



B R A I N F I T N E S S

C R O S S T R A I N Y O U R B R A I N

Knot so Fast™

Knot Tying Dexterity Game



40

Challenges
and Instructions





Knot so Fast™

Knot Tying Dexterity Game

ThinkFun's Brain Fitness games are designed as a fun way to help you exercise your brain. The 40 challenges will stretch your mental muscles, strengthening speed, focus, and memory. We recommend that you start with the beginner level and work your way through the challenges progressively. Just 15 minutes of play a day will reduce stress and provide a good brain workout. You're on your way to a healthier brain!

Includes: 40 Challenges with Instructions & Fun Facts, Rope, and Metal Tying Ring.

It's a shame that knot tying is somewhat of a forgotten art. Not only is it an impressive skill that could save you from some pretty sticky situations, but it's a really great brain exercise too! Have you ever watched a child learn to tie shoelaces? This seemingly simple task can be a mental workout requiring fine motor skills and manual dexterity. But, with some practice, it's pretty easy to master.

Knot tying will put your dexterity, critical thinking, and visual perception skills to the test. And, once you've mastered a knot, you can use memory to try recreating it as quickly as possible.

So, now that your brain's in good shape, stop playing, and go do something useful with your new skill!

The Object: Choose a challenge and recreate the pictured knot.

To Play: Start Tying! You may find it helpful to begin by identifying one end of the rope as your starting point and following it through the knot to the other end. Once you've mastered a knot, use a timer and challenge yourself to tie it in 30 seconds or less!

If You're Stuck: Start at one end of the rope and pay careful attention to how it weaves over and under itself and the ring. By following the rope closely (and even tracing it with a finger), you'll find it easier to see how the knot was created.

About the Inventor:

Dugald Keith, born in Melbourne, Australia, majored in physics and worked in high technology before becoming a full-time board game and puzzle inventor. His inventions have won numerous awards.

Knot Consultant, Des Pawson, MBE:

A professional ropeworker for more than 35 years, Des Pawson is the author of a number of books on knots and ropework. He is co-founder and past president of the International Guild of Knot Tyers. In 2007, he was awarded the MBE (Member of the British Empire) by Queen Elizabeth II for his contribution to the world of knots and rope.





Notes about Knots:

Knots may be the earliest tools invented by humans—virtually all knots were invented using reasoning and craftsmanship to create new tools. They were used to help make clothes and to hunt using spears and arrows; early sailors had to be masters at knot tying in order to survive. The Knot So Fast™ challenges fall into five major categories. Read about each category to get ideas on how you can use your knots.

Knots Categorized by Function:

We have chosen the Knot So Fast challenges from six major categories. To identify which category a knot belongs to, look on the challenge page for the icon.



STOPPER KNOTS

Stopper knots are usually used to stop a rope from slipping through a hole. They are also used to prevent the strands at the end of a rope from fraying, to weight a rope or to provide a handhold. They are usually tied at the end of a rope, although some can be tied in the middle.



BINDINGS

Binding knots are used to keep a rope from slipping or releasing its hold too easily, such as when tying up parcels. Avoid using a binding knot to join two lengths of rope or to tie a rope to an object, since the knot is likely to come undone under strain.



BENDS

A bend is used to join two lengths of rope together, lengthening the principal rope. For most bends, the ropes need to be of equal thickness to tie a secure knot. A few bends are suitable for joining ropes of two different thicknesses. A good bend can be easily untied, even after being put under considerable strain.



HITCHES

A hitch is used to tie a rope to an object, often a pole or a ring. Some hitches are designed to be tied quickly and hold tight, particularly those used by sailors, while others can be untied with a brief tug on one end.



LOOPS

Looped knots create a loop that may be tied to another object or line. A loop may be dropped loosely over an object to fix a rope in place, tied around a person's waist or wrist, or threaded through a ring or an eye of a hook. Loops can also be linked together to join two ropes that are substantially different in thickness. Some loops are fixed in place, while others are designed to slip and change size.



DECORATIVE KNOTS

Knots can be attractive and decorative in addition to being useful. Decorative knots often exhibit symmetric patterns which make them visually appealing.



BEGINNER

1



FUN FACT: The Overhand is the most basic of knots. It can be used to tie a string around your finger to remind you of something important.

