ROYAL CANADIAN SEA CADETS

PHASE THREE

INSTRUCTIONAL GUIDE

SECTION 5

EO C321.04 – MAKE A MONKEY'S FIST

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-603/PG-001, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Complete a monkey's fist to be used as a model for the lesson.

Photocopy the monkey's fist pattern located at Annex N for each cadet if the alternative method will be taught.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP 1 to explain the use of the monkey's fist.

Demonstration and performance was chosen for TP 2 as it allows the instructor to demonstrate making a monkey's fist while providing an opportunity for the cadets to practice this skill under supervision.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have made a monkey's fist.

IMPORTANCE

It is important for cadets to know how to make a monkey's fist as it introduces advanced ropework skills in a fun and challenging way, while providing a practical skill that can be used in today's maritime community.

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Teaching point 1 **Explain the Use of a Monkey's Fist**

Time: 5 min Method: Interactive Lecture

USE OF A MONKEY'S FIST

To get heavy lines from the ship to the shore or ship to ship, a light line known as a heaving line, is used to pull the heavier line across. To give weight to the end of the heaving line, a monkey's fist is often used.

When this knot is made, a small, round cork or wooden ball can be placed inside the knot prior to completion. Care should be taken that the finished knot is not so heavy as to be dangerous to the people ashore.

Sea cadets today will see this knot used on heaving lines as well as for many decorative uses such as finishing the ends of guide ropes and key fobs.

The monkey's fist has a special significance to a sailor because it is often the first thing that connects them with the land at the end of a voyage.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. Why is the monkey's fist used?

Q2. What can be placed inside the monkey's fist?

Q3. Where can the monkey's fist be used decoratively?

ANTICIPATED ANSWERS

A1. To give weight to the end of a heaving line.

A2. A small round cork or wooden ball.

A3. At the end of a guide rope or key fob.

Teaching point 2 **Demonstrate and Have the Cadets Make a Monkey's Fist**

Time: 45 min Method: Demonstration and Performance

STEPS FOR MAKING A MONKEY'S FIST



Demonstrate and have the cadets practice each step in making the monkey's fist.

To introduce cadets to the use of a knot-weaving board, an alternative method for making a monkey's fist is located at Annex M. This method introduces the cadets to knot-weaving used for more ornamental ropework.

1. Wind three turns around the hand (as illustrated in Figure 1).

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Figure 1 Monkey's Fist Step 1

2. Pinch the turns together and pass a second set of three turns across and around the first three (as illustrated in Figure 2).



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Figure 2 Monkey's Fist Step 2

3. Pass a third set of three turns around and across the second set but inside the first set, in the direction shown by the arrows (as illustrated in Figure 3).

If the knot is correctly made, the end will come out alongside the standing part.

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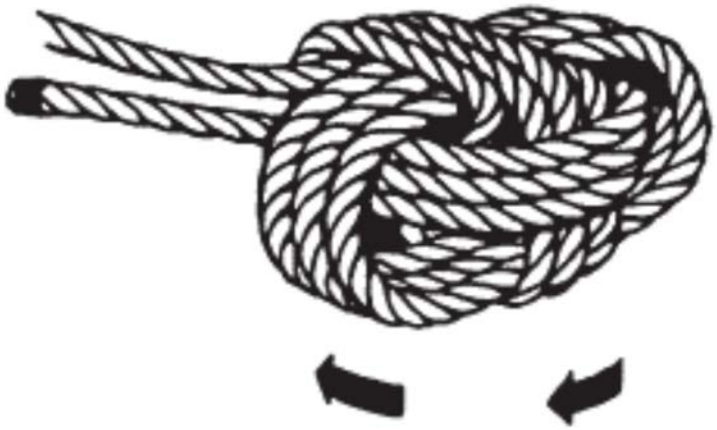

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Figure 3 Monkey's Fist Step 3

If required, insert a small, round cork or wooden ball into the centre of the knot before pulling the parts taut.

4. Carefully pull each part taut in the opposite direction from which it was tied until it becomes snug. The knot should be rolled around in a circular motion with the palms of the hands to even out the shape.

5. Use a fid or something pointed to pick and pull each cord to an even firmness.

When the last parts of the cord are tensioned, there is a tendency for the loose loop of cord to twist as it passes through the tightened sections. To prevent this twisting, maintain tension on the loop in one hand as the cord is drawn through, until it can no longer be easily grasped. The short loop should tuck in with little or no twist in it.

6. To finish the knot, seize the bitter end to the standing part where it comes out of the monkey's fist.



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Figure 4 Completed Monkey's Fist

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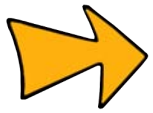

Tucking the bitter end inside the monkey's fist, then working all parts taut is another method of finishing off the knot.

CONFIRMATION OF TEACHING POINT 2

The cadets' completion of a monkey's fist will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' completion of a monkey's fist will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Making a monkey's fist provides a way of introducing advanced ropework skills in a fun and challenging way. A monkey's fist is used commonly for heaving lines in today's maritime community.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

A1-004 B-GN-181-105/FP-E00 Chief of the Maritime Staff. (2000). *CFCD 105 Seamanship Rigging and Procedures Manual*. Ottawa, ON: Department of National Defence.

C1-102 Fukuhara, D. (2002). *Fancy Knotting: An Introduction*. Vancouver, BC: David Fukuhara.

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