ARDENT TRAINING

# 8 RYA Knots

**Figure of Eight Knot**

**Round Turn and Two Half Hitches**

**Clove Hitch**
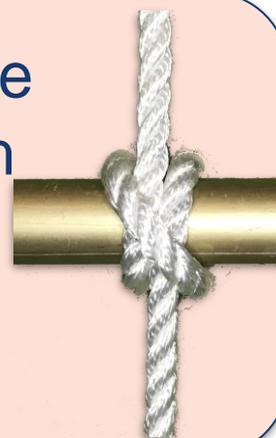
**Rolling Hitch**

**Bowline**

**Reef Knot**

**Sheet Bend**

**Double Sheet Bend**

**ARDENT TRAINING**

# Figure of Eight Knot

**1** — Make a bight near the end of the rope

**2** — Take the working end of the rope and pass it across the front of the standing end
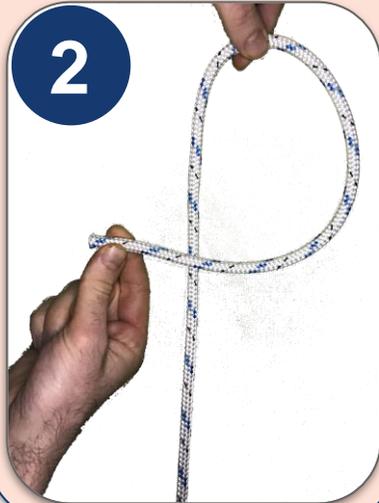
**3** — Continue to take the working end around the back of the standing end

**4** — Now, pass the working end through the eye which has been created
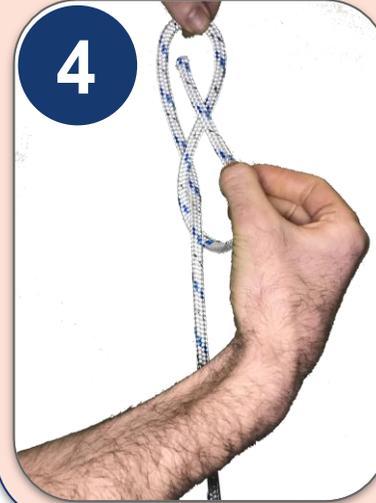
**5** — Pull the standing end and working end tight to finish the figure of eight knot

# ARDENT TRAINING
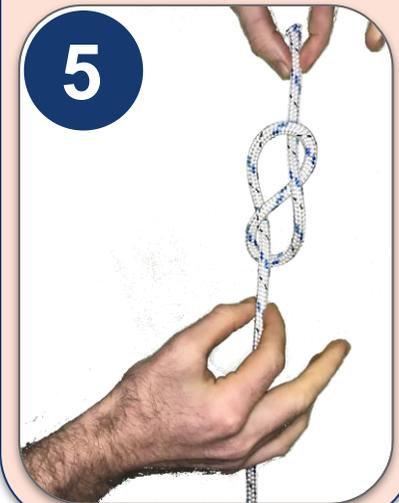
# Round Turn and Two Half Hitches

**1** Hold the rope up to the bar/ring/object you wish to tie it to

**2** Lay the rope over the top of the object and down behind it
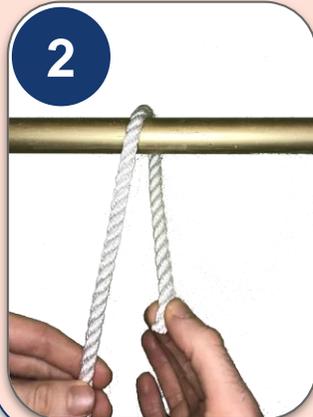
**3** Bring the rope back up the front side of the object
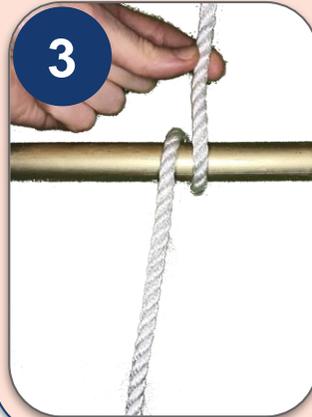
**4** And back down behind again to complete a full turn around the object

