**EO M221.05 – TIE KNOTS.**

1. **Performance**: Tie Knots.

2. **Conditions**:

   a. Given:

      (1) rope for tying knots;

      (2) railing or dowel;

      (3) supervision; and

      (4) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard**: In accordance with specified references, the cadet shall:

   a. tie and describe the uses of the following knots:

      (1) bowline;

      (2) fisherman's knot;

      (3) double fisherman's knot; and

      (4) double overhand running knot; and

   b. coil a rope.

4. **Teaching Points**:

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Conduct an activity to review the following knots from Green Star:<br>a. thumb (overhand);<br>b. reef (square);<br>c. figure of eight;<br>d. double figure of eight;<br>e. clove hitch; and<br>f. half hitch. | Practical Activity | 20 min | C2-007 (p. 38, 44, 58, 98, 104, and pp. 167–168) |
| TP2 | Explain the uses of, demonstrate, and allow time for the cadets to practice tying the following knots:<br>a. bowline;<br>b. fisherman's knot;<br>c. double fisherman's knot; and<br>d. double overhand running knot. | Demonstration and Performance | 50 min | C2-007 (p. 116, 117, pp. 162–163, and p. 177) |



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| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| | **Note:** Provide cadets with a handout with tying instructions. | | | |
| TP3 | Explain the uses of, demonstrate, and allow time for the cadets to practice coiling a rope. | Demonstration and Performance | 10 min | C2-073 (p. 18) |

5. **Time**:

| | | |
|---|---|---|
| a. | Introduction / Conclusion: | 10 min |
| b. | Practical Activity: | 20 min |
| c. | Demonstration and Performance: | 60 min |
| d. | Total: | 90 min |

6. **Substantiation**:

   a. A practical activity was chosen for TP1 as it is an interactive way to allow cadets to experience tying knots. This activity contributes to the development of knot-tying skills and knowledge in a fun and challenging setting.

   b. Demonstration and performance was chosen for TP2 and TP3 as it allows the instructor to explain and demonstrate knot-tying while providing an opportunity for the cadets to practice knot-tying under supervision.

7. **References**:

   a. C2-007 (ISBN 0-7858-1446-9) Pawson, D. (2001). *Pocket Guide to Knots and Splices*. Edison, NJ: Chartwell Books, Inc.

   b. C2-073 (ISBN 0-688-01226-4) Bigon, M. and Regazzoni, G. (1982). *The Morrow Guide to Knots*. New York: Quill/William Morrow.

8. **Training Aids**:

   a. Rope for tying knots;

   b. Flipchart paper/blackboard/chalkboard; and

   c. Marker/chalk.

9. **Learning Aids**:

   a. Rope for tying knots;

   b. Railing or dowel; and

   c. Knot tying handouts.

10. **Test Details**: N/A.

11. **Remarks**:

   a. The rope used for tying knots should be 6 or 7 mm diameter.

   b. Cadets will require at least 6 m (20 feet) of rope for coiling.



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