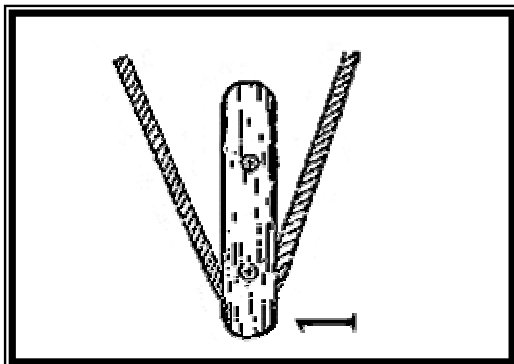
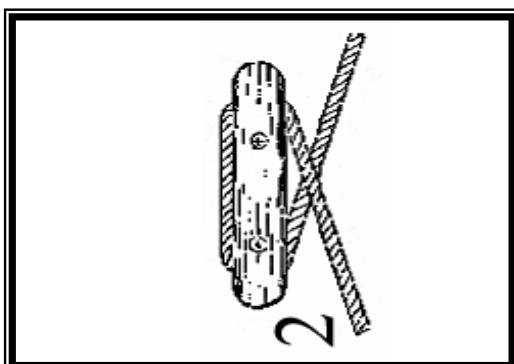
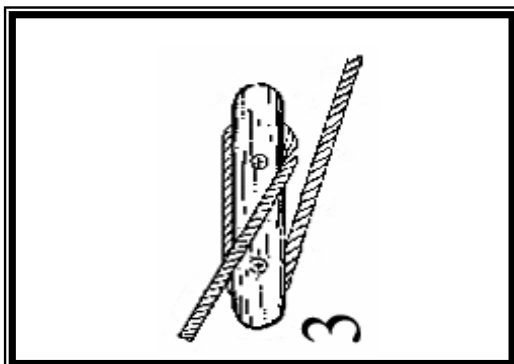
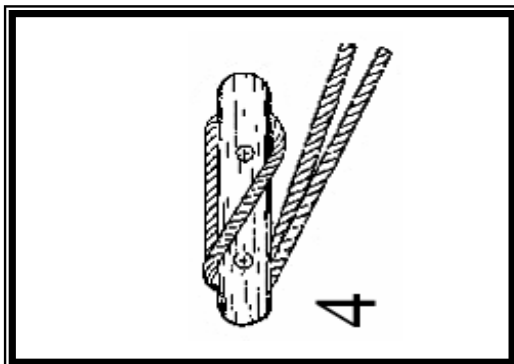
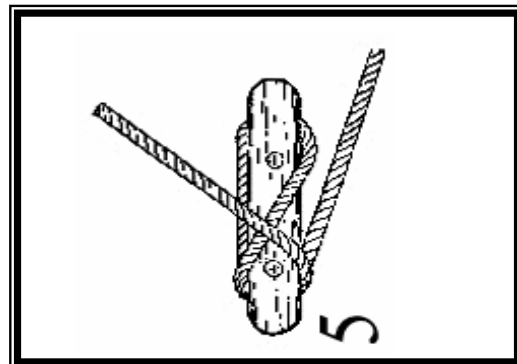
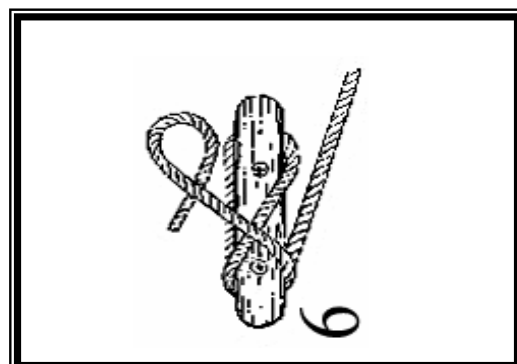
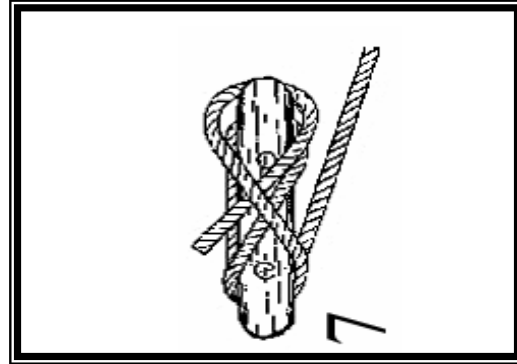
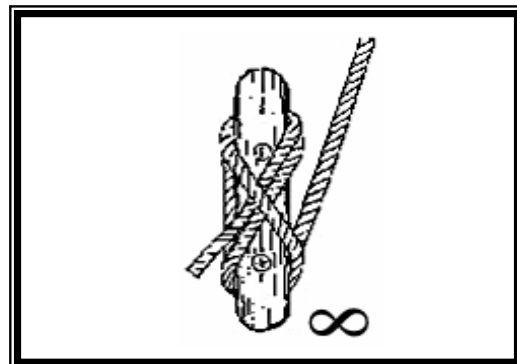
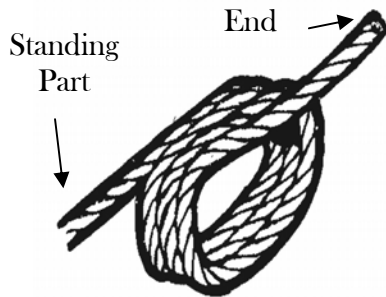




