

## MONKEYS FIST

This knot is mainly used to weigh the end of a rope and is widely used by Sea Scouts. Any rope can be used to make the knot.

**PIC 1:** Make three loops.



**PIC 2:** Study picture 2 to see how the rope twists at the bottom and twist around 3 times.



**PIC 3:** Thread through the rope 3 times again until it resembles a loose fist.



**PIC 4:** Starting at the beginning tighten the cords one by one until you have your finished fist.



**NOTE:** It does take practice as do all knots, so bear with it you.