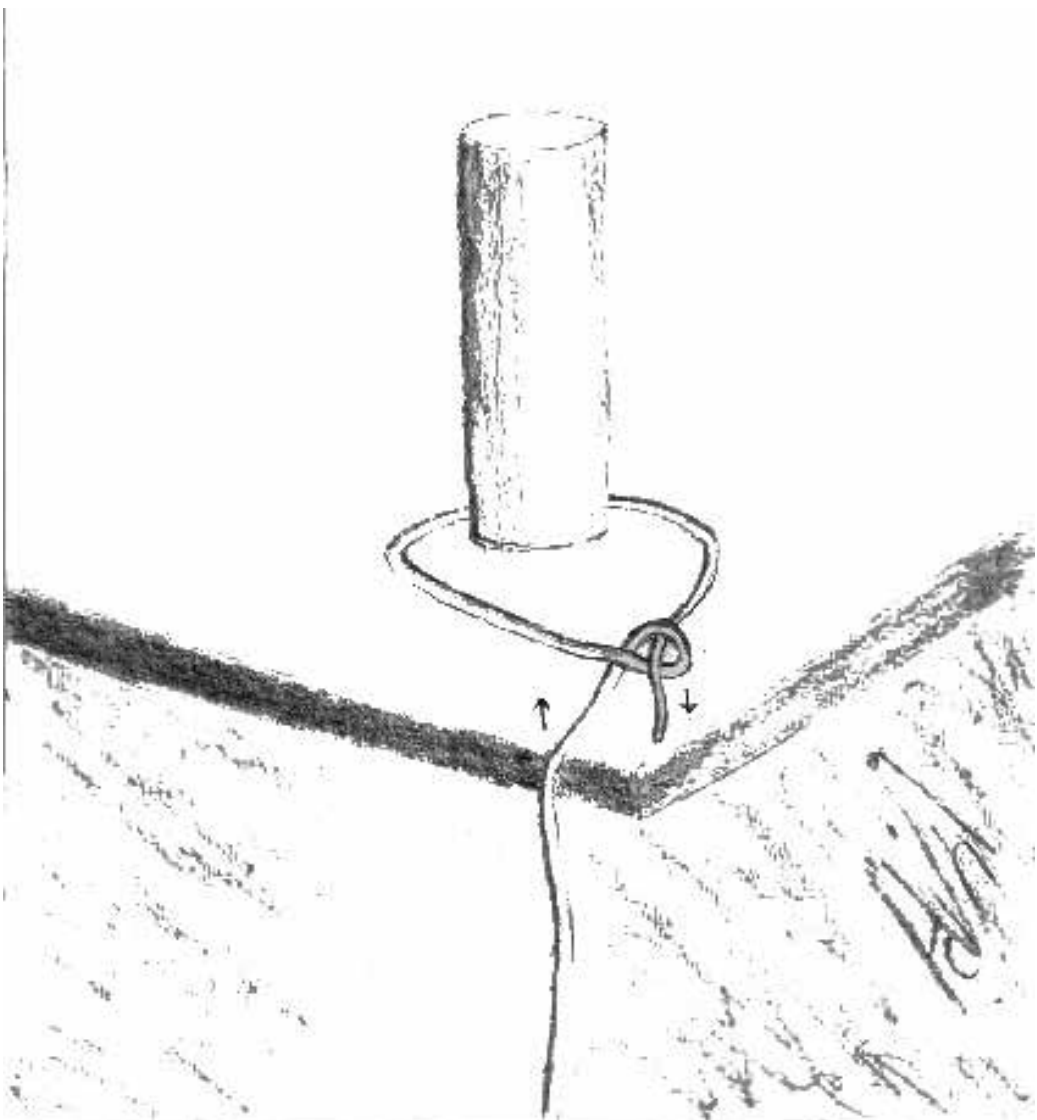
3

Bring your righthand end up under the lefthand rope and pull it through. Place it ovetop of itself on the righthand side. You now have a loop around the lefthand rope.



