

Tying a Square Knot

Long ago I learned to tie a square knot. I was told:
Right over Left, then Left over Right.

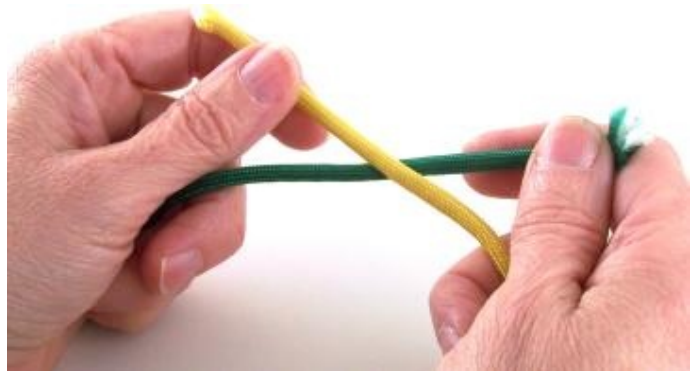
Then people really confused me by saying I could also go:
Left over Right, then Right over Left.

It was not until years later that I learned I really only had to keep track of just one end, not both.

1. If you have two ends that you want to tie together in a square knot, place one end in each hand.



2. Choose an end. It really does not matter which end you choose. Just pick one and remember which one it is throughout the entire process.



3. Place your chosen end over the other end.

4. Twist your chosen end around the other one.



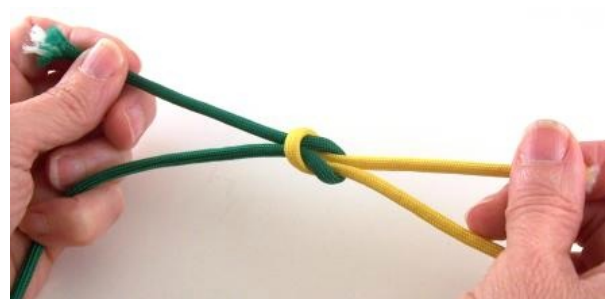
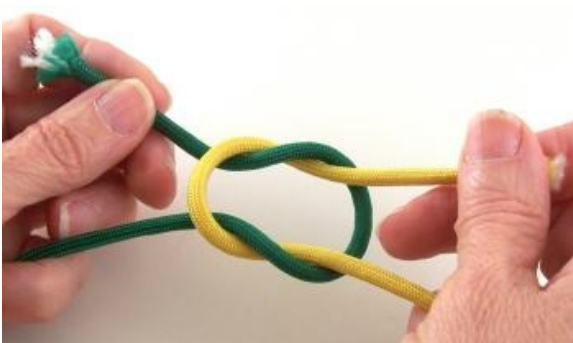
5. Then, once again, place your chosen end over the other end.



6. Bring it up through the center of the circle formed.



7. Gently tighten your square knot.

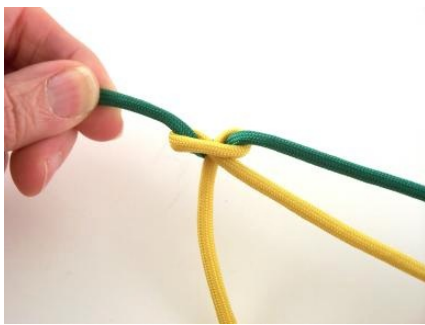


To Untie a Square Knot

1. Take hold of the string on the left side of the knot with your left hand. Take hold of the end on the other side of the knot with your right hand.



2. Gently, but firmly, pull it toward the right end until you feel a slight pop.



3. Then slide the knot toward the end you just pulled.



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