

## ~ Three Simple Knots ~

### Figure Eight - Kahdeksikko

- Stopper Knot ◦ Join two ropes ◦ Fixed loop



*Go over, below and through above: 1) Bend over itself, 2) Go below itself, 3) Through to the hole from above.*

### Bow Line – Paalusolmu

- Fixed loop ◦ Relatively weak knot: the strength of the rope decreases to 40 %, and becomes hard to open on thin strings ◦ Still, one of the most significant knot among sailors, known as the “King of Knots” ◦ Variations make it stronger & more efficient



- 1) Make a loop
- 2) Go through the loop from “below”
- 3) Round the standing end, and
- 4) Follow back where the rope “came” from. (There are several ways of making this knot – this is one of them.)

**The trick** is that the loop you make at first is not the fixed loop in the end: keep the final loop clear (picture 2)

### Clove Hitch - Siansorkka

- Hitch rope to a bar ◦ Jams & opens easily (in tugging & pulling especially) ◦ > Never use alone / straightly on a bar when there's pull / tugging on the rope > secure working-end e.g. with a half-hitch



- 1) Round a bar
- 2) Go over itself, and round another time around the bar
- 3) Go through the hole “inside” the second round-turn,
- 4) Make her tight



## ~ Monkey Fist ~



**For little key holder take 1,5 meters of 6 mm rope.** Note also, here the knot is formed by 3 rounds... to get bigger for a throwing line i.e. try out 4 or even 5 rounds on each side... Don't put anything heavier than a sock inside the ball, flying in the air the ball might kill a person if it hits in mistake somebody's head... **These pictures are done on left-hand... you might like to do them as mirrored...**

### Monkey Fist ( APINANNYRKKI)

**1)** Turn rope **3 rounds** around your hand as in picture. The free end = *Working end*, as the other (longer or attached end) is *standing end*. Take enough length for the working end, (1 meter).

**2)** Turn the **hand towards yourself**. Now, again make 3 rounds, but around the previous rounds. This part might at the beginning be tricky, but after time you'll get it. See pictures.



**3)** Take now **working-end through the first loops** (see picture below).

**4)** Now round working end again 3 rounds; but so that they go **below the 1st rounds, but above the 2nd rounds**. After these rounds, the knot should stay well in hand . *Note*, that in the pictures there are too less rope on the working end – this is for photographic reasons. You will need have more rope there.



**5)** Now, after all 3 rounds, we need to make it tight. Sometimes this takes most effort. If you want hide the overcoming part inside, you may need to loosen and tighten the knot back and forth for a nice outlook – but it's worth it!

**TO TIGHT IT:** Start the knot as from the beginning, tightening a bit at a time, starting the progress over again two or three times. *Note!* Keep in mind to which direction you are making the rotation!

**V'oila!** The Monkey Fist is ready now! There are several solutions for the working end: most simply you can tie or splice it to the standing end. *Be careful not to put anything heavier than a sock inside the ball, as it flies, elsewhy it may kill a person if it hits accidentally to somebodys head!* Enjoy your new Monkey Fist and Sail Safe! :)



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