



## Tie a Knot

Sailors have to know how to tie many knots. See if you can learn the ropes.

### You will need:

Two ropes (or shoe laces, or twine). Color one end red and the other blue

A straight object like a long wooden spoon, stick, or railing of a staircase

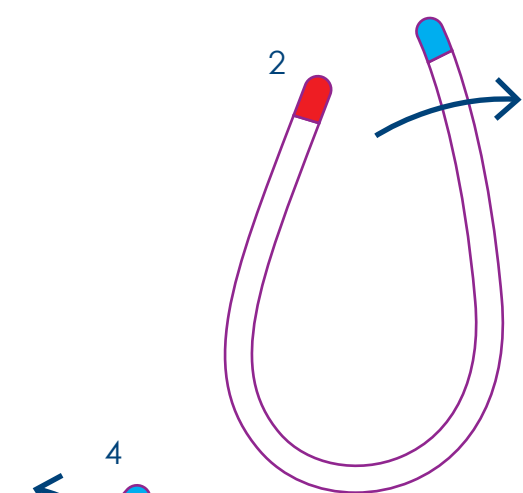




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### Reef Knot (square knot)

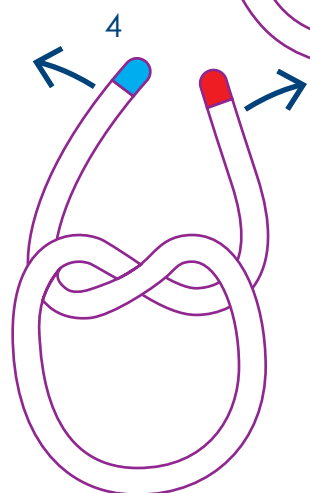
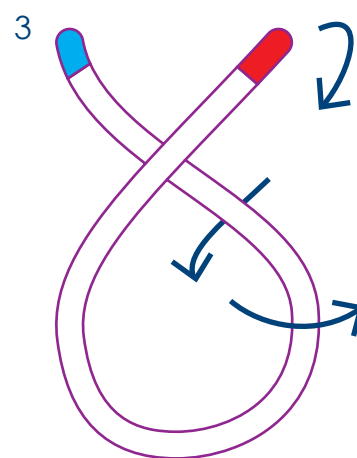
One of the first knots sailors learned was a reef knot, necessary in shortening sail (reefing).



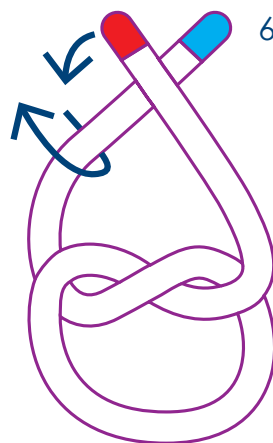
1. Hold the red end of the rope in your left hand and the blue end in your right.

2. Cross the red end over the blue end to create a loop.

3. Pass the red end under the blue end and up through the loop.



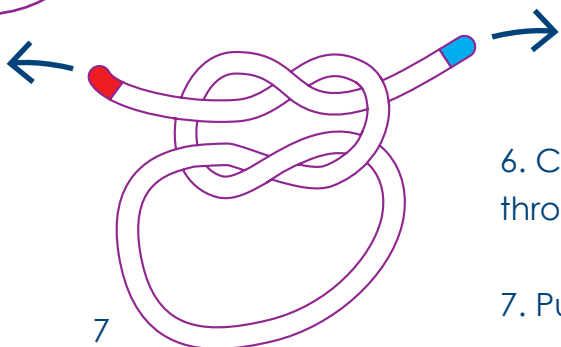
4. Pull, but not too tight (leave a small loop at the base of your knot).



5. Hold the red end in your right hand and the blue end in your left.

6. Cross the red end over and under the blue end and up through the loop (here, you are repeating steps 2 and 3)

7. Pull tight.







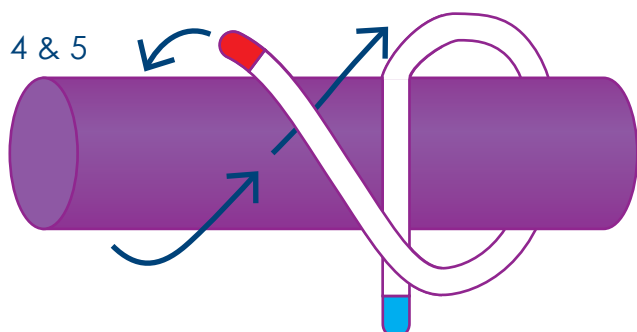
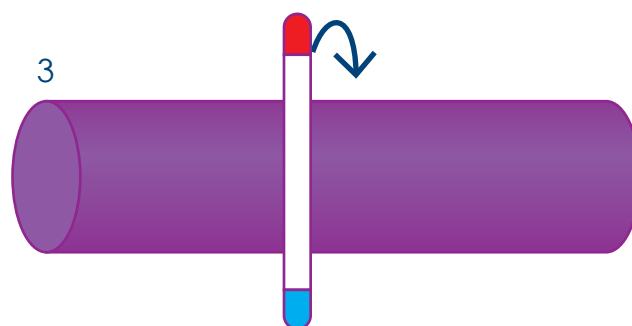
## Clove Hitch

This knot “hitches” (ties) a line (rope) to a stationary object. In 1812, the crew of *Constitution* used hitch knots to attach ratlines (thin rope) to shrouds (thicker rope). The ratlines and shrouds were used as rope ladders to climb high up into the masts and rigging.