OVERHAND KNOT



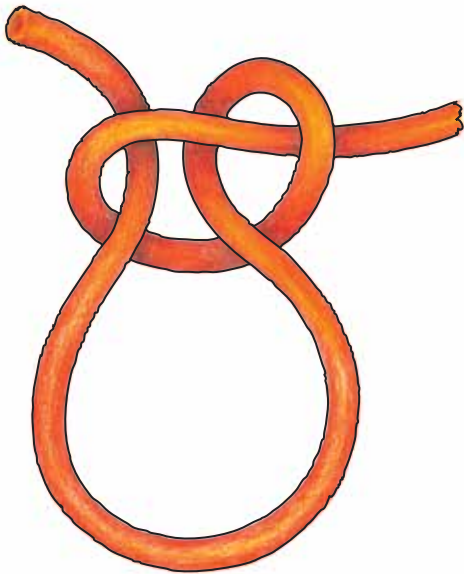
FUN FACT: When tied properly, the Slip Knot comes undone with just a tug on the rope's free end.

BEGINNER

2



SLIP KNOT



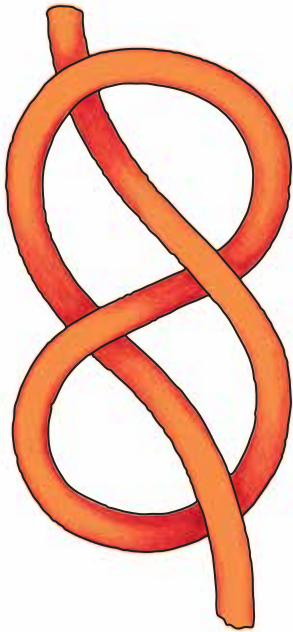
FUN FACT: The Figure Eight Knot is used on sailboats to prevent a rope from slipping through a pulley.

BEGINNER

3



FIGURE EIGHT KNOT



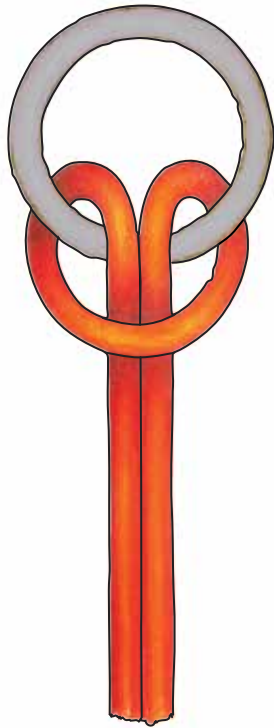
FUN FACT: Sometimes called a Cow Hitch or a Larks Head, the Ring Hitch is used to fasten a rope to a ring.

BEGINNER

4

#3

RING HITCH



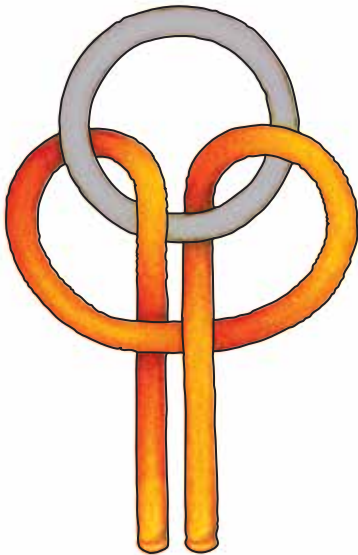
FUN FACT: In a pinch, the Clove Hitch can be used to bind together loose objects, like a pile of sticks, for easy carrying.

BEGINNER

5

5

CLOVE HITCH



FUN FACT: The Overhand Loop is one of the simplest and quickest knots to tie, which could make it handy in an emergency.

BEGINNER



OVERHAND LOOP



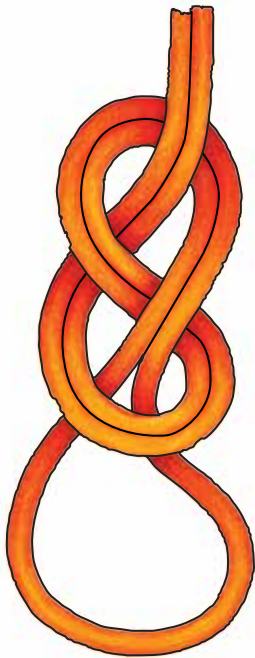
FUN FACT: The Figure Eight Loop is a climber's best friend, because it is so strong but also easy to tie and easy to undo.

