

# Knot



# News

**International Guild of Knot Tyers – Pacific Americas Branch**

**January 2015**

**Joseph Schmidbauer – Editor**

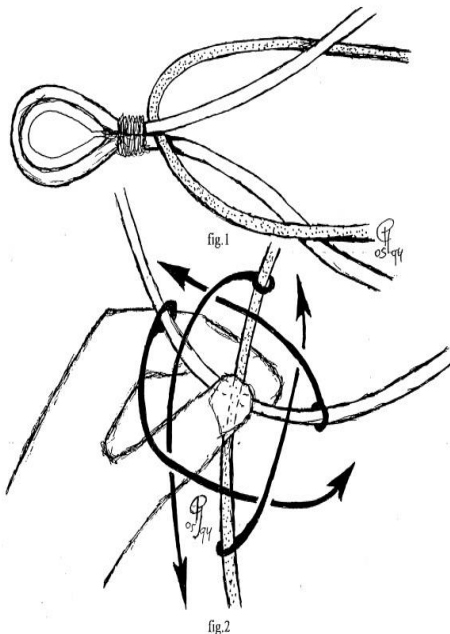
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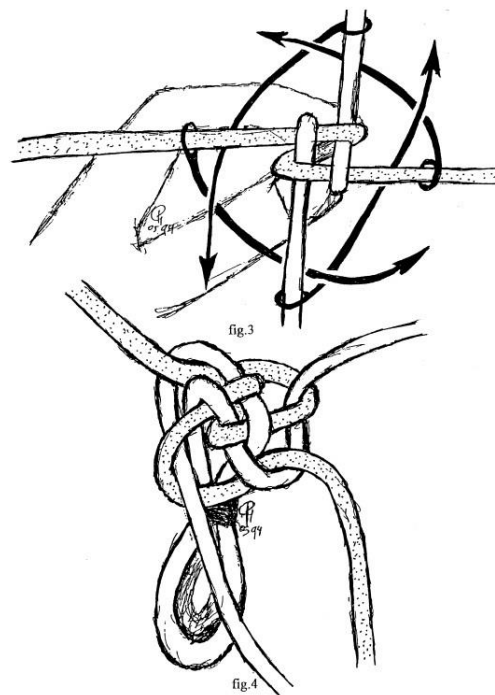
## **An Easy Bell Pull** *Pieter van de Griend*

Let me show you an easy way to make a simple bell pull. First we make an eye, as otherwise it will be difficult to connect our work of art to the clapper of a bell. Next we create a lumpish crown, followed by an insanely simple stretch of 4-strand pleat. After we completely messed that up we arrive at yet another lumpy spheroidal conglomerate of knot worked artefacts and close off with a multifunctional tassel. Got it?

I shall be brief about requirements, but to embark on this adventure you need two pieces of cordage of which the length depends on the diameter. If you have a thimble then that is excellent. You may incorporate it in this imminent work of art.



