



JROTC Virtual Learning

**LET 3 & 4/ One Rope Bridge Knots 2
and Australian Seat**

May 5, 2020



Lesson: April 28, 2020

Objective/Learning Target:

Students will learn how to tie the knots used in a one rope bridge including the Round Turn with Two Half Hitches, and an Australian Seat.

Let's Get Started:

Watch Video: [Wrong Knot](https://www.youtube.com/watch?v=aMxcAaR0oHU) (0:54 Min)

<https://www.youtube.com/watch?v=aMxcAaR0oHU>

The Right Knot is Important



Knots to be Learned



**Round Turn and
Two Half Hitches**



Australian Seat



Bridge Anchor Knot
(Round Turn and Two Half Hitches
with Quick Release)

Learning to Tie Knots

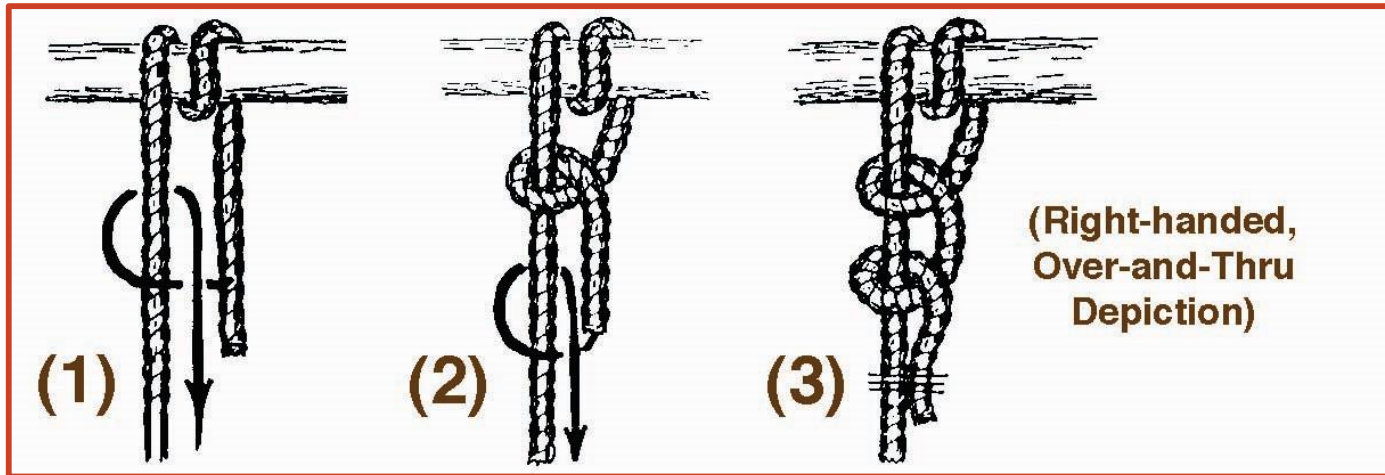
- Learning to tie knots is a muscle memory skill. Other muscle memory skills include riding a bike, shooting a basketball, throwing a ball, and playing a musical instrument.
- Muscle memory skills are difficult to learn at first and only get better with practice.
- The good news is once you master a muscle memory skill you remember it for a very long time.
- In order to get the most out of this lesson you must get a rope and practice the knots many times over days or weeks.
- Knowing how to tie some of these knots could save your life someday. The knots that I learned as a boy I have used my whole life. Many times I have trusted my life in my ability to properly tie knots.

Round Turn and Two Half Hitches

- The round turn and two half hitches is used to tie a line to an object.
- It is used to secure the ends of the rope bridge to an anchor point.
- Watch video and practice tying with your own rope

[How to Tie a Round Turn and Two Half Hitches](https://www.youtube.com/watch?v=obd3xct9q8w)

<https://www.youtube.com/watch?v=obd3xct9q8w>



Round Turn and Two Half Hitches with Quick Release on a One Rope Bridge

- This knot is used to secure both ends of the one rope bridge.
- The far side knot is simply the round turn and two half hitches with a quick release.
- The near side has a tightening mechanism and is secured with the round turn and two half hitches with a quick release.
- The entire rope must go through the loop for the first half hitch .
- The final half hitch isn't pulled completely through making a quick release.

[One Rope Bridge Knots](https://www.youtube.com/watch?v=FyYaEr2jM9E)

<https://www.youtube.com/watch?v=FyYaEr2jM9E>

Australian Seat

- Is used to secure the first and the last person to cross the obstacle to the rope.
- It is a simple square knot with two half hitches tied around the waist secured with a snap link.
- Look at the example and practice tying with your own rope

[How to Tie the Australian Seat](https://thenationals.net/raider-training-01a.htm)

<https://thenationals.net/raider-training-01a.htm>



How to Cross a One Rope Bridge

- Once the Bridge is completed all of the team must cross the bridge as quickly as possible.
- Only two people can be connected to the bridge at once.
- Watch how the team helps each other get onto and off of the rope
- Watch how the members use their hands and feet to pull themselves across.

How to Cross

https://www.youtube.com/watch?v=1q1rWRSeZ_I



● A team member uses his knee to help another cadet connect to the rope.



Knot Tying Conclusion

- These lessons have presented the knots needed to construct a one rope bridge.
- These knots are useful for many purposes but in order to use them in the future you must practice them. Once you use the diagrams and the videos to figure out how to tie each knot you must practice.
- Continue practicing the knots from the other lessons and add the round turn with two half hitches and the Australian Seat.