1. For this knot you will need an object like the handle of a long wooden spoon or a stick.

2. Hold your stick or spoon sideways.

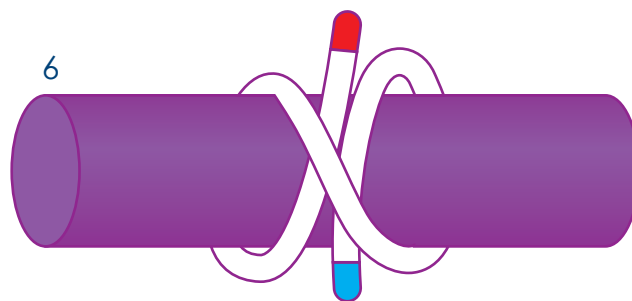
3. Wrap the red end of the rope around the stick/spoon in one complete loop.



4. Cross the red end over the blue end.

5. Wrap the red end around the stick or spoon again.

6. Pull the red end of the rope up and through the loop that you just made. Pull tight.

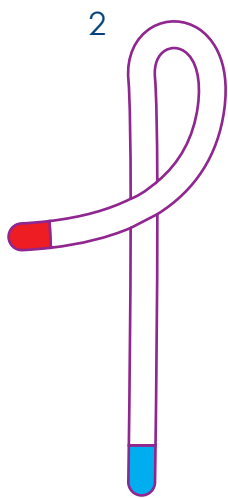




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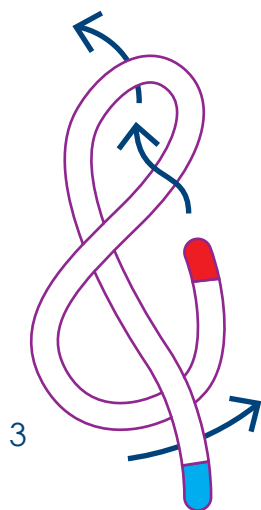
### Figure Eight

The figure eight knot is called a “stopper knot,” because it prevents the end of a rope from being pulled through a block (pulley).



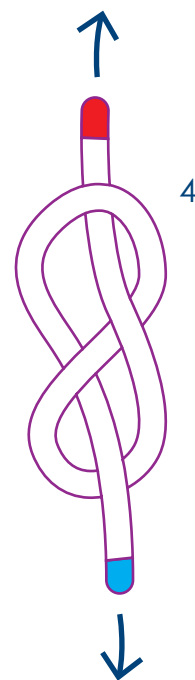
1. Hold the blue end of the rope in your left hand and the red in your right. The ends of the rope should be pointing down.

2. Cross the red end over the blue end to create a loop, as shown.



3. Pass the red end behind the blue end and down through the loop.

4. Pull tight.

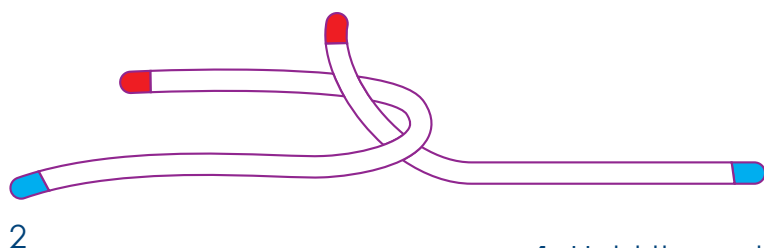


# Learn the Ropes

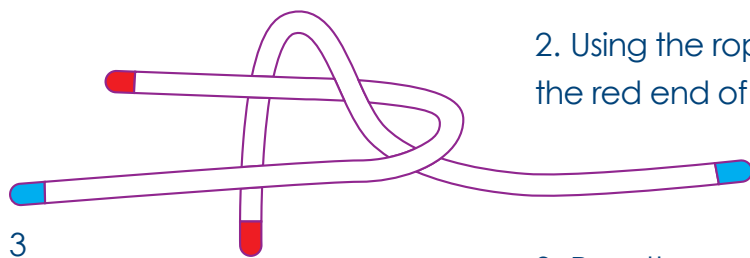


## Sheet Bend

This knot joins two ropes together.



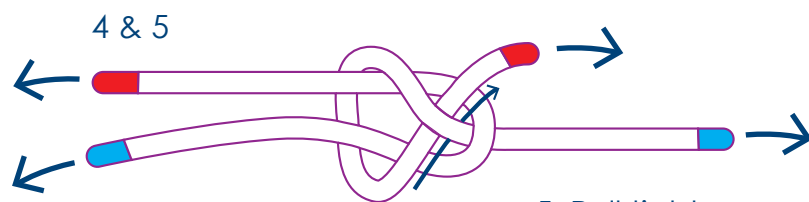
1. Hold the red end of one rope in your left hand and the red end of the other rope in your right.



