

Basic Climbing Knots

You will have an easier time on course days and field trips if you come prepared with some experience tying the knots below. We will go over these in our practice nights as well. Please note that there are a few different ways of tying some of the knots- choose one way that you can easily remember that works for you.

Also, see Freedom of the Hills 8, Chapter 9: Knots, Bends, and Hitches

Dave Belding
Intense Basic SIG Leader

Knot terminology

<http://www.animatedknots.com/terminology.php?Categ=typemidloops&LogoImage=LogoGrog.png&Website=www.animatedknots.com#ScrollPoint>

Important terms: Bends, bights, dressing, flake, hitch, kernmantle, loop, tail, cordelette, static vs. dynamic ropes, top rope

Knot: woven sequence that has a recognizable form

Hitch: type of knot, used to attach to an object

Bend: type of knot, used to join two cords together

Overhand Knot

The simplest knot you can tie other than the Girth Hitch.

<http://www.animatedknots.com/overhand/#ScrollPoint>

Girth Hitch

Used to tie a Personal Anchor to your harness

<http://www.animatedknots.com/girth/#ScrollPoint>

Autoblock

Used for a "third hand" or backup while rappelling, as well as progress capture for crevasse rescue. Bi-directional grip

See #4: "Back it Up" <http://www.climbing.com/skills/5-steps-for-safer-rappelling/>

Autoblock cord types and tying: <https://www.youtube.com/watch?v=P5DZeEV77Z4>

Note that Mountaineers uses a different technique for rappelling but the autoblock knot is the same.

(This is what we gave you the 13.5 inch hollowblock for- it has good grip and is super strong)

Water Knot (Ring Bend)

used to join two pieces of webbing to form a runner or rappel anchor

<http://www.climbing.com/videos/how-to-water-knot/>

Double Fisherman's Bend (aka grapevine)

used as a "bend" to a

<http://www.animatedknots.com/doublefishermans/index.php?Categ=climbing&LogoImage=LogoGrog.png&Website=www.animatedknots.com#ScrollPoint>

Alpine Butterfly

used when glacier climbing to allow the middle climbers to attach themselves to the rope

<http://www.climbing.com/skills/the-butterfly-knot/>

<http://www.ropelab.com.au/the-awesome-alpine-butterfly/>

<http://www.animatedknots.com/alpinebutterfly/index.php?Categ=climbing&LogoImage=LogoGrog.png&Website=www.animatedknots.com#ScrollPoint>

Triple Overhand (aka barrel) Stopper knot

placed on the ends of rope while top-roping or rappelling to keep the end of the rope from passing through the belay device

<http://www.climbing.com/videos/triple-barrel-knot/>

This is a double overhand:

<http://www.animatedknots.com/doubleoverhand/index.php?Categ=typestoppers&LogoImage=LogoGrog.png&Website=www.animatedknots.com#ScrollPoint>

Prusik (use "hero" loop- tied with a Double Fisherman's knot)

used for progress capture and ascending rope, bi-directional grip

<http://www.animatedknots.com/prusik/index.php?Categ=typeslidegrip&LogoImage=LogoGrog.png&Website=www.animatedknots.com#ScrollPoint>

Clove Hitch (if you can tie an "air clove" that's awesome- learn this first. one-handed cloves can be helpful to learn as well)

used as an adjustable and secure way to tie in direct into the anchor

Air clove: <http://www.climbing.com/videos/rock-climbing-basics-clove-hitch-and-figure-8-knots/>

More advanced one-handed methods:

<http://www.climbing.com/skills/learn-this-one-handed-munter-and-clove-hitches/>

<https://vimeo.com/126266748> handshake method

Figure 8 on a bight

used to back up the clove hitch

<http://www.climbing.com/videos/rock-climbing-basics-clove-hitch-and-figure-8-knots/>

Munter Hitch

used as a backup method for belaying or rappelling, also part of an MMO knot

<http://www.ropelab.com.au/munter-hitch/>

Rewoven Figure 8 (aka Figure 8 follow through)

used for tying in to the end of the rope

<http://www.climbing.com/skills/learn-to-climb-tie-in-with-a-figure-eight-follow-through-knot/>
<http://www.climbing.com/videos/rock-climbing-basics-tying-in/>

Figure 8 on a Bight

used to back up the clove hitch

<http://www.climbing.com/videos/rock-climbing-basics-clove-hitch-and-figure-8-knots/>

Once you've mastered the above knots, go onto the Belay Escape

Belay Escape Knots

These knots are used as a system to enable you to escape the belay in an emergency

<https://www.youtube.com/watch?v=fDtOdyCOe4o>

Munter Mule Overhand (MMO)

used for belay tie off

<http://www.animatedknots.com/muntermule/#ScrollPoint>

<https://www.youtube.com/watch?v=4-si9QS8CYI>

<https://www.youtube.com/watch?v=XkIH0JBzECs>

See item #4 here: <http://www.climbing.com/skills/save-yourself-a-guide-to-self-rescue/>

Mule Hitch on a Belay Device

used for belay tie off while using a belay device

See item #5 here: <http://www.climbing.com/skills/save-yourself-a-guide-to-self-rescue/>

Single Bowline

<http://www.animatedknots.com/bowline/index.php?Categ=climbing&LogoImage=LogoGrog.png&Website=www.animatedknots.com#ScrollPoint>

Double Bowline

used for tying into the end of the rope, falling out of favor since it is more difficult to inspect, but easier to tie and untie than the re-woven figure 8

https://www.youtube.com/watch?v=h1YRhMP_Nro

Butterfly Coil

Ideal way to coil the rope for transport and creating a "backpack coil" using this method it will be pre-flaked

"Wow Method" pre-flaked <https://www.youtube.com/watch?v=WfvioMwTVUo>

Another view of the same: <https://youtu.be/EI020BNuUg?t=152>

Slip Knot

<http://www.chockstone.org/TechTips/SlipKnot.htm>

