

## Double figure 8

<http://www.youtube.com/watch?v=WakZ-77le3c>

Hi, Erin Shamy here. When tying into the rope, you want to get yourself a good length of rope and you're going to want to use the double figure 8 follow through knot.

Now, to make the double figure 8, you're going to start with a single eight. You're going to make the bottom loop by crossing a section of the rope over the other. Now here comes the important part where people mess up. You're going to make the second loop that top loop of the 8 by crossing under. So the rope crosses under here, over here. And then you're going to pierce that bottom hole with the end of the rope. Now you've got yourself a nice pretty looking figure 8 there.

Now it's time to make it a double. We're going to go through the harness with the end of the rope. Pull that knot up nice and close. Now, the follow through, this is the easy part. We've already got our base knot; we come with the end of the rope and just chase that knot around. We just follow that knot around, so perfectly matches the knot we have already tied and right up to the center. And you're going to know you've done this knot right when you've got the "twos". 2, 2, 2 and 2 which got double figure 8 follow through now right here.

Not only could that hold your car, but that's going to save your life.

When untying your double figure 8 follow through knot, it can be kind of difficult, especially when you've weighted that rope. But a nice trick, that will help you, is turn your knot over and you've got the head of the knot, hold the back and you want to break its head. Take it off and that will create some slack in that piece and it can be easily undone.

If you're bored with tying the figure 8 knot like that, you can always go to the rodeo style !