**5** To make the half hitches, bring the working end around the front of the standing end
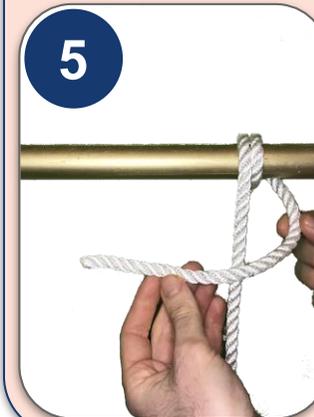
**6** Pass the working end behind the standing end
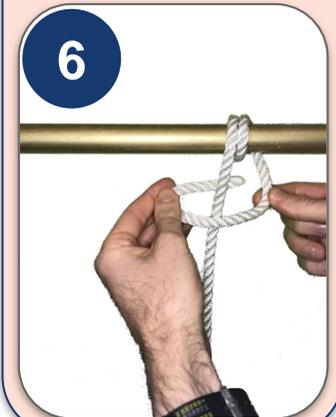
**7** And pull through the gap created between the rope
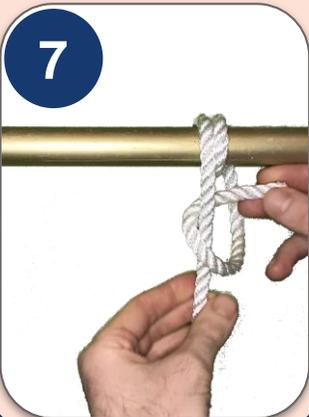
**8** Pull tight, that is the first half hitch

**9** Repeat steps 5-8, bring the working end back around the front of the standing end

**10** Back around the back of the standing end

**11** And through the gap to make the second half hitch

**12** Pull tight and this hitch is ready to weight

# Clove Hitch

**1** Lay the rope over the bar you wish to tie on to
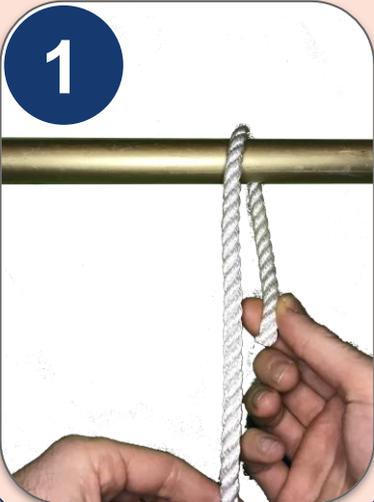
**2** Bring the working end up the front of the bar and cross it over the standing end
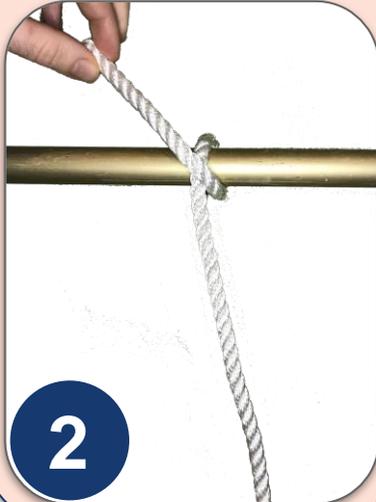
**3** Take the working end back behind the bar, whilst still crossed over the standing end