BEGINNER

7



FIGURE EIGHT LOOP

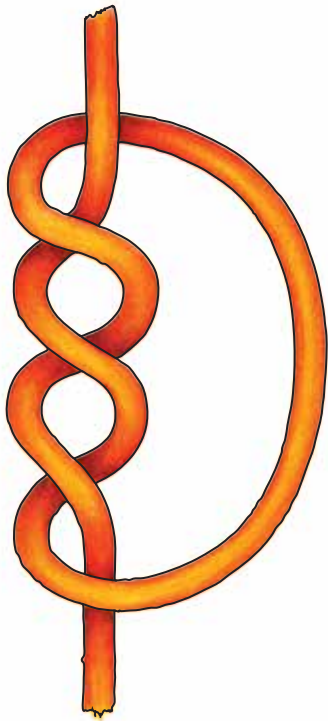


FUN FACT: When worked tight, the Double Overhand makes a perfect knot to put between macrame beads.

BEGINNER



DOUBLE OVERHAND KNOT

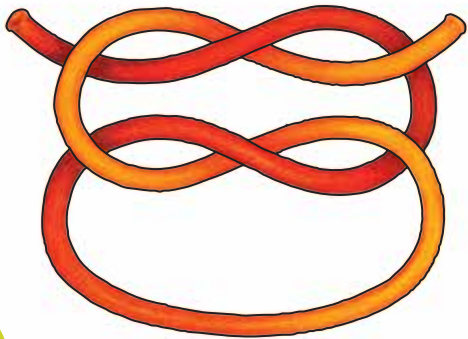


FUN FACT: The Reef Knot has been used for hundreds of years to tie down sails on ships in strong winds.

BEGINNER



REEF KNOT



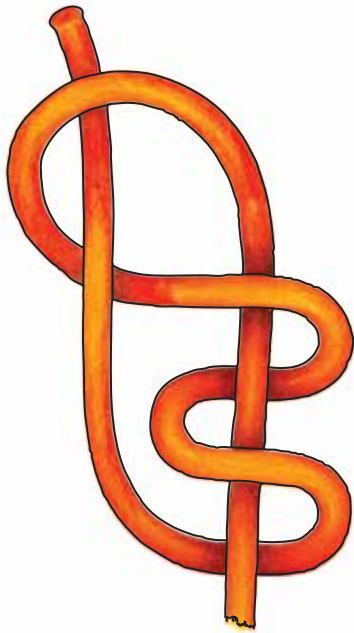
BEGINNER

10



FUN FACT: The Stevedore Knot can be tied as a stopper at the end of a rope when the Figure Eight isn't big enough to keep it from pulling through a hole.

STEVEDORE KNOT



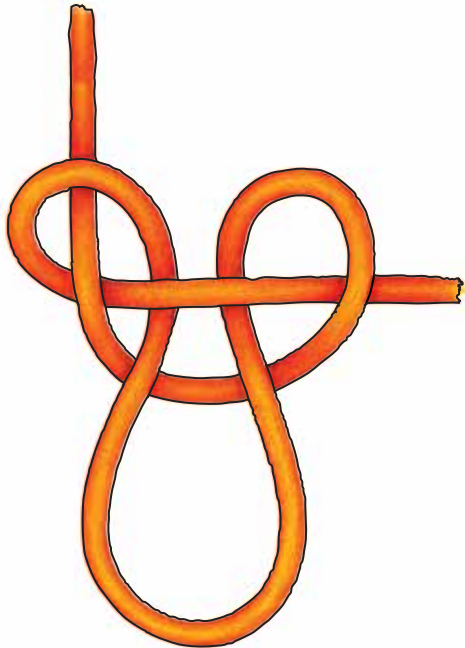
FUN FACT: Tie a Harness Loop in the middle of your climbing rope to use it for hauling supplies up the mountain with you.

INTERMEDIATE

11



HARNES LOOP



FUN FACT: If you need to tie your horse to a fence post, Two Half Hitches might be the knot for you!

INTERMEDIATE

12



TWO HALF HITCHES



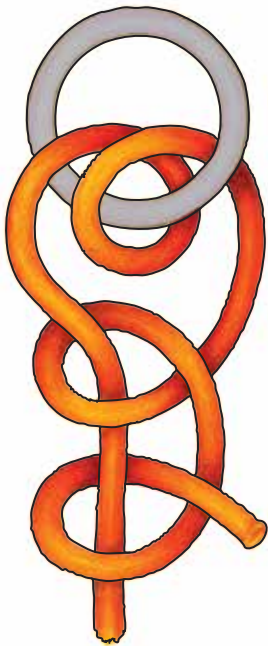
FUN FACT: The Round Turn & Two Half Hitches is best used to tie a rope around an object like a dock piling.

