

LOCKING BOWLINE

The locking bowline is used for tying a loop at the end of or in the middle of a rope. It is much more secure than the regular bowline, especially if you're using stiff or slippery rope. Use it when you need to tie a non-slipping loop around either an object or yourself.



1. Pass the rope around the object or your waist.
2. Form an overhand loop. (See diagram.) Push the end of the rope up through the overhand loop and around behind the standing part.
3. Follow up through the loop a second time' passing the end behind the standing part and then down through the overhand loop. (See diagram.)
4. Make the knot as tight as you can.