

Type	How To Tie	Knots		
STOPPER Used to stop a HITCH from sliding or to stop a rope from slipping through a small FIXED LOOP.	OVERHAND Twist a bight 1x, put working end through 1x. FIGURE EIGHT Twist a bight 2x, put working end through 1x. DOUBLE OVERHAND Twist a bight 1x, put working end through 2x.	OVERHAND	FIGURE EIGHT	DOUBLE OVERHAND
HITCH Used to attach a rope to something. When attached to a rope, many hitches slide nicely. Hitch a rope to itself to create a variable loop.	Tie around an object, another rope, or itself. In some cases, you can just loosely tie a stopper and insert the object into the middle of the knot.	HALF HITCH	FIGURE EIGHT HITCH	DOUBLE OVERHAND HITCH
FIXED LOOP Used to create a stable loop, possibly around an object. Tie on a bight to create a fixed loop. Tie loosely, wrap around an object, then follow through to attach to something.	Tie on a bight, or follow through (see BEND).	OVERHAND ON A BIGHT	FIGURE EIGHT ON A BIGHT	DOUBLE OVERHAND ON A BIGHT
BEND Used to attach two pieces of rope.	Loosely tie a stopper. Feed the other piece of rope along the stopper in the opposite direction.	OVERHAND FOLLOW THROUGH BEND	FIGURE EIGHT FOLLOW THROUGH BEND	DOUBLE OVERHAND FOLLOW THROUGH BEND

BUILDING WITH KNOTS



To attach juggling clubs to a backpack:

We're going to create a variable loop, but to prevent it from closing all the way, we'll start with a Double Overhand STOPPER.

Create a variable loop with a Double Overhand HITCH.

Tie it to your bag with a Double Overhand on a Bight, done via Follow Through (a HITCH).



To attach diabolos to a backpack:

The bottom diabolo is the easiest. Tie a Double Overhand STOPPER at the bottom of the rope. Then a few inches above it, create a FIXED LOOP with a Double Overhand on a Bight, just big enough to fit the stopper.

Insert the diabolo between the two, then tuck the STOPPER into the FIXED LOOP.

You can add additional diabolos similarly, but instead of a Double Overhand STOPPER use an Overhand on a Bight, tucked through its loop. Finish off by either tying to your bag with a HITCH or use another STOPPER and FIXED LOOP



OTHER KNOTS!

Monkey First (STOPPER)

Prusik Knot

Bottle Sling Knot

Marlinspike Hitch (HITCH)

Bowline (FIXED LOOP)

Alpine Butterfly (FIXED LOOP)

Alpine Butterfly Bend (BEND)