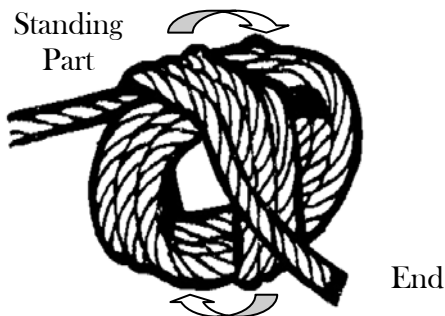
## The Cleat Hitch



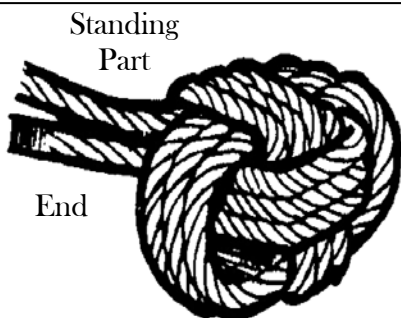
# THE MONKEY'S FIST



Wind three turns around the hand.



Pass a second set of three turns across and around the first three, in the direction indicated by the arrows.

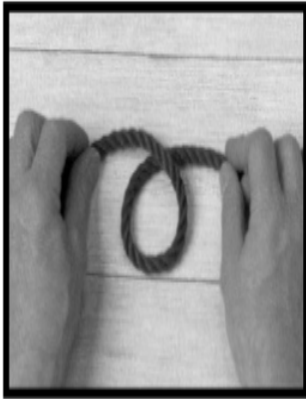


Pass a third three turns round and across the second three, but inside the first set. If the knot is correctly made the end will come out alongside the standing part.



To finish the knot, tie an overhand knot in the end and hide it by tucking it inside the monkey fist, then work all parts taut.

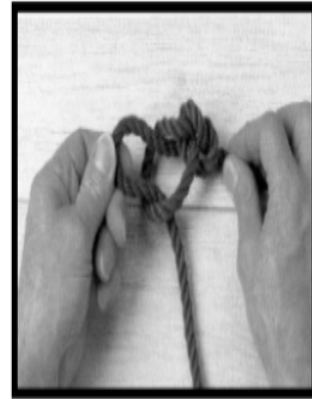
# CHAIN SENNIT



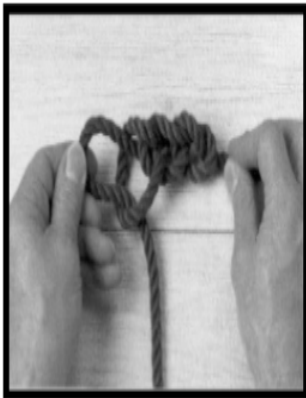
1. Cast a counter-clockwise overhand loop with a long working end.