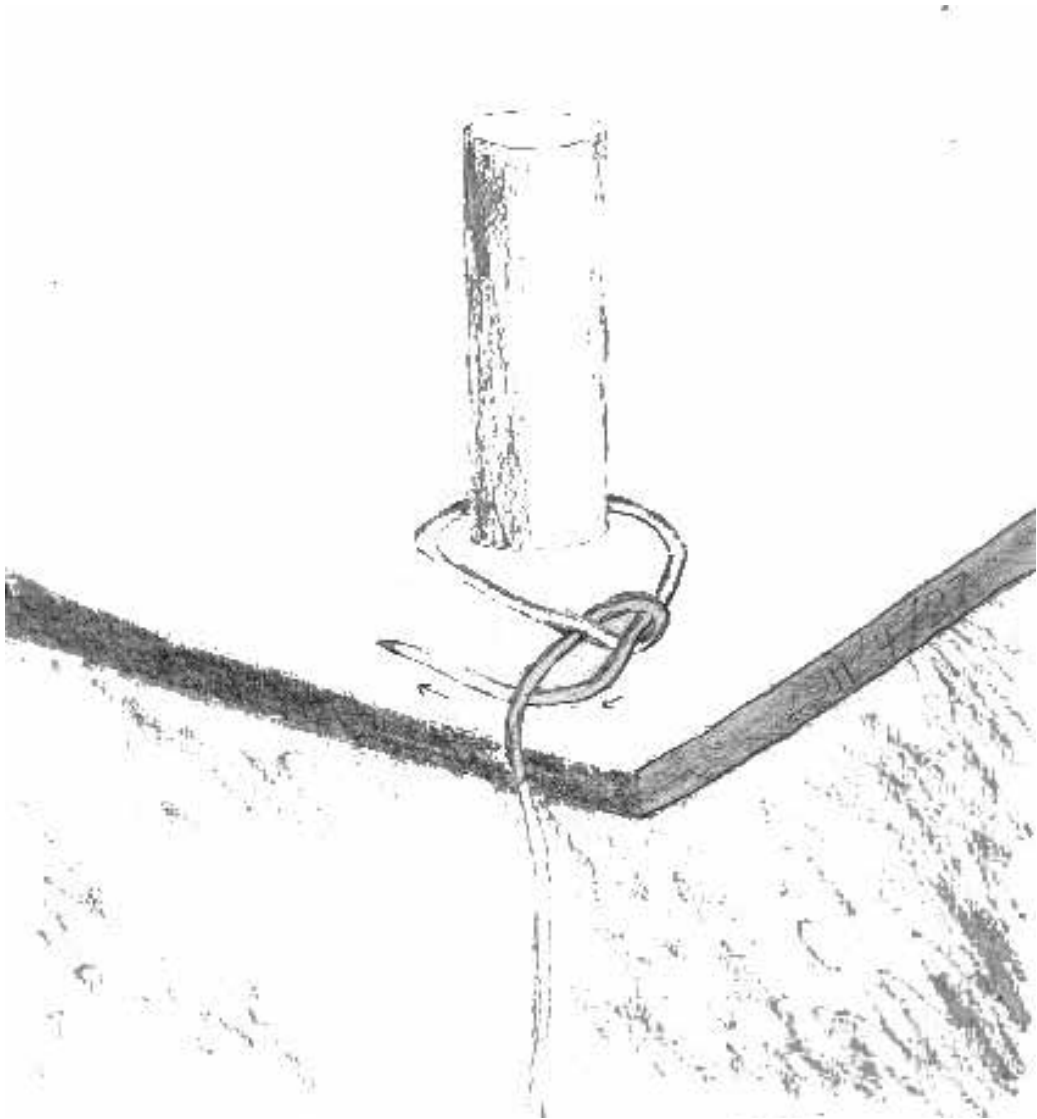
4

With your right hand, gently pull toward yourself. Simultaneously, allow the rope in your left hand to give into the tug. This will create a switch, where your righthand end piece is now straight, and the lefthand rope has the loop.