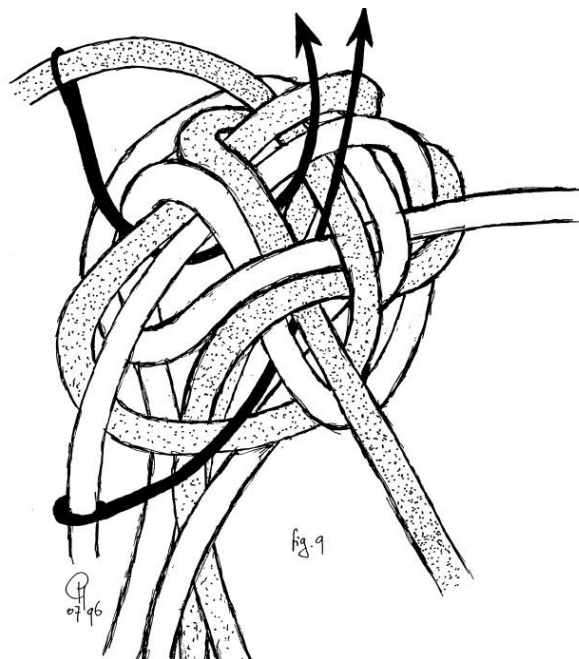
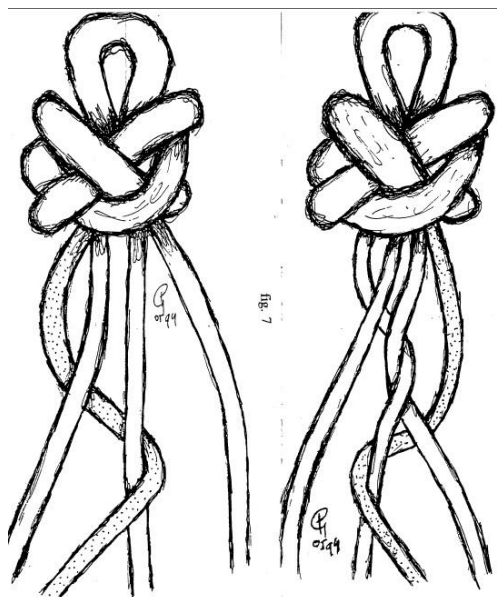
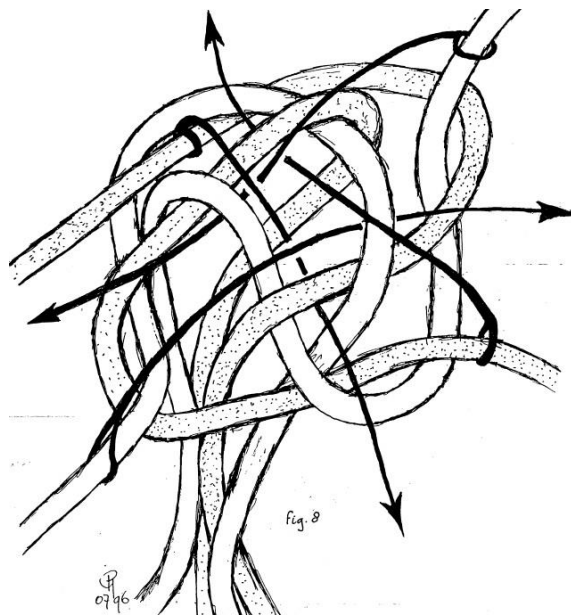
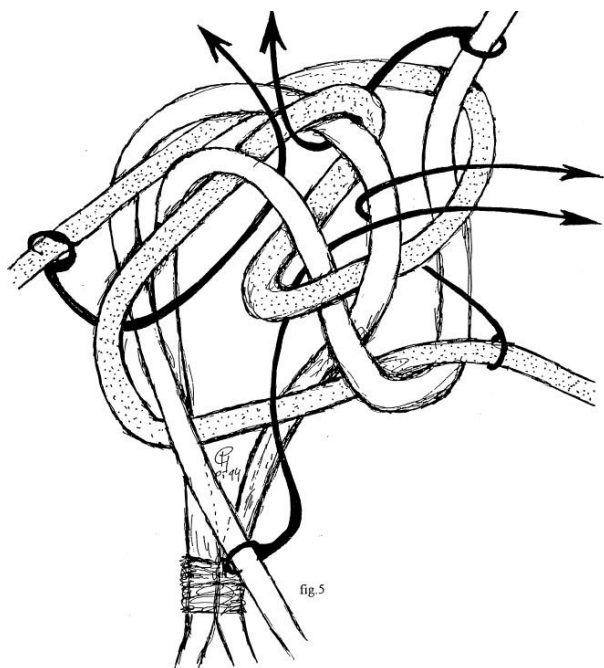
If you have a thimble, make a whipping about midway on your strings. If you have no thimble then no whipping is required. Place the second cord as indicated by the dotted cord in Fig.1. In Fig.2 you can see how to hold your hands to make a Crown Knot.



Underneath the Crown Knot position a Wall Knot as shown in Fig.3. In Fig.4 you can see how the strands should lay. This composite is called a Crown and Wall Knot.

Now carefully open the Crown & Wall Knot and push the 4 working ends through its heart as Fig.5 shows. One way of making a 4-stranded pleat is illustrated in Fig.6 and 7. How to read those figures? Note that the leftmost strand goes under 2 to the right, reverses and goes over one to the left. Alternating between port and starboard sides this

process lands you a square 4-stranded pleat, if you are lucky. There is one warning, this may not be the nicest of starts, but perhaps you can figure out what is more esthetically pleasing. Continue this process till either you run out of cordage or think you have created sufficient length. Meanwhile try to do some system tensioning to get the weave to even out handsomely.



Now we have arrived at the grand finale. Make another Crown & Wall Knot Fig.8 but double it this time. Pull the four strands up through its heart also. Use them to make a tassel, or a paintbrush – as you wish.

