

*Not Just Knots* Capstone Project

# Carrick Bend Mat and Turk's Head Knot

Skill level: intermediate or advanced

by Glenn Dickey, Member, International Guild of Knot Tyers, North American Branch; and Volunteer, 4-H Youth Development, Ohio State University Extension

These directions describe the flat method of making a Turk's Head knot that uses the carrick bend on-the-bight knot as a starting point. Start by making two three-stranded carrick bends, and then use one of them to make a Turk's head knot.

This particular pattern is called a three lead, four bight—or 3L4B—Turk's head knot. Look closely and you'll see why. There are three strands, or leads, that travel around four bends or curves. Many knots are described in this manner.



## Materials

**Cardboard tube or a large wooden dowel**

**Two strands of cordage, each six feet long** (the illustration includes  $\frac{3}{16}$ " nylon cordage)

## Tools

**A large, clear workspace**

## What to Do

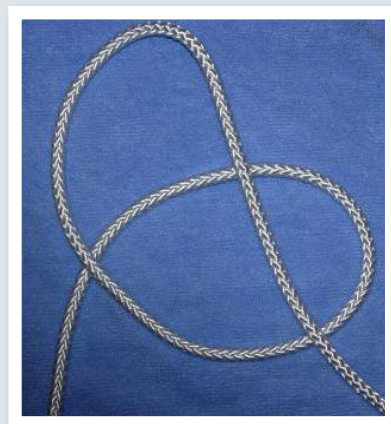
1. Use one piece of cordage and make a bight (curve) about six inches in length near one end.



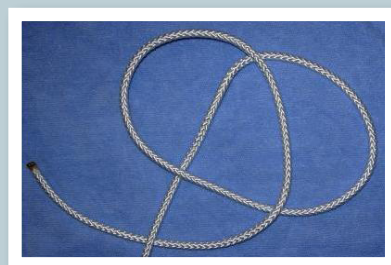
2. Take the working end of the line and pull it up to create a loop about six inches in diameter. Notice the working end goes **OVER** the standing end.



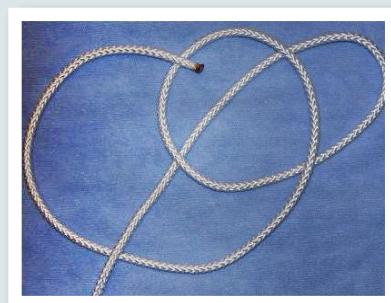
3. Now take the working end and bisect the loop you just formed. Keep going in a clock wise direction.



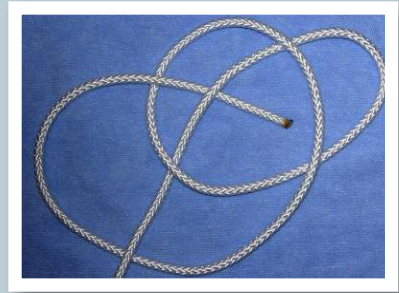
4. From this point on, the carrick bend knot follows an over/under pattern. Take the working end and go **UNDER** the standing end as shown.



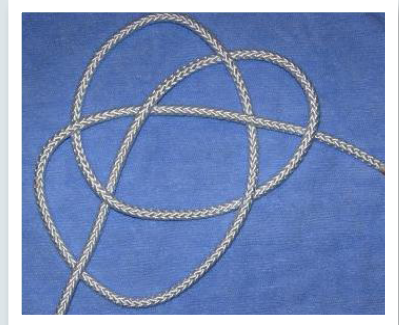
5. Continue to use the over/under pattern by threading the working end through the knot and going **OVER** to the other side. Notice that because you went **UNDER** the standing end and are going **OVER** the next line.



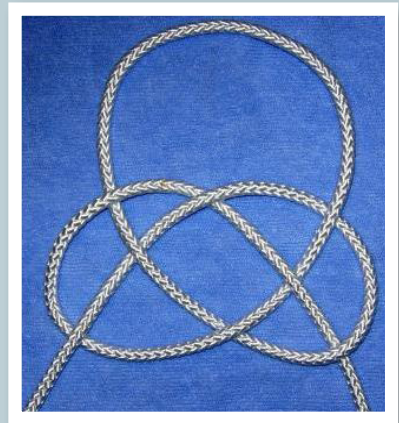
6. Continue to use the over/under pattern by threading the working end through the next part of the knot and going **UNDER**.



7. Continue to use the over/under pattern by threading the working end through the rest of the knot and going over/under until you come out the other side. This forms the carrick bend-on-the-bight knot. The knot isn't very neat at this time.



8. To prepare for the next steps, straighten or "fair up" the knot to make it even and symmetrical. The knot should form this shape. If it doesn't, review the steps above and pay close attention to the over/under pattern.



9. Start threading the working end along the inside of the standing end and retrace the first lead. It might be helpful to think of the two ends as buddies: Wherever one goes the other goes with it. This is called “chasing the lead,” or following the knot as it has already been tied.



10. Keep threading the working end along the inside of standing end, retracing the first lead. As you use the cordage, stop occasionally and tighten the knot so that you have enough cordage on the working end.



11. Continue threading the working end around the knot, tightening it and making it smaller as necessary. Chase the lead until you have traced the knot three times.





- 12.** After tightening and fairing up the line, your knot should be similar to this one. Congratulations! You've made your first 3L4B flat Turk's head knot!

In this form, the knot is also called a carrick bend mat. It can be used as a drink coaster.

Repeat steps 1-12 with the second piece of cordage and make another carrick bend mat. Use this second one to continue to step 13.



- 13.** To make a cylindrical 3L4B Turk's head knot, notice the hole in the center of the carrick bend mat. Rearrange and stretch the knot until the hole in the center is big enough to slide over the cardboard tube or dowel. Slide the knot on to the cardboard tube or dowel.



- 14.** Tighten the leads by following them in the same direction through the knot. It is a good idea to get in the habit of working in the same direction, left to right or right to left, so you can always pick up where you leave off. Keep tightening until the leads on the cylinder are symmetrical and as tight as you want.



**Congratulations! You now have made both a flat 3L4B Turk's head knot and a cylindrical one to match!**

