

# PROLONG KNOT

## DESCRIPTION:

A flat knot that is made by interweaving two strands of rope.

## USE:

As stair tread, mat, or chafing gear; also as a decorative knot in a two strand lanyard.

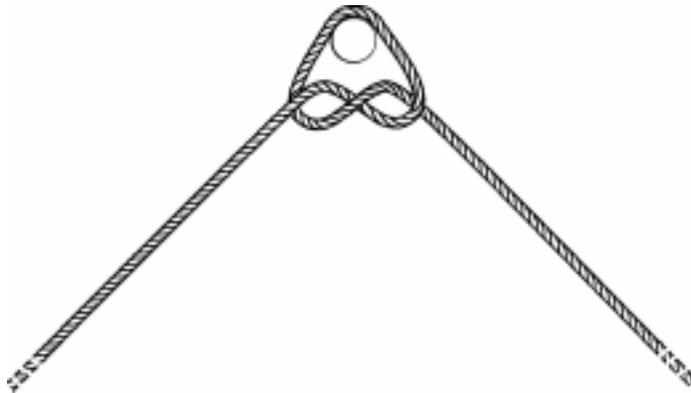
## COMMENTS:

The prolong knot gets its name from the fact that it can be extended to any length.

## TYING:

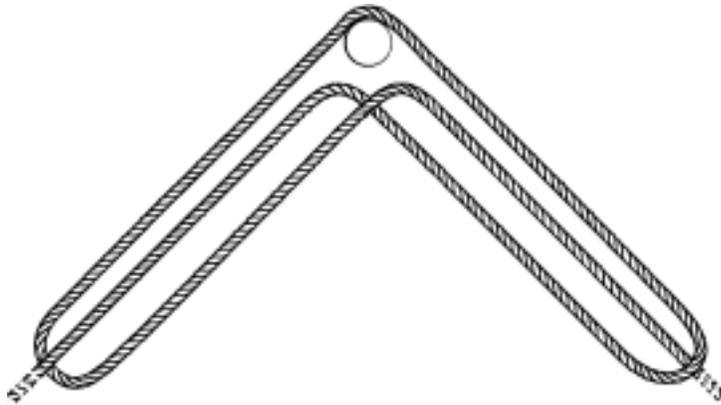
### STEP 1:

Place the center of the rope over a peg or hook and tie a loose half knot.



### STEP 2:

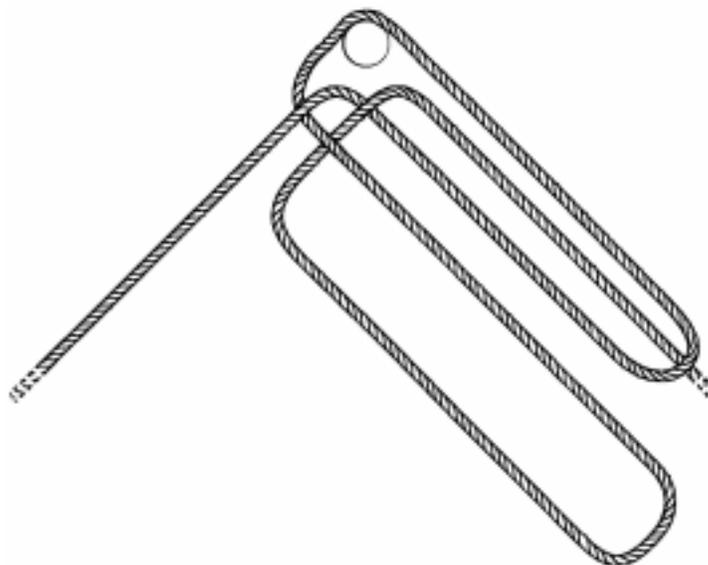
Extend the half knot as shown.