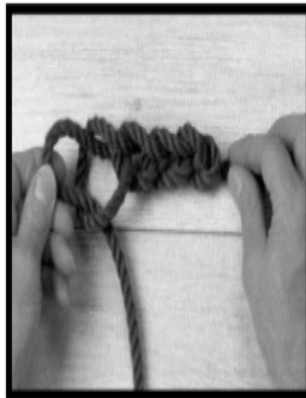
2. Lay the working end beneath the loop and pull a bight through it; pull the resulting knot tight.



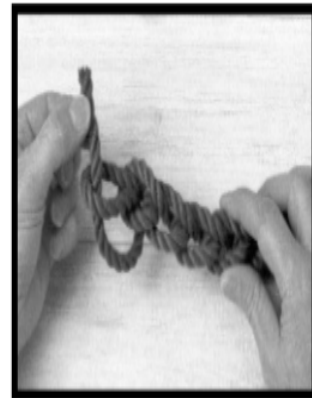
3. Pull a second bight in the working end through the first bight and pull tight.



4. Similarly, pull a third bight through the second bight and pull it tight.



5. Continue pulling, bight through bight, tightening each stage before going on to the next.

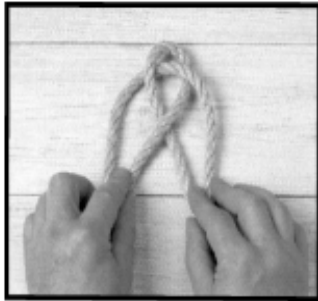


6. To finish the chain, simply tuck the working end through the preceding bight.



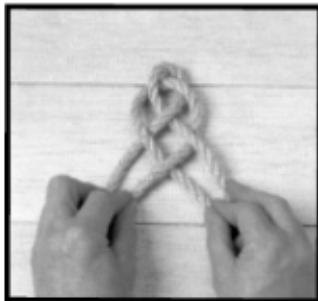
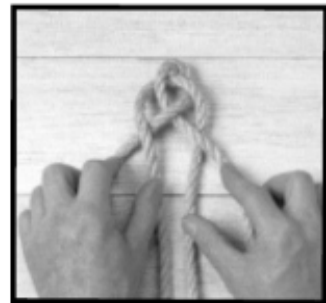
7. In order to transform the chain into an anklet or bracelet, cut each end to a desired length, wrap around wrist (or ankle), and secure the ends with a reef knot. (Be sure that it is not too tight!)

# SQUARE PLAIT



1. Middle two lengths of rope or cord, looping one over the other (as shown), and separating the four strands into a left-handed and a right-hand pair.

2. Simultaneously, cross the left-handed pair of strands (left over right) and the right-handed pair (also left over right).



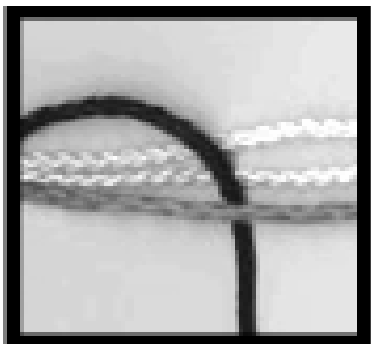
3. Cross the innermost two strands (right over left).