**4** Pass the working end underneath the hitch on the bar, parallel to the standing end

**5** Pull the knot tight and the hitch is ready to use
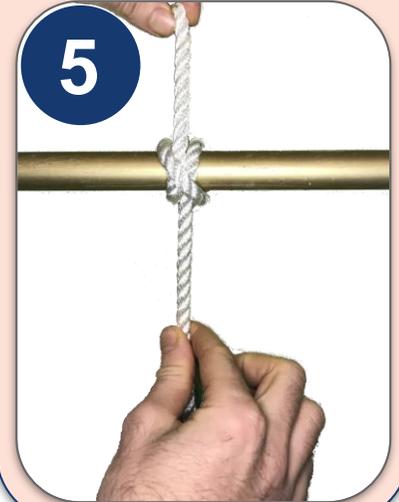
# Rolling Hitch

**1** Lay the rope over the object we wish to use a rolling hitch on
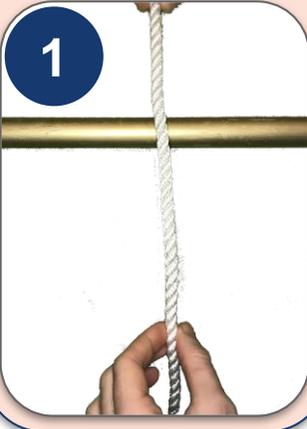
**2** Take the rope over and behind the object in the direction we want to grip and pull the rolling hitch

Direction of pull
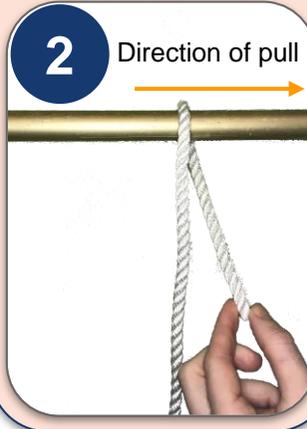
**3** Continue to make a complete turn around the object

**4** Go around once more, we ultimately want 2 complete turns in the direction we want to grip and pull the rolling hitch

Direction of pull
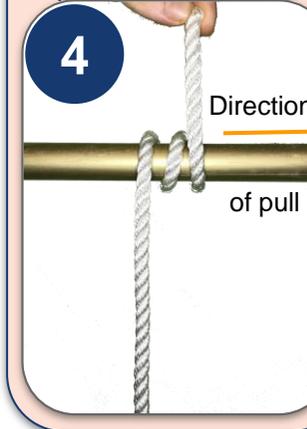
**5** Take the working end over the front of the turns and back down behind the object

**6** Pass the working end up under the hitch parallel to the standing end, similar to a clove hitch
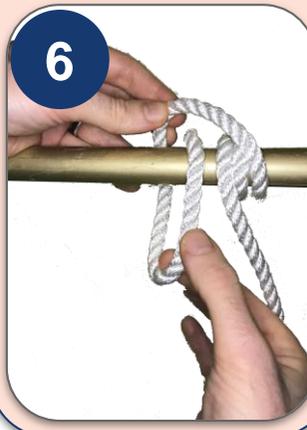
**7** Pull the hitch tight and check it has been tied correctly
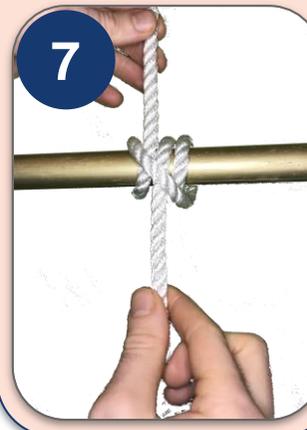
**8** We can now pull on the rope laterally. The hitch will grip the object it has been tied to

