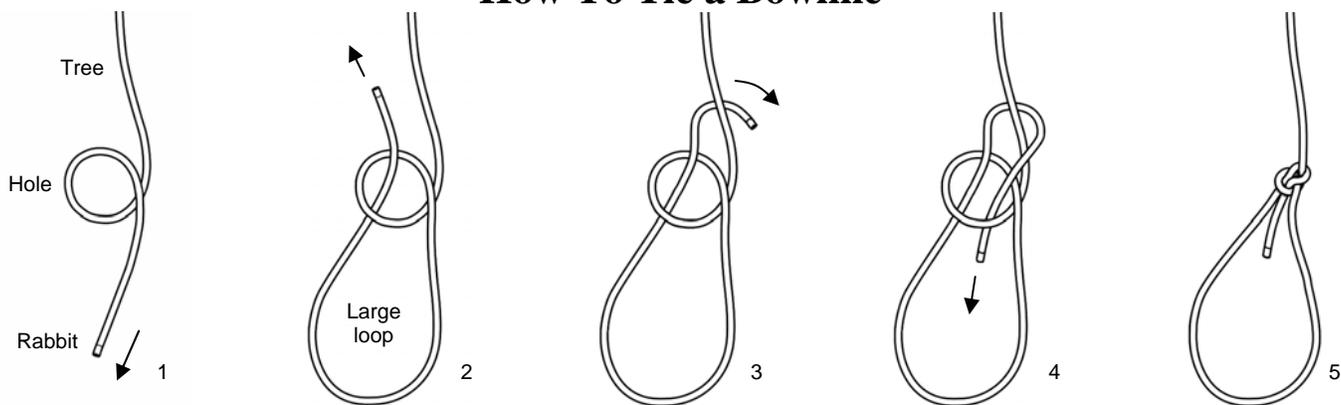
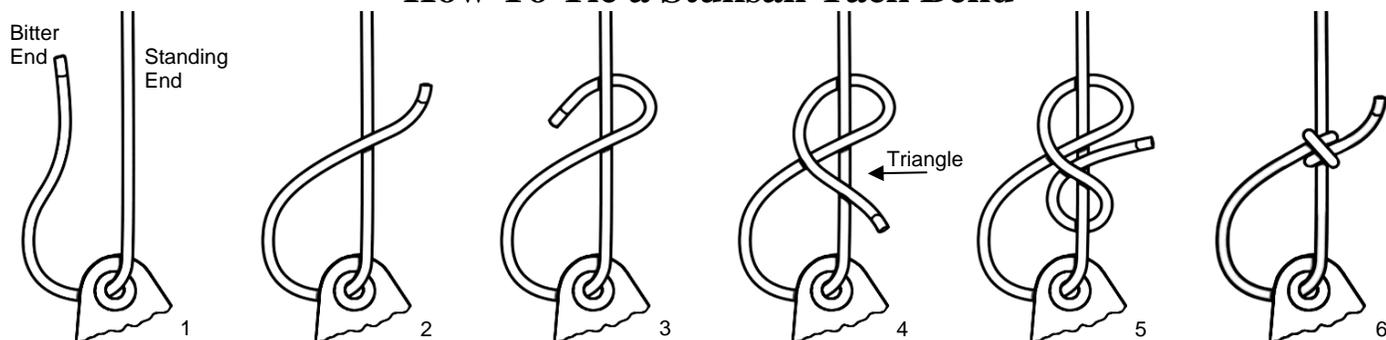


## How To Tie a Bowline



- 1). Pull the end of the line (the “rabbit”) toward you and make a small loop (the “hole”) in the middle. The section of line closest to you (the “rabbit” end) must be on the top of the loop.
- 2). Make a second larger loop by bringing the rabbit up through the hole from the bottom.
- 3). The rabbit goes around the back side of the tree (it doesn’t matter which way it goes around the tree).
- 4). Then the rabbit goes back down into the hole.
- 5). Pull the rabbit and tree away from each other to tighten up the knot. Be sure the knot keeps its shape and doesn’t turn inside out.

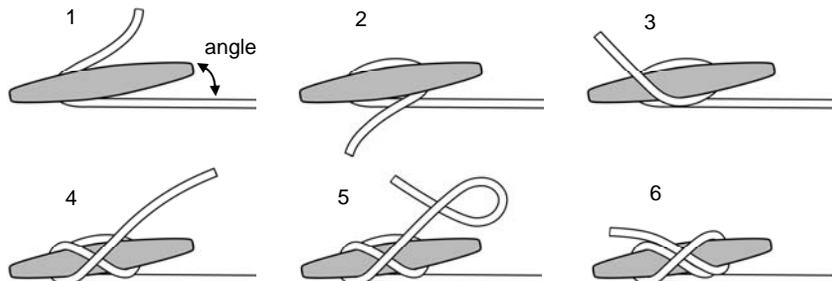
## How To Tie a Stunsail Tack Bend



- 1). Pull the bitter end of the line through the grommet at the top of the sail.
- 2). Cross the bitter end over and in front of the other line (the standing end).
- 3). Now cross the bitter end behind the standing end.
- 4). Spiral the end back down and let it cross both lines coming from the sail to make a pretzel shape with a small triangle.
- 5). Bring the bitter end around and up through the triangle.
- 6). Tighten up the knot. Be careful not to turn it inside out. The knot should slide down towards the sail.

## How To Use a Mooring Cleat

- 1). Slip the line under one horn of the cleat. If possible, the line should make a sharp (acute) angle with the cleat.
- 2). Wrap the line 360 degrees around the cleat. Keep tension on the line so it doesn’t slip.
- 3). After one full turn, cross the line diagonally over the top of the cleat.
- 4). Wrap the line under the horn and cross diagonally again over the top.
- 5). Make a small loop in the end of the line. The bitter end of the loop needs to be underneath the standing end. You may need to twist the loop to get it to the right shape.
- 6). Place the loop over the horn of the cleat and snug it up tight.



More useful knots can be found at <http://sailing.mit.edu/LearnToSail/SailingBooklet/>