4. Repeat steps 2 and 3, with tension and tightness to ensure a symmetrical pattern develops.

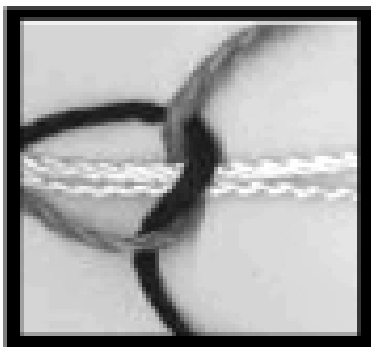


5. Continue this process until the desired length has been reached. Bind the ends together.

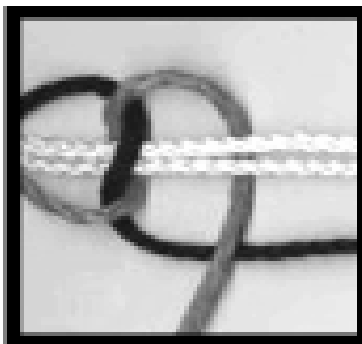
# PORTUGUESE SENNIT



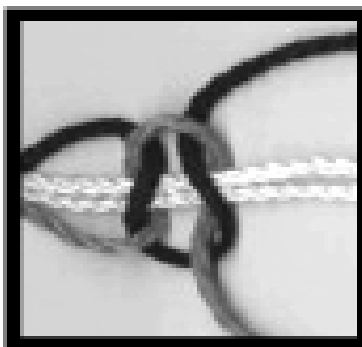
1. Place the right hand (darker) cord over the two core (white) cords. Place it under the left hand (lighter) cord.



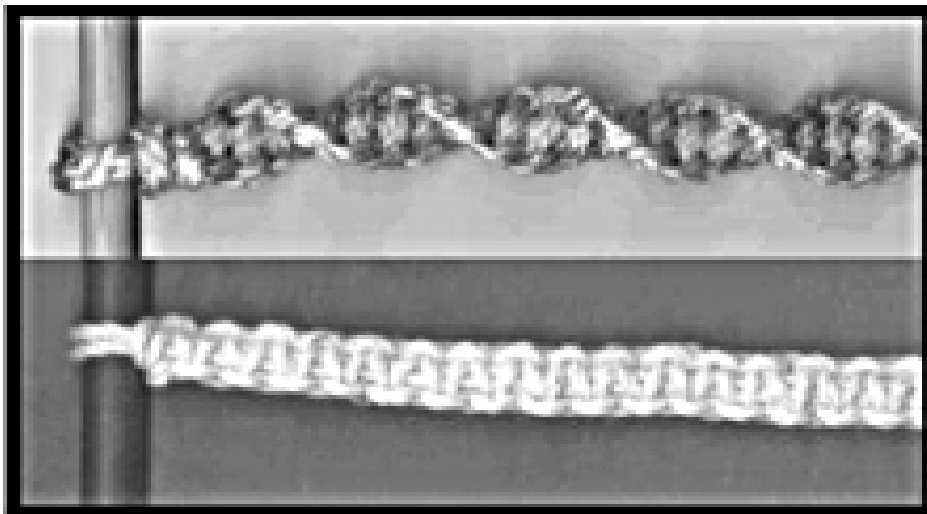
2. Bring the left hand cord under the two core cords and up through the loop formed by the core cord and the darker cord. Tighten by pulling gently on the knotting cords.



3. The second half of the square knot is the reverse of the first half. Bring the lighter cord (which is now on the right hand side) behind the two core cords. Bring it over the left hand (darker) cord.



4. Place the darker cord into the right hand loop by going over the core cords and under the lighter cord. Tighten by gently pulling on the knotting cord.



You can create a flat Portuguese Sennit (left picture) by repeating steps 1-4. In order to create a spiral Portuguese Sennit (right picture), only repeat steps 1 and 2 until the desired length has been reached.



# Seamanship Word Search

T N L S H E N N H P C M  
O R I D I S J I U H L O  
N E O N T E M A E Z E N  
K T C A C G X H G L A K  
Y T A R H U P C F U T E  
G A D T B T E L V X T Y  
K P L S D R T W A N W L  
Y I R Z B O B I Y I E F  
K B Y H E P X X N N T R  
G N I D N A T S G N O D  
X F V D U K F H N P E I  
B I G H T W T P E D J S

BIGHT  
COIL  
LENGTH  
PLAIT  
SENNIT

CHAIN  
HITCH  
MONKEY  
PORTUGUESE  
STANDING

CLEAT  
KNOT  
PATTERN  
ROPE  
STRANDS