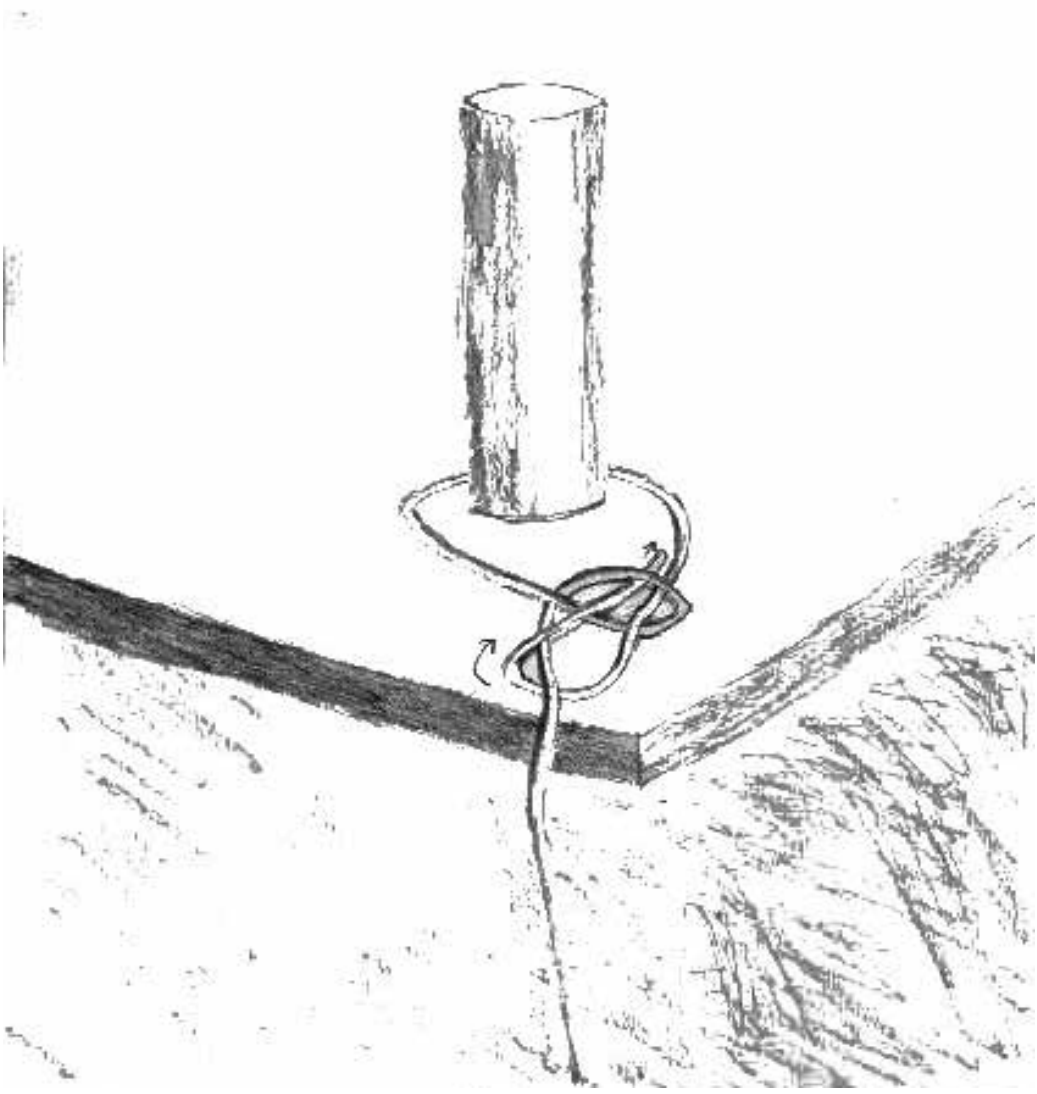
5

Without tightening the loop around your object, bring your righthand end piece underneath the lefthand rope.



6

Place your righthand end piece overtop of the lefthand rope. Slip the righthand rope alongside of itself inside the loop created by the lefthand rope. Pull with left and right hands away from each other and allow the knot to close.



# QUEEN OF KNOTS

The bowline is considered the queen of knots because even after the knot has been used and under tension, it can still be easily untied and your rope will be restored to its original condition.

Remember that all skills need practice before they can be mastered. Use your new rope to practice tying the bowline until you can do it in under 10 seconds.