# Bowline

| | | | | |
|---|---|---|---|---|
| Make a turn in the rope with the working end on top | Pass the working end up through the turn we created | Pass the working end around the back of the standing end | And back down through the turn | Pull the working end and standing end tight. It is essential this knot is pulled tight |
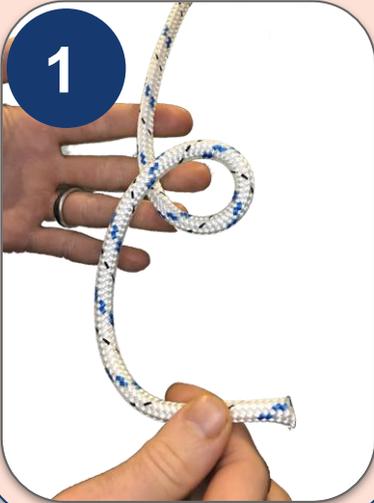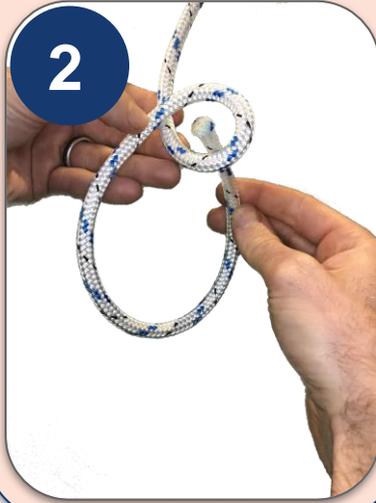
# Reef Knot

**1** Take two ends of the same rope
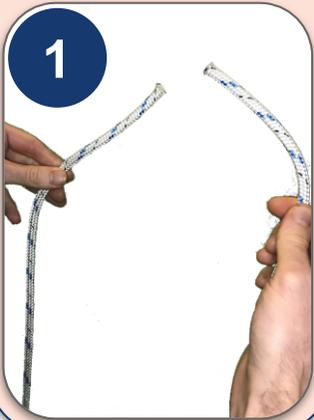
**2** Cross the two ends over with the right hand end on top
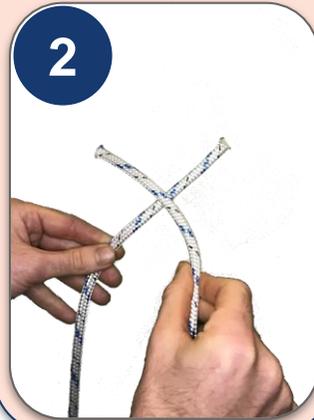
**3** Pass the right hand end over and behind the left hand end
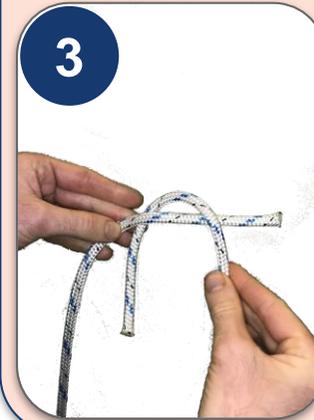
**4** And back up to complete a turn around the left hand end

**5** Now cross the now left hand end over the now right hand end
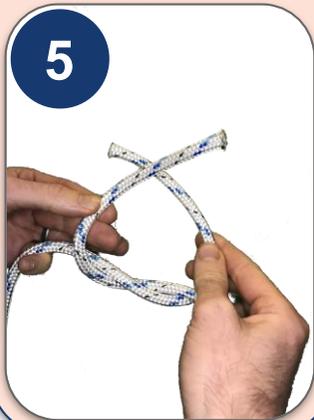
**6** Pass the left end over, behind and back up the front to complete an opposite turn

**7** Pull the two working ends and the two standing ends tight

**8** This reef knot is now ready to be weighted.

# Sheet Bend

**1** Take two ends of different ropes
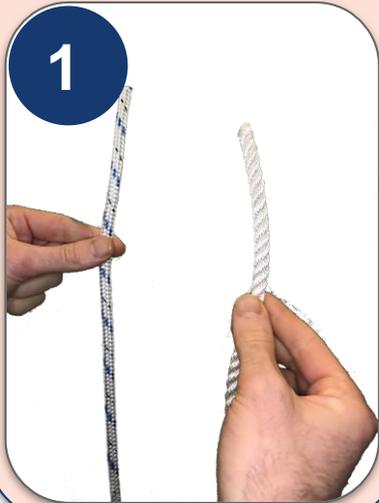
**2** Make a bight in the least flexible rope and pass the more flexible rope up through

