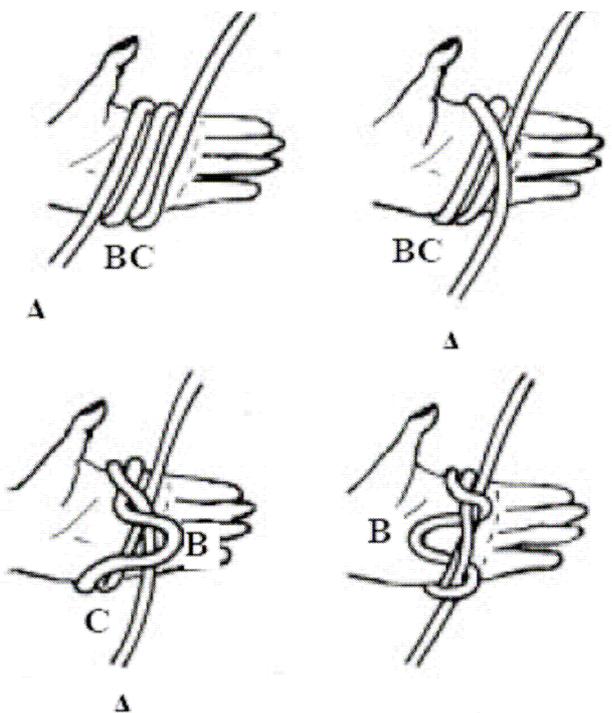
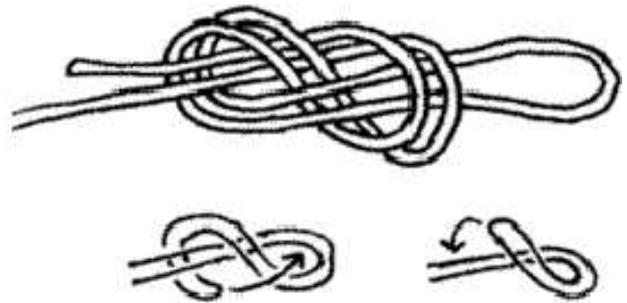


Tape Knot

This is the simplest of knots to tie and is the best to use to tie tapes. The knot is simply an overhand knot in a tape. If the knot is tied on one end of a tape, the other end can be fed back through the knot to form a loop of tape. Arrange the knot so the tape lies flat in the knot. If the knot is tied in a bight, a small loop can be formed on the end of a tape. If the other end is knotted the same, the tape can be fed through a thread belay and joined with a krab. The advantage being that this can be derigged without the knots having to be undone in a cave.

Figure-8

This is an extremely useful knot to learn. If you only learn a few knots, then this is a must. If it is tied on a bight, the loop formed can be used to tie into belays or rebelay. If it is tied on a single thickness of rope, the rope end can be followed back through the knot, allowing you to include a belay point in the loop directly. If another rope end is followed back through the knot, two ropes can be joined.



Alpine Butterfly

This is an easily tied knot used to form a loop in the middle of a rope. Although not as strong as a figure-8, it is often used to achieve a Y-hang (along with a figure-8 on one of the Y ends) or to tie into a rebelay. It does not tend to jam as much as a figure-8 when loaded directly. It can also be loaded in all directions.

Rap the rope loosely around the hand twice.

- Pass **A** over both **B&C**
- Pass **B** over **A&C**.
- Pass **B** back underneath both **A&C**.
- Hold loop **B** with the other hand, remove knot.
- Pull both ends of the rope to form the knot.

