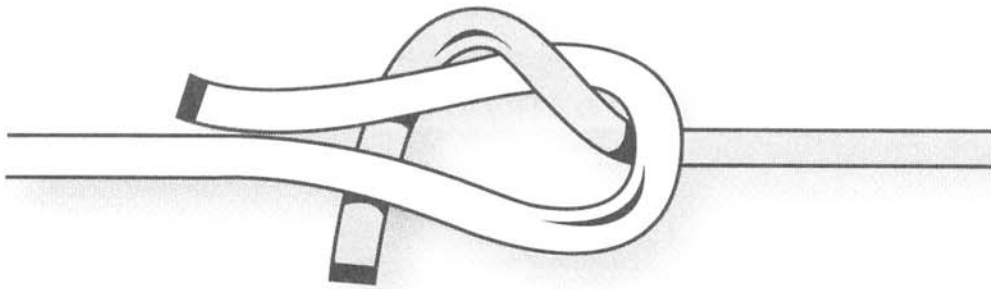


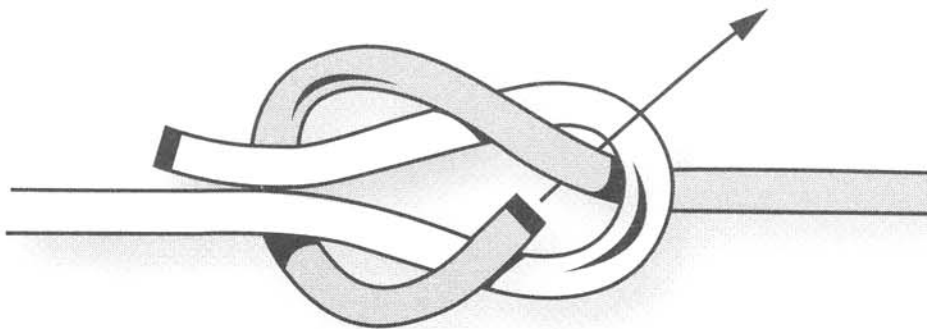
Sheet Bend

The Sheet Bend is widely used and is of the same structure as the Bowline Bend, but with the leads performing a different function. Consider the two ropes you need to join for this bend. If one of the ropes is larger, it should be used for the end that is folded over double.

- 1 Take two pieces of rope. Take the rope on the left and make a loop, with the running end facing upward. Then, take the rope on the right and move the running end up between the loop and around the back of the other rope.



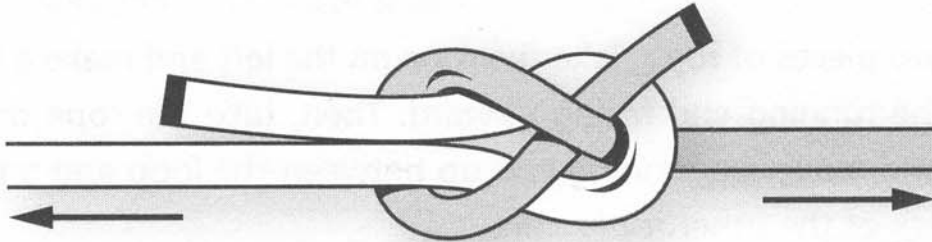
- 2 Continue the tuck by moving the running end down and through the loop, under itself.



(continued)

Sheet Bend (continued)

- 3 Tighten the bend by pulling the slack out of the running end, and then pulling on the standing parts.



If the size difference between the two ropes is too much, or if the tying materials are slippery, the Double Sheet Bend may provide more security.