**3** Take the flexible rope around the back of the bight

**4** Bring it back around the front and pass it under itself
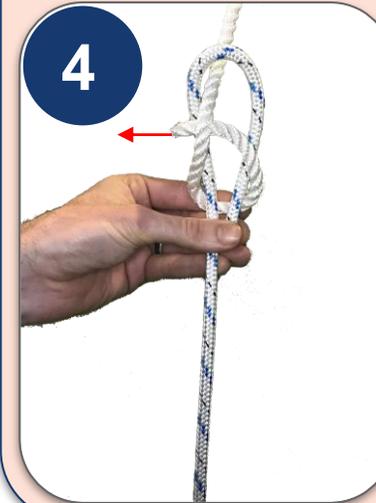
**5** Pull tight, this sheet bend is ready to be weighted

# ARDENT TRAINING
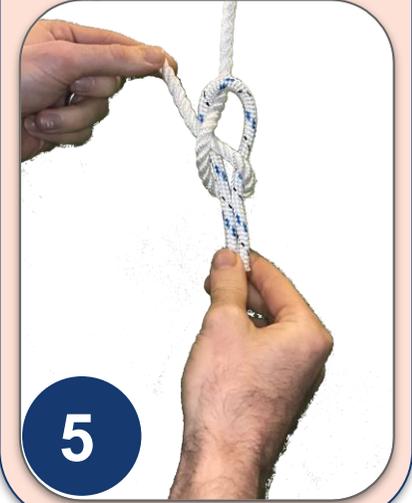
# Double Sheet Bend

**1** Start by tying a single sheet bend
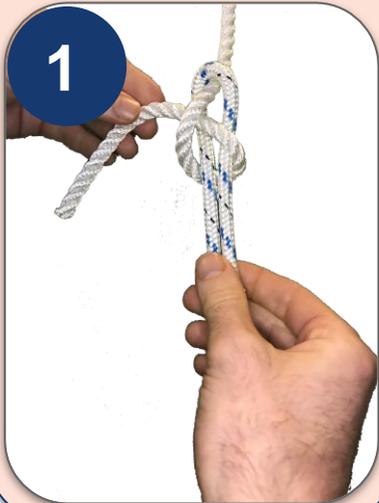
**2** Take the working end of the flexible rope around the back of the bight
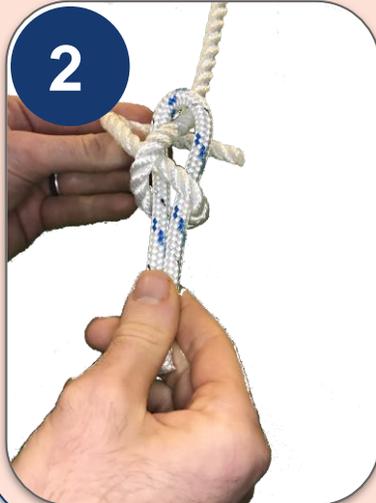
**3** Pass the working end back under itself, parallel to the initial sheet bend

**4** Pull tight and check the knot
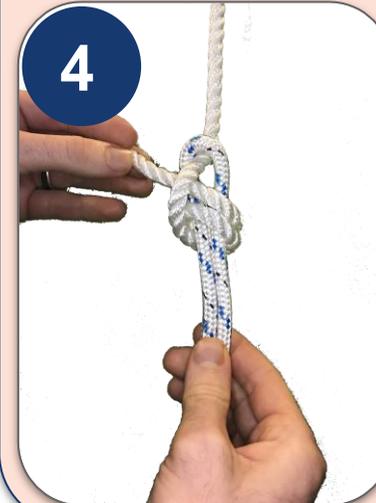
**5** Once pulled tight this knot is ready to be weighted