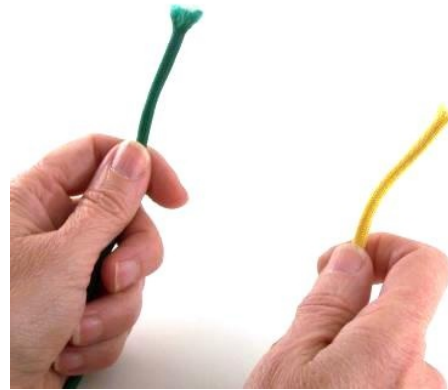


Overhand Knot

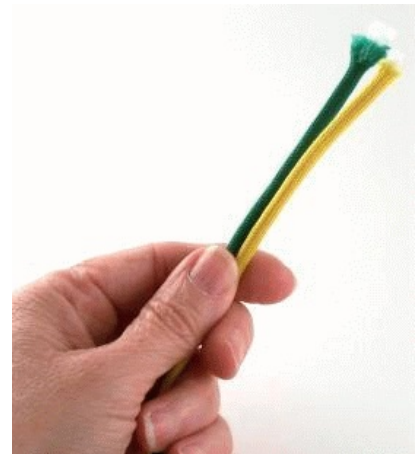
This knot can be used to tie two threads together. When tightened securely it is difficult to undo and will hold more securely than a square knot.

To make an overhand knot:

1. Take the two threads.



2. Hold them together as a double strand. The ends are next to each other and pointing the same direction.



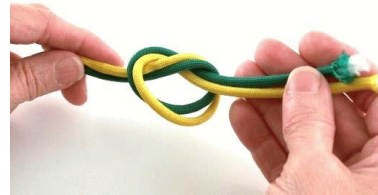
3. With the double strand form a circle near the end of the threads.



4. If the ends are on top of the circle, push the ends under the circle and bring them up through the circle.



Gently pull to tighten the knot. If needed, the knot can be moved and positioned where it should be.



5. If the ends are on the bottom of the circle, bring them up over the circle and push them down through the center of the circle.



Gently pull to tighten the knot. If needed, the knot can be moved and positioned where it should be.



6. When the knot is in the proper position, firmly pull the knot tight.



To Untie an Overhand Knot

1. Loosen the knot.

This can be done by pulling on the bumps created when the knot was tied.

If a thick cord was used, pushing the ends toward the knot may loosen it.

Sometimes using a blunt needle to pry the knot loose may help.



2. Once the knot has been loosened, continue to pull the knot further apart until it is untied.



Special thanks to Gail Mejias for taking the photographs used in this handout.