INTERMEDIATE

13



ROUND TURN & TWO HALF HITCHES



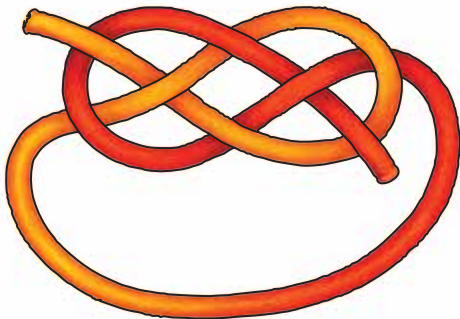
FUN FACT: Use a Carrick Bend when tying a particularly heavy rope or cable that does not form easily into other knots.

INTERMEDIATE

14



CARRICK BEND



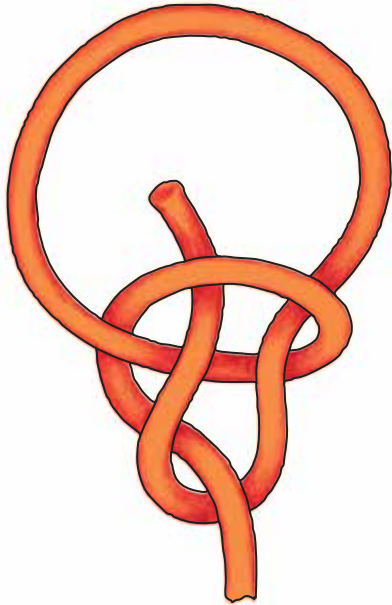
FUN FACT: Originally called the Bow Line Knot, and used to attach a rope to the sail, it is still one of the best knots for this job.

INTERMEDIATE

15



BOWLINE



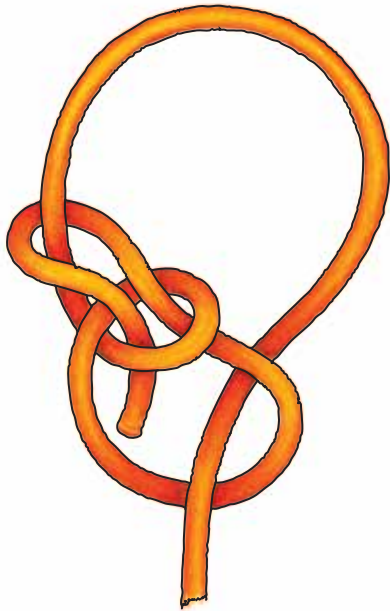
FUN FACT: When sailors need to retrieve anything floating overboard, they use a Running Bowline.

INTERMEDIATE



16

RUNNING BOWLINE



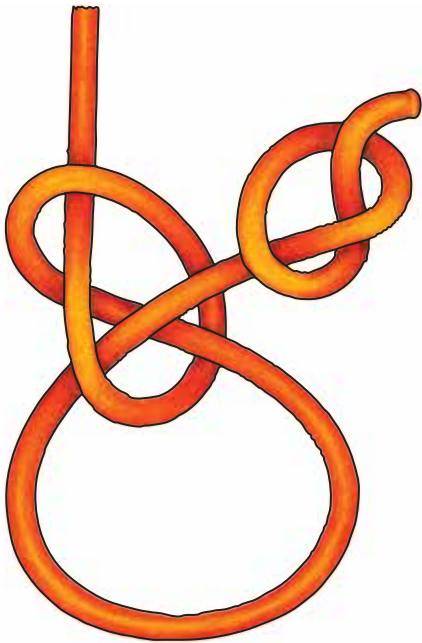
FUN FACT: The Lariat Loop is what sits at the end of a cowpoke's lasso. Great for roping steer!