### STEP 3:

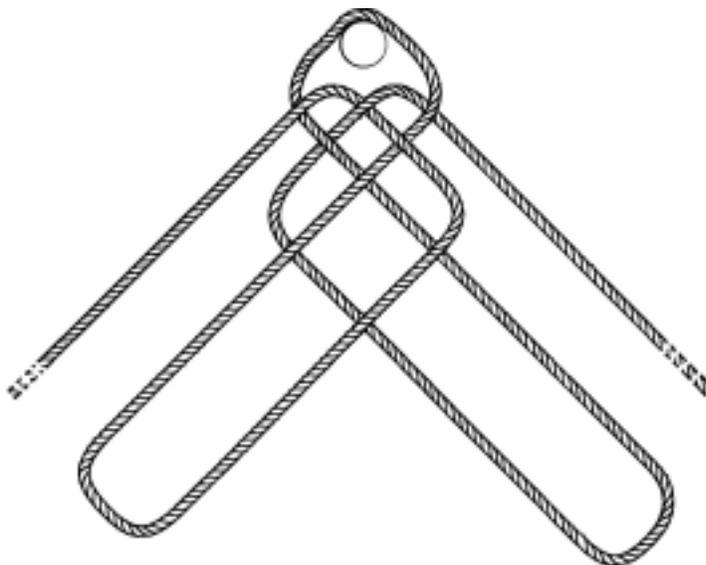
Twist the left loop and extend it to the right side.

[NOTE] This will start the over under pattern of the weaving.



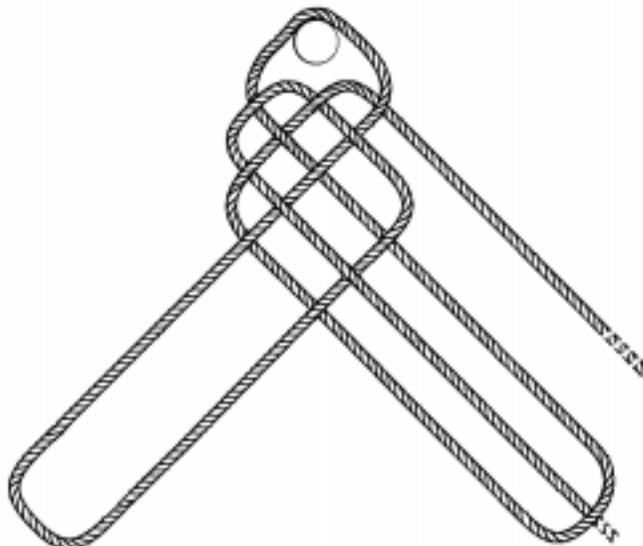
**STEP 4:**

Twist the right loop and extend it to the left side so that it is over the first extended loop.



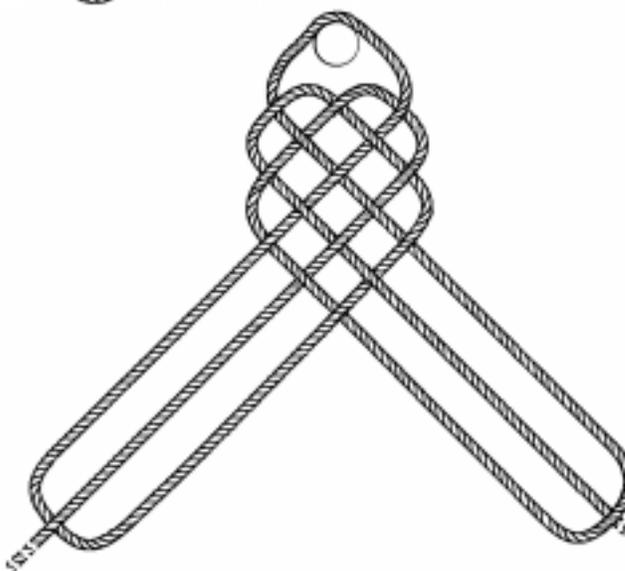
**STEP 5:**

Weave the left strand to the right in the pattern shown.