## Physical Therapy

*Hooey Michaels*



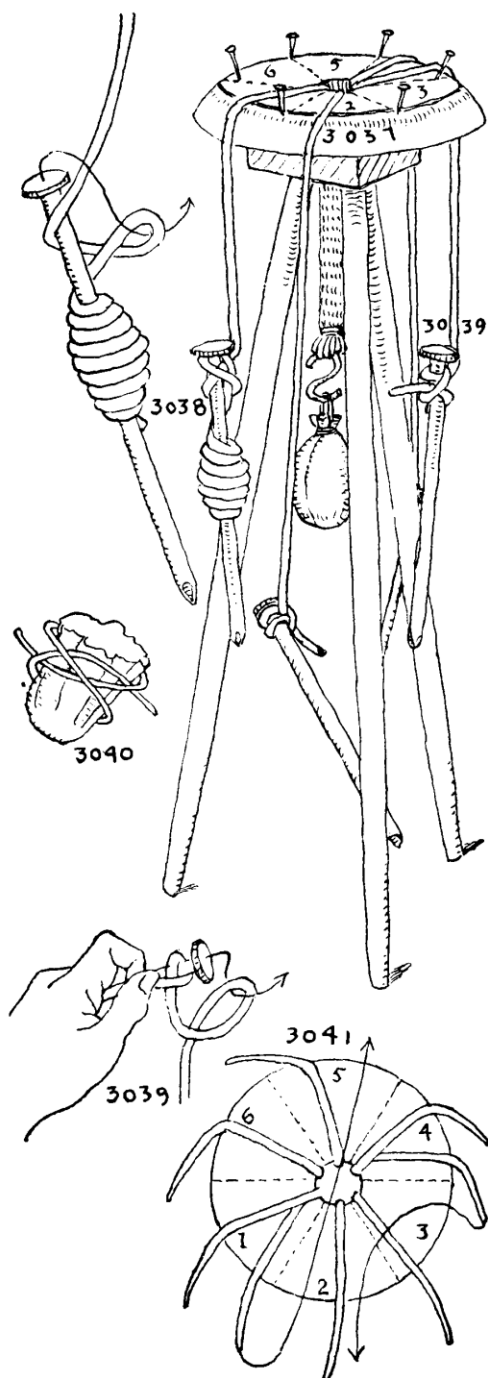
Knotting is multi-functional by definition!

Over the years I have thought a branch of knotting that would be useful in physical therapy. It would be useful to certain patients working to regain or improve dexterity in their upper extremities after trauma or stroke. Living as I have out of doors so often, or at least away from populated areas with hospitals, I never had the opportunity to pursue this interest. Rather than just dismiss the idea, I thought I might pass it along in the hopes someone with an interest in physical therapy, or perhaps has a family member in need of this sort of therapy, would follow through with it. It might lead to some interesting things.

As a young child I was given a braiding spool to play with. Nothing more than a round wooden spool with about a  $\frac{1}{2}$ " diameter hole bored through the axis of it, and a series of pins in one end of it around the bored hole. I believe it had 4 pins equally spaced, but it might have been 6 pins, I am not sure now... but the number is not important. Most any number will work, 4 probably being the easiest to start with. Ashley [ABOK] gives some instruction on how to make and use these braiding spools, so I won't go into it there, just to say they are extremely easy to make and use.

The therapy idea is that if a patient is trying to regain the use of one side of the body, i.e. one hand is not working well, or hardly at all, then the spool would be held in that hand, relearning grip, while the other hand does the manipulating. Eventually switch the hands. Slowly, the weak hand should be made to do some of the manipulating, even if unsure and slowly. A small hooked needle, perhaps a crochet needle, is used to actually manipulate the yarn or whatever type cordage you choose to use. I find non-fuzzy knitting yarn to be fine for this. The individual fingers need not be stressed, although later on at the user's discretion the fingers can be used slightly more. The whole process produces a braided "rope" that comes out of the bottom end of the spool. Progress can be measured in rope length. If at the start the patient produces 6 inches of rope in half an hour with the strong hand, and  $\frac{1}{2}$ " of rope with the weak hand, that is your "base line". Eventually you will see a gain in rope length, which is how you actually measure your progress... in inches. As the rope is produced in the spool, it grows out of the bottom end and needs to be gently tugged down so it does not bunch up inside the spool. Here is where the fingers can be put to better use when the time comes. At first the whole hand might be used to grip the rope to pull down, and then the fingers to pull instead, as dexterity