INTERMEDIATE

17



LARIAT LOOP



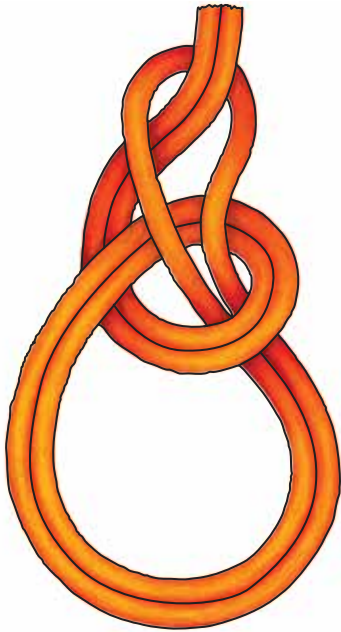
FUN FACT: Forming a rope seat with Bowline on a Bight is easy. It's hoisting a sailor aloft to clean the rigging that takes skill!

INTERMEDIATE

18



BOWLINE ON A BIGHT



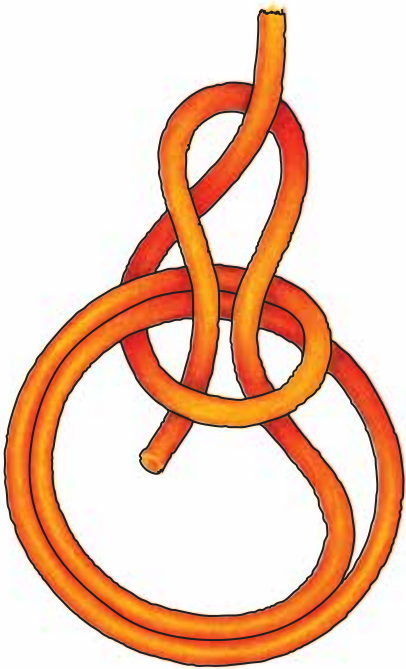
FUN FACT: To lift an injured friend, tie a Portuguese Bowline, with one adjustable loop as a seat and the other around their chest.

INTERMEDIATE



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PORTUGUESE BOWLINE



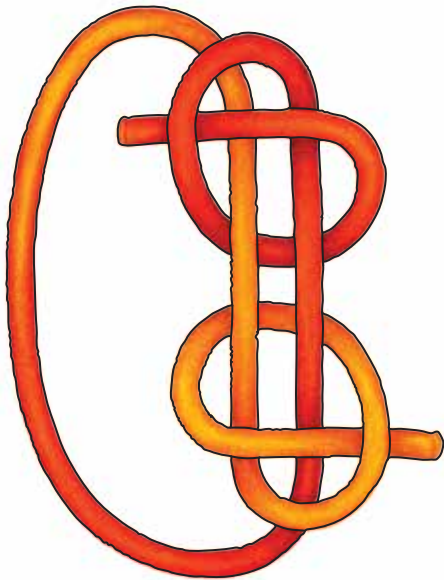
FUN FACT: As its name suggests, the Fisherman's Knot has long been used to join fishing lines, but it can slip on modern nylon lines.

INTERMEDIATE

20



FISHERMAN'S KNOT



ADVANCED

21



FUN FACT: On large sailing ships, buntline ropes lift the middle portion of each sail. The Buntline Hitch is designed to resist the flapping of the sail.

BUNTLINE HITCH



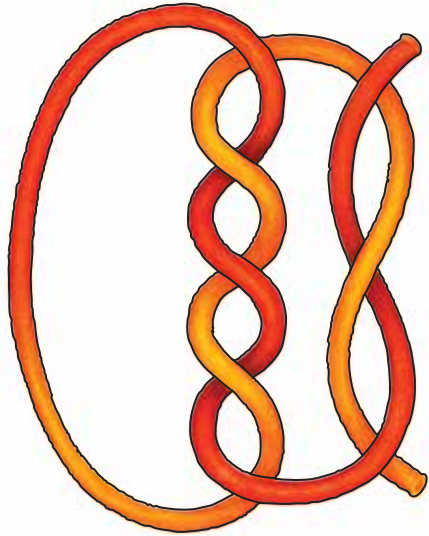
FUN FACT: The Surgeon's Knot is most often used by medical personnel to tie off fresh sutures.