**STEP 6:**

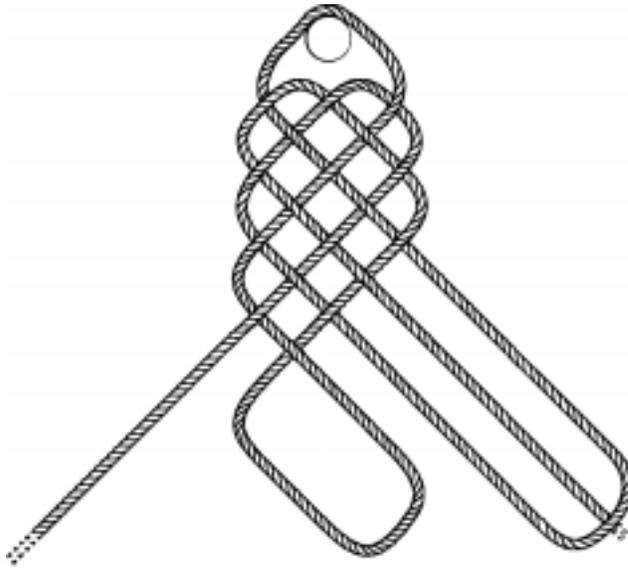
Weave the right strand to the left in the pattern shown.



**[NOTE]** This completes the four bight prolong knot. At this stage it may be ended and worked firm (over tightening distorts the knot) or the strands may be doubled as shown in later diagrams.

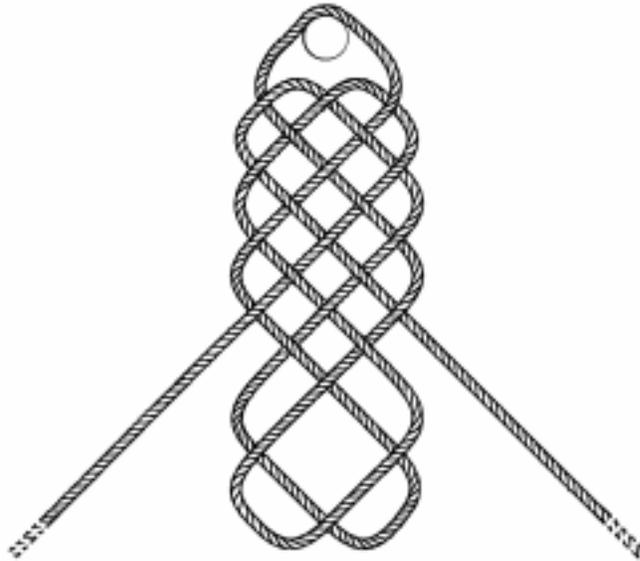
**STEP 7:**

Twist the left loop and extend it to the right side.



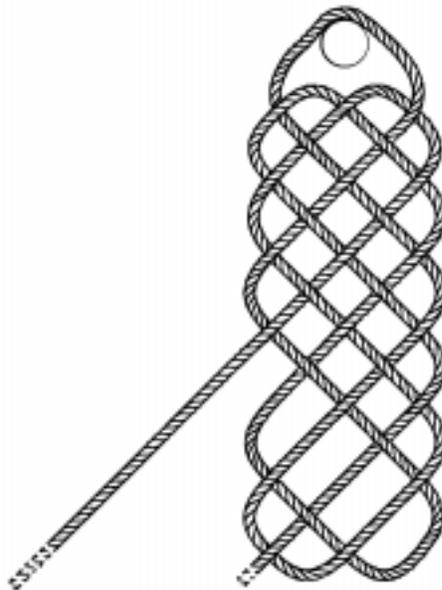
**STEP 8:**

Twist the right loop and extend it to the left side so that it is over the first extended loop.



**STEP 9:**

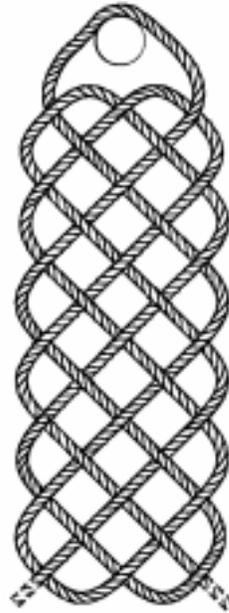
Weave the right strand to the left in the pattern shown.



**STEP 10:**

Weave the left strand to the right in the pattern shown. This completes the 7 bight form of the prolong knot.

[NOTE] The prolong knot can be extended three bights at a time by repeating steps 7 through 10 for each extension.



**STEP 11:**

Start doubling the strands by chacing (following) the opposite strand.



**STEP 12:**

Complete doubling the strands. Then work the knot into a firm mat . Do not over tighten the strands as this will distort the mat.

**[NOTE]** The ends of the strands can be hidden by sewing them to the adjacent strand on the underside of the mat.

