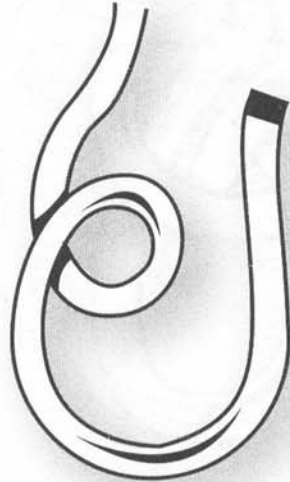


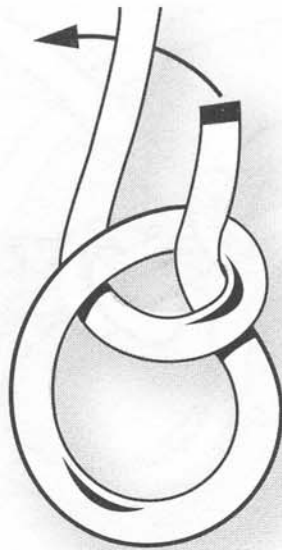
# Bowline Loop

Commonly referred to as the "Bowline," this loop knot has been in such widespread use that it is also referred to as the "king of knots." It is still in much use today, and with a little caution can be used in the newer synthetic materials.

- 1 Make a crossing turn.



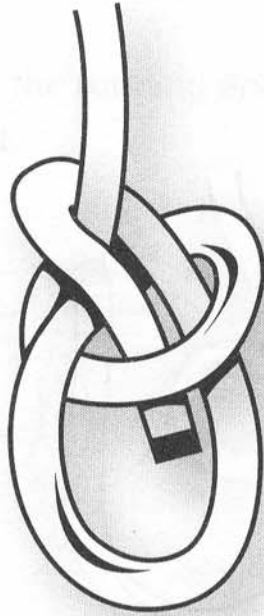
- 2 Bring the running end up through it, and then behind the standing part.



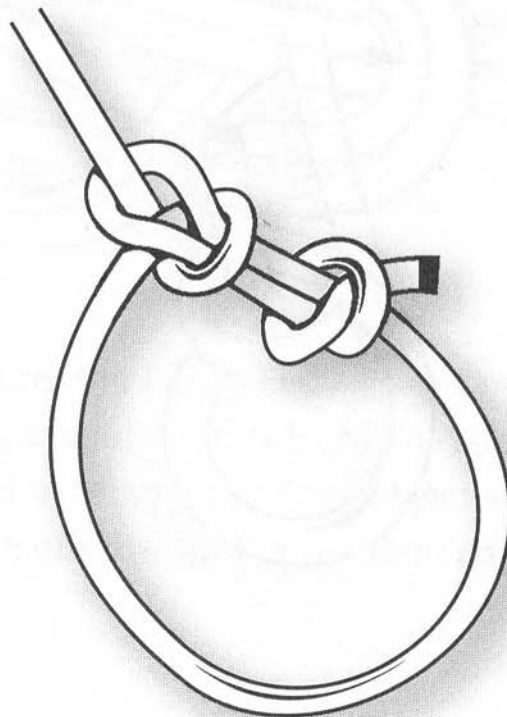
(continued)

## Bowline Loop (continued)

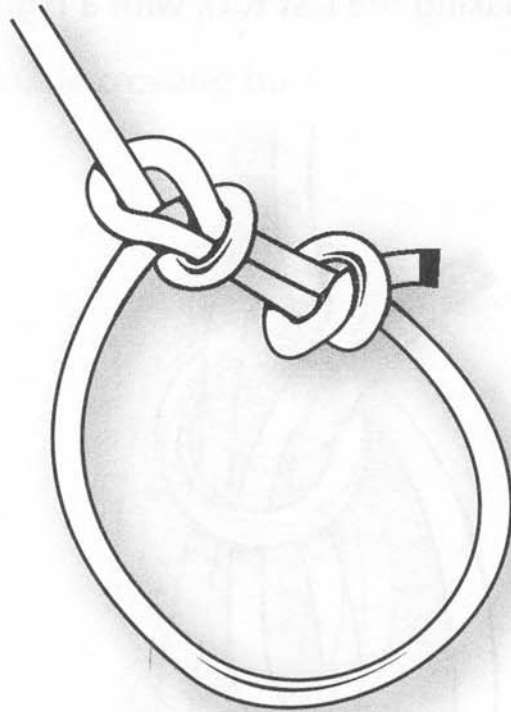
- 3 Twist the running turn all the way around the standing part and back down through the crossing turn.



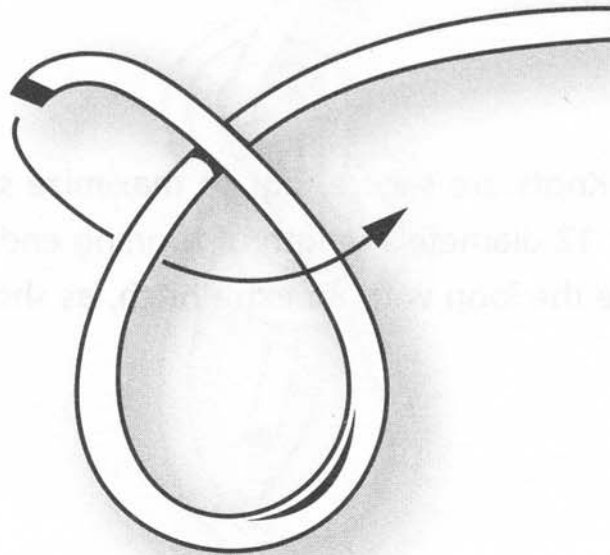
- 4 Take out all the slack to make the loop secure. As you tighten the knot, make sure you pull on all the leads.



- 5 You can also tie the Bowline Loop with an extra hitch, especially if you want to increase security.



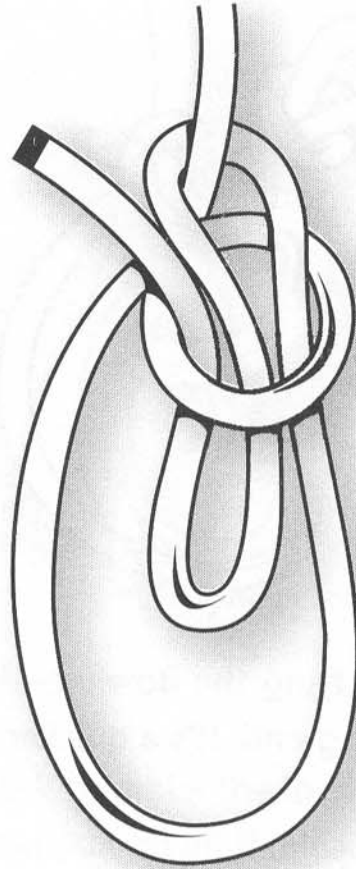
There's another way of tying the Bowline—by laying the running end down across the standing end. It's a quicker start, and you can tie the loop one-handed.



(continued)

## Bowline Loop (continued)

If you want the Bowline Loop to be quick release, try the Slipped Bowline instead by making the last tuck with a bight.



The Bowline Knots are secure, but to maximize safety, make sure you leave at least 12 diameters length of running end after the knot is tightened, and tie the loop with an extra hitch, as shown in step 5.