

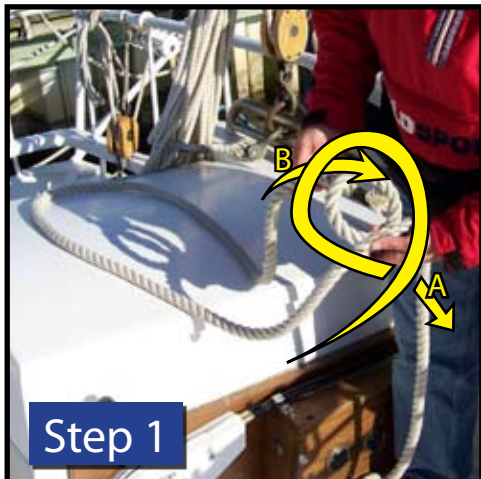
Bowline

The bowline is a knot used to create a fixed loop in the end of a line.

It is one of the best known and most widely used knots.

On the *Nathan*, we use it primarily for putting a loop in the end of a dock line for slipping over pilings. The other end of the line is secured to a cleat on the boat. The final bowline loop should be large enough to be easily dropped over a piling when docking.

A classic way of remembering how to tie a bowline:
"The rabbit comes out of its hole, runs around the tree, and goes back down the hole again."



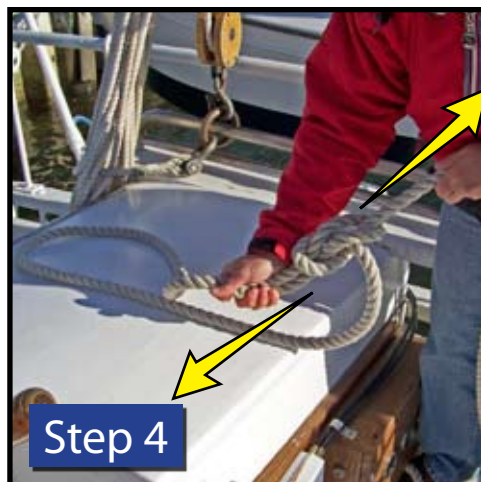
Step 1:
Leaving enough line to make as big a bowline as you need, twist the standing end to form a small loop (the rabbit's "hole"). The standing end (the "tree") should be on the back side of the loop (A). Bring the bitter end (the "rabbit") up from the back to the front of the loop (B).



Step 2:
Take the bitter end around behind the standing end and back into the small loop.



Step 3:
Keep the bitter end to the inside of the large loop as you take the "rabbit" back into its "hole."



Step 4:
Pull on the standing end (the "tree") with one hand and the bitter end and large loop with the other to tighten the knot.



Step 5:
To further secure the bowline, step in the large loop and pull hard on the standing end.