ADVANCED

22



SURGEON'S KNOT



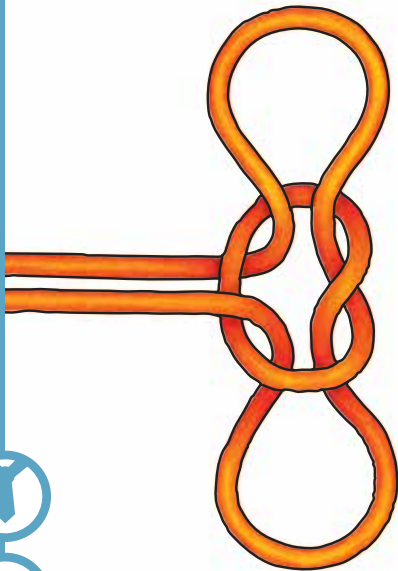
FUN FACT: The Tom Fool Knot, quickly tied and untied, can make for a fun trick. Now you see it, now you don't.

ADVANCED



23

TOM FOOL KNOT



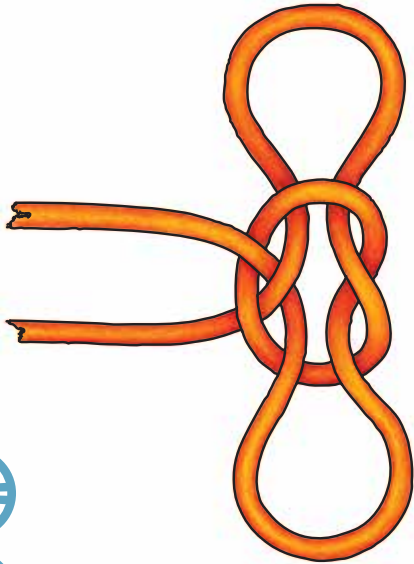
FUN FACT: The Handcuff was used out West to prevent horses and grazing animals from wandering away and getting lost during the night.

ADVANCED



24

HANDCUFF



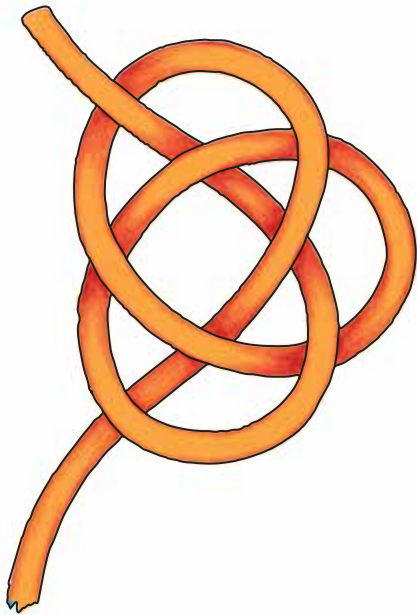
FUN FACT: Invented around 1910, the Ashley Stopper Knot is the largest of the stoppers you must master to win this game.

ADVANCED

25



ASHLEY STOPPER KNOT



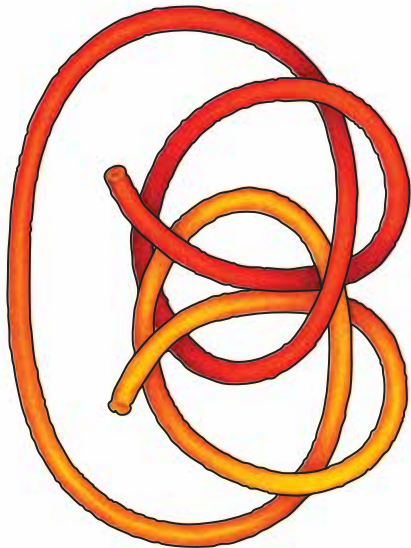
FUN FACT: The Alpine Butterfly Bend is a knot that works well for joining two ropes together.

ADVANCED



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ALPINE BUTTERFLY BEND



FUN FACT: If you are fishing with a lure instead of a worm, use an Improved Clinch Knot to secure the lure on your line.

ADVANCED

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IMPROVED CLINCH KNOT



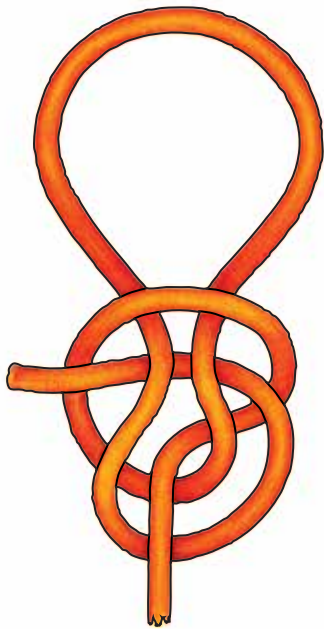
FUN FACT: Believe it or not, an Angler's Loop is one of the few knots that can actually be tied securely in a bungee cord.

