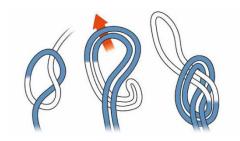
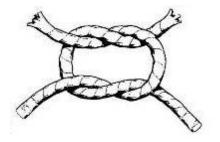
## **Knots & Swings**



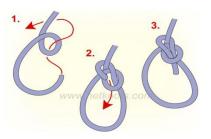
Overhand and double overhand.



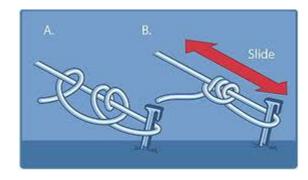
Figure of eight & double figure of eight.



Reef knot

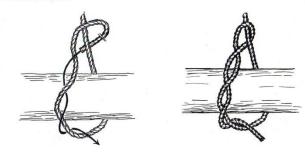


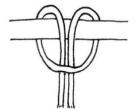
Bowline



Taught line hitch / Slippery adjustable knot / Channel 4

**Timber Hitch** 





Larks Foot

(also known as Larks Head)

Taught Tarp Hitch

