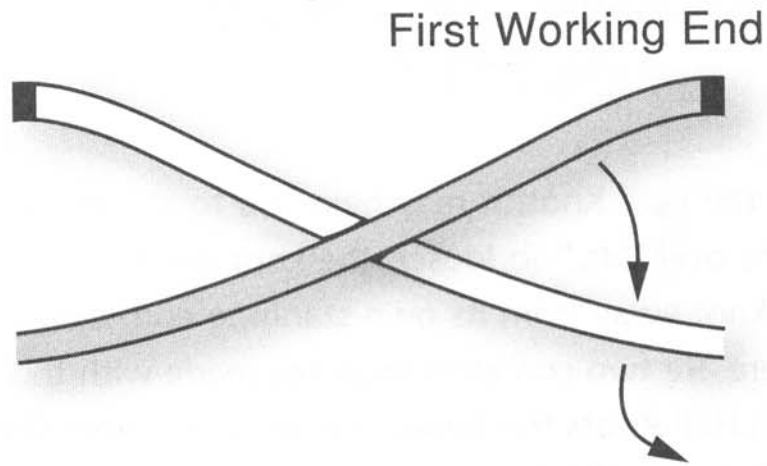


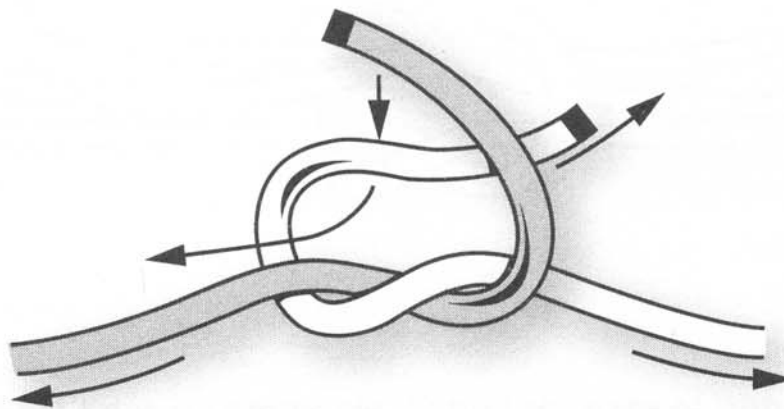
Reef Knot

Also called the Square Knot, this knot has been in common use for centuries for tying packages and bundles of all kinds. It is also used to tie bandages because it lies flat, making the dressing more effective and comfortable.

- 1 Pass one end over and around the other, making a Half Knot, just as if you were tying an Overhand Knot with two ends of the same piece.



- 2 Tie a second Half Knot by tucking the right end over the left one.

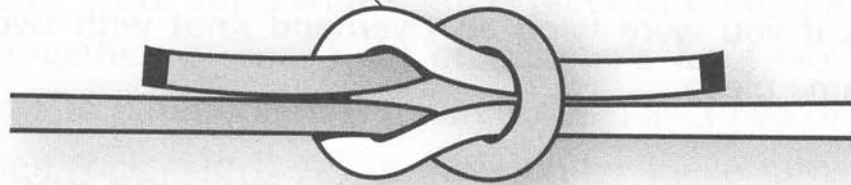


(continued)

Reef Knot (continued)

- 3 Pull on both ends to tighten. Note that each end will exit next to its standing part.

Finished knot is symmetrical



As you tie the Reef Knot, it may help you to say to yourself, "Left over right, right over left." To loosen the knot quickly, jerk one of the ends over the knot away from its own standing end, causing the knot to capsize. There are two common mistakes made with this knot. One is to make both Half Knots the same, making a very poor Granny Knot, and the other is to use this knot as a bend, which is not reliable.