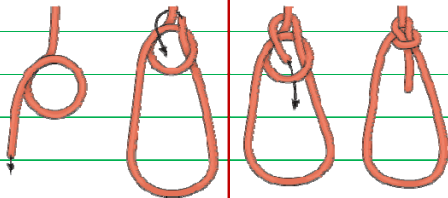


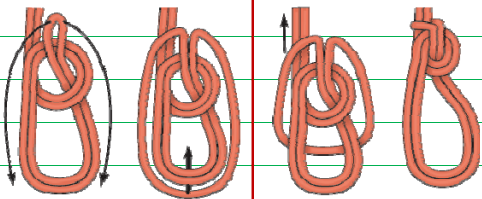
Use this section for power words.

## Chuyên Môn ~ Nút Dây (Loops)

**Loops** are used to create a closed circle in a line. Some loops are fixed in size, while others are variable. Variable loops are also called **slip knots** or **nooses**.

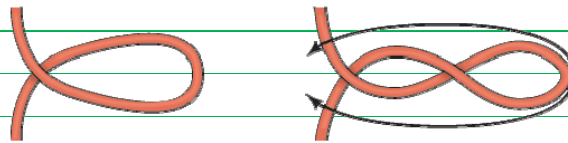
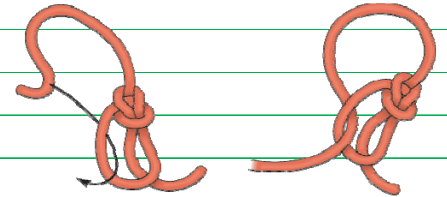


**Bowline** - A secure, non jamming and versatile loop used for sailing, rescues, tying down loads and many other applications. For extra security, tie the tail of the bowline into the loop with a stopper knot, such as the double overhand knot or the stevedore knot.

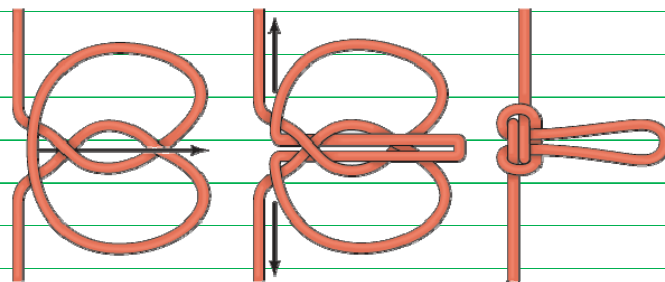


**Bowline on a Bight** - A bowline tied in a bight, which forms a secure and non jamming double loop. It has many applications, including as a rescue "chair" formed by sliding its two loops over the thighs and torso of a person in danger. It can also serve as a foothold in a rope or be used to tie down a load with a single rope.

**Running Bowline** - A slip knot that produces an adjustable loop. The running bowline is secure, non jamming and easy to tie. Make a bowline, then pull a bight of the standing end through the loop.



**Alpine Butterfly (Lineman's Loop)** - A strong, non jamming knot that creates a loop in the middle of a line. The alpine butterfly can be used to isolate a length of worn rope by tying the knot so that the worn part forms the loop.



Homework: Memorize the types of looped knots. Practice these knots. Answer the following questions.

Questions:

- 1) What is the difference between the bowline and bowline on a bight?
- 2) What knots can be used to make a the bowline a more secure knot?
- 3) What other applications can we use the alpine butterfly knot? Explain.