ADVANCED



28

ANGLER'S LOOP



FUN FACT: The Fisherman's Bend, also known as the Anchor Bend, makes a strong knot that has traditionally been used to secure a ship's anchor.

ADVANCED



FISHERMAN'S BEND



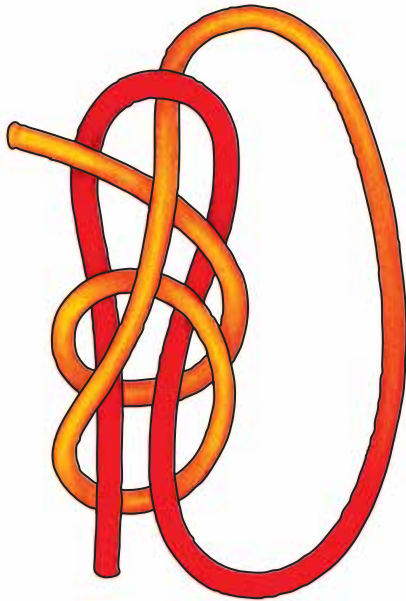
ADVANCED

30



FUN FACT: The Double Sheet Bend is most helpful when used to connect a thin rope (light orange side in illustration) with a thicker one (dark orange side).

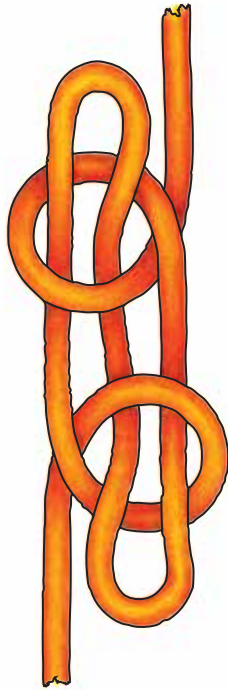
DOUBLE SHEET BEND





FUN FACT: The Sheepshank is used to shorten a rope that's too long by taking up the slack without getting tangled.

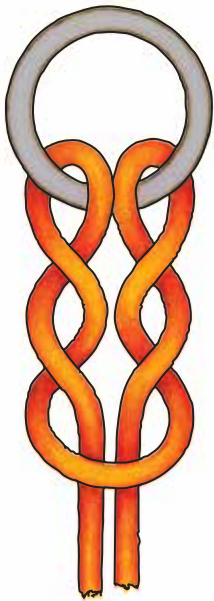
SHEEPSHANK





FUN FACT: With its extra tucks, the Cat's Paw is even more secure than the Ring Hitch and works well on a cargo hook.

CAT'S PAW



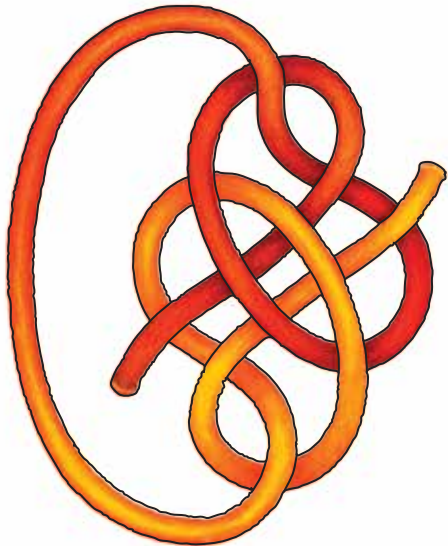
FUN FACT: If your rope is too short, you can use a Hunter's Bend to join it with another one.

EXPERT

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HUNTER'S BEND





FUN FACT: Ken Tarbuck invented the Tarbuck Loop for climbing with the new nylon ropes that came into use after World War II.

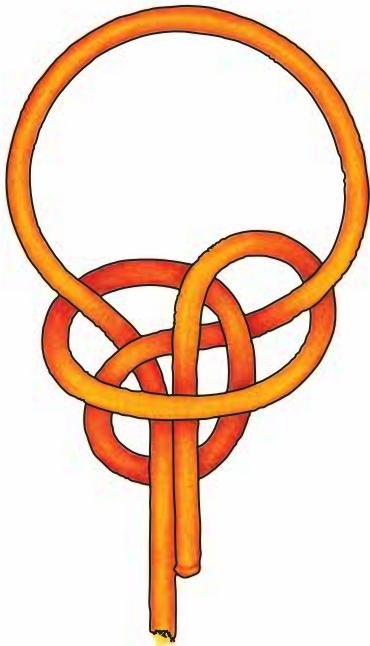
TARBUCK KNOT





FUN FACT: The Half Windsor Knot was named after King Edward VIII, later The Duke of Windsor, who was said to prefer wide knots in his neckties.

