FIGURE OF EIGHT

The end of the rope that you use is called the RUNNING END. The other end, that you don’t use or that may be attached to something, is called the STANDING END. The part in between is the STANDING PART. A bend or loop is called a BIGHT or LOOP.

1. Form a BIGHT or LOOP in the rope.

2. Bring the BIGHT to the left and over the STANDING PART of the rope.

3. Bring the BIGHT to the right and under the STANDING PART of the rope.

4. Bring the BIGHT back through the first turn of the rope.

5. Tighten. This knot forms a secure loop in a rope when you don’t have easy access to the ends of the rope.