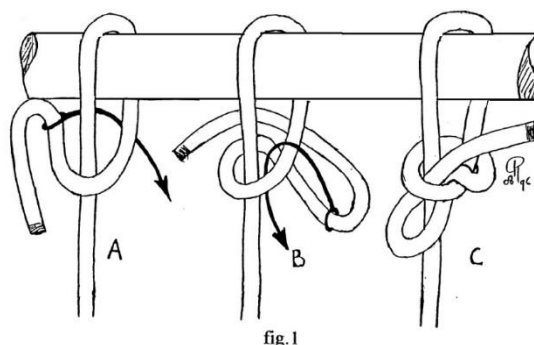
increases. I might be “over explaining” this a bit because the entire system is much easier to do then tell about, so perhaps I have said all that I need to say to get the idea out there. Should someone follow through with the idea, the obvious step after the patient has improved enough to go on to a more aggressive therapy, there is the entire world of knotting and braiding to work with. I prefer braiding... but it's all good.



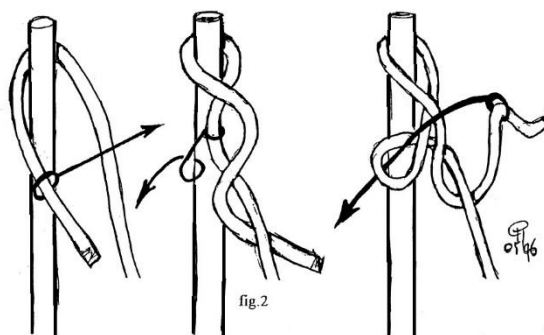
## Some Cow Knots

Pieter van de Griend

For me 1972 is an excellent knot year. During the summer I visited the island of Terschelling in the north of The Netherlands and discovered the Klass Knop knot boards in the library of Hoorn. The event caused days long knot talk that could not be ignored by my host, farmer Jaap Hek of Oosterend. He showed me a Halter Hitch that he used to moor off his cows. Fig.1 shows how to make *Jaap Hek's Koeiesteek*.



I never expected to come sufficiently close to cows ever again to find any Cow Knots, but I once visited the farm of Ko den Hamer in , which is a small village tucked away in the south-west of The Netherlands. While getting his cows into the barn for milking one evening he rattled up a Halter Hitch that he used to moor off his cows. The twisty snarls caught my eye and are reproduced in Fig.2.



You can view this knot as a Slipped Loop Knot [Fig.3A]. Now pull out the slipped looplet [Fig.3B]. The resulting Loop Knot is very unstable, and it can capsize [Fig.3C].



## Knot Working

Joe Schmidbauer

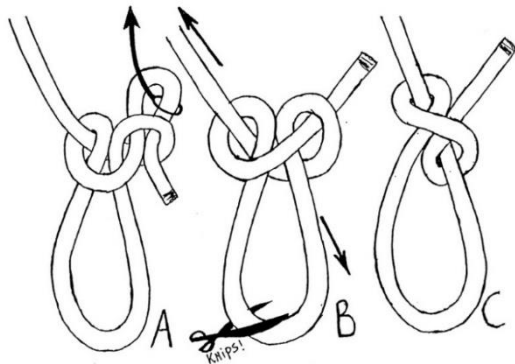


fig.3

Let us scissor the larger loop of Fig.3B to get a bend. As is well known this bend [Fig.4A] has two appearances. There is a stable form [Fig.4D] and an extremely unstable form [Fig.4B].

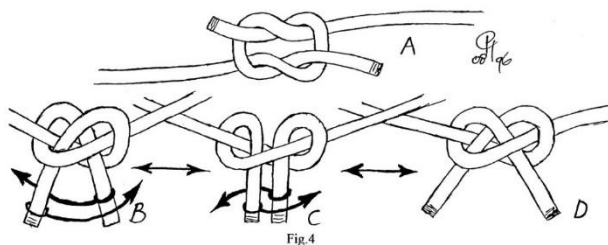


Fig.4

The link between both bends lays in twisting the bend's working ends [Fig.4C]. Doing so you subtly boost knot security. It does not show how my farmer friend from Axel found the stable form, however. Any suggestions out there?



I did these bottles during my Christmas vacation. The macramé one on the right was done with cotton cord. The carrack bend one on the left is a re-make. I chose this design to better show the pick coral sand inside the bottle. This one is made with white sein twine. On the next page I show a knot board I made. This is also a re-make. This board was from the first knot board I ever made and it was showing its age. I took it all apart and then it sat for a number of years. I finally got motivated enough to finally complete the border that was the biggest hurdle to finally getting it done. I filled it in with all new knots and there it is.





And that is about that from me.