

CAC KNOTS 101 HANDOUT

ROPE KNOTS

OVERHAND



FIGURE 8 BASIC

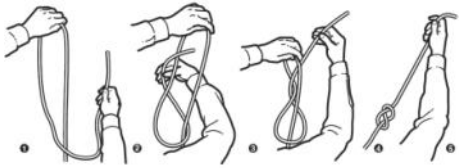


FIGURE 8 ON A BIGHT

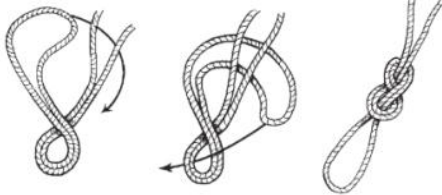
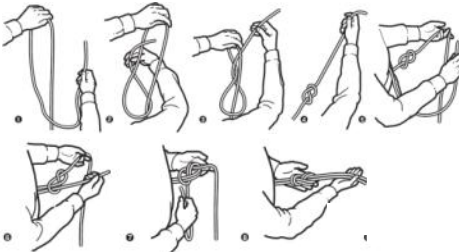


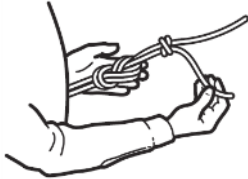
FIGURE 8 FOLLOW THROUGH



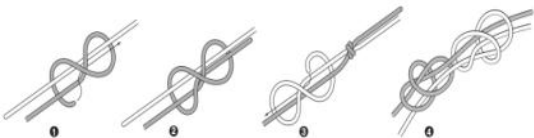
STOPPER KNOT



BACKUP / STOPPER KNOT

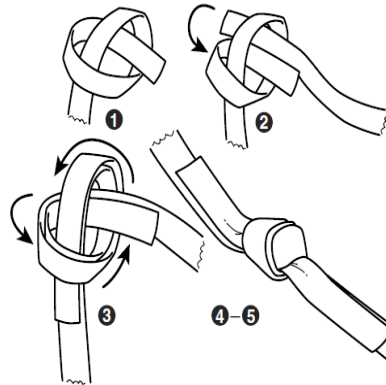


DOUBLE FISHERMAN'S



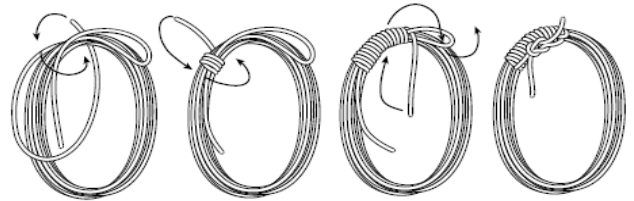
WEBBING KNOT

WATER KNOT

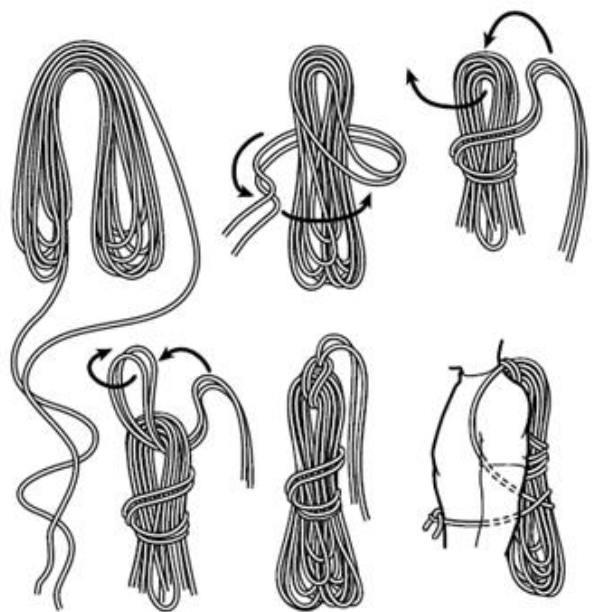


ROPE COILING

MOUNTAINEER'S COIL



BUTTERFLY COIL



**TIE IT.
DRESS IT.
LOAD IT.
CHECK IT.
DOUBLE-CHECK IT.
CHECK IT REPEATEDLY THROUGHOUT THE DAY!**