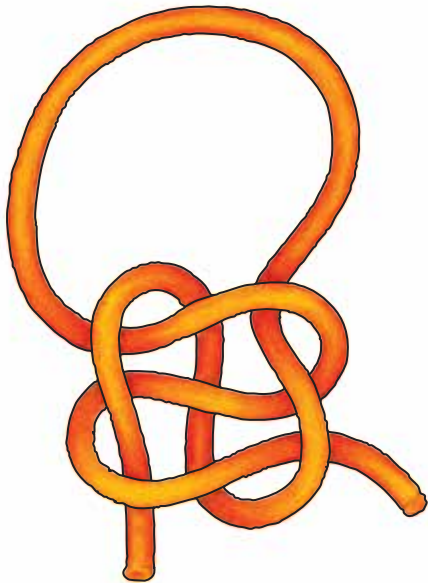
HALF WINDSOR KNOT





FUN FACT: Sometimes confused with the Reef Knot (also called the Square Knot), this is for decoration and can be tied nicely in a long, thin scarf.

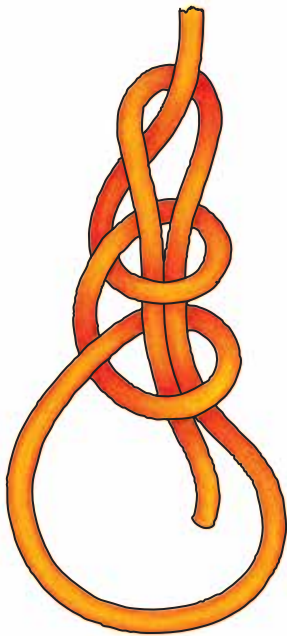
SQUARE KNOT





FUN FACT: The Water Bowline is the knot to use when your rope will have to hold under very wet or slippery conditions.

WATER BOWLINE





FUN FACT: The Single Strand Plait looks a lot like a hair braid and makes a nice fancy end to a rope.

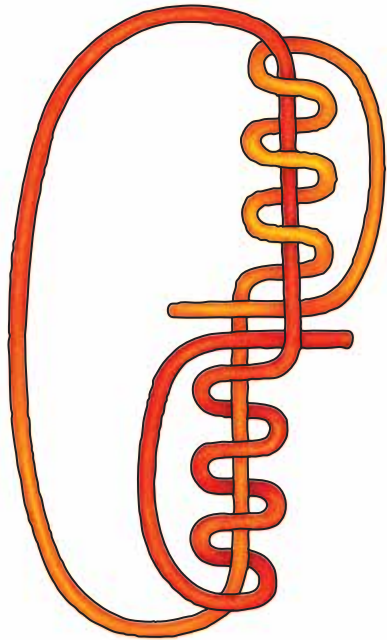
SINGLE STRAND PLAIT





FUN FACT: The Blood Knot is commonly used by many types of fishermen, but it's especially loved by those who prefer fly fishing.

BLOOD KNOT



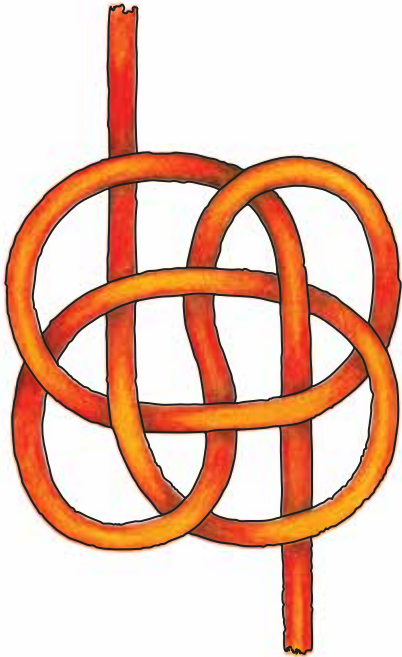
FUN FACT: True to its name, the Chinese Button is a decorative knot frequently used in traditional Chinese clothing.

EXPERT

40



CHINESE BUTTON





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