2. Using the rope in your left hand, bend the red end around the red end of the rope in your right hand.

3. Pass the red end of the rope in your right hand behind the red and blue ends in your left hand.

4. Pass the red end of the rope in your right hand up and over the blue end in your left hand and under the center part of the rope in your right hand (this part can be tricky!)



5. Pull tight.

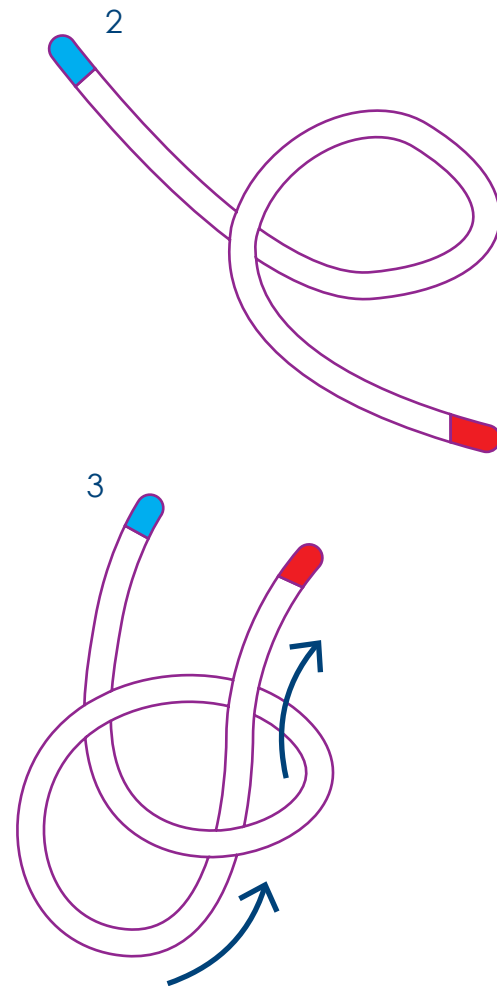


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### Bowline

The bowline knot (pronounced “bo-lin”) is a loop knot, which means that it is tied around an object or tied when a temporary loop is needed. On *Constitution* in 1812, sailors used bowlines to haul heavy loads onto the Ship.

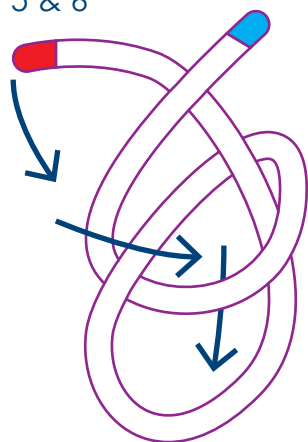
1. Hold the blue end of the rope in your left hand and the red end in your right.
2. Cross the red end over the blue end to make a loop.
3. Tuck the red end up and through the loop (pull, but not too tight!).



# Learn the Ropes

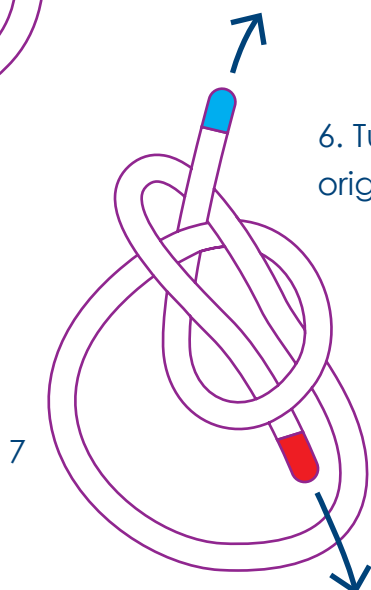


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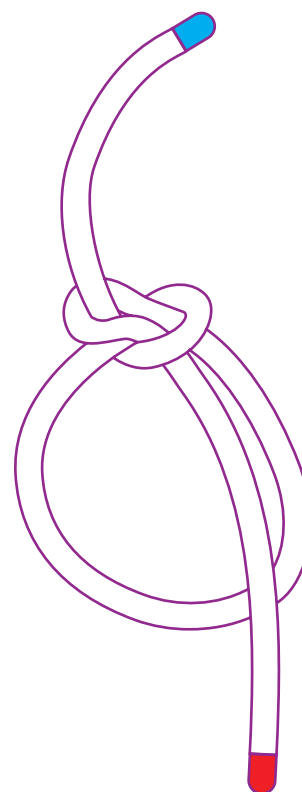
4. Keep the blue end of the rope in your left hand and the red in your right.

5. Pass the red end behind and around the blue end.



6. Tuck the red end down into the original loop that you made.

7. Pull tight.



## Who am I?

*My name is David Debias. I am eight years of age, and a free-born Bostonian. I am a Boy: that is my rank on the ship. Some of the other ship's Boys are not boys at all, but men of 16 or 17. They are still called Boys, for they have not yet learned enough to become Seamen.*