



B R A I N F I T N E S S
C R O S S T R A I N Y O U R B R A I N

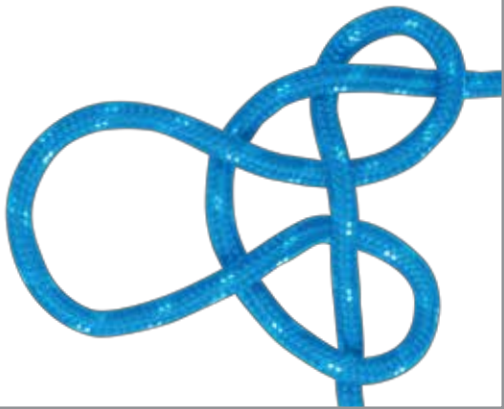
40
Challenges

& Instructions



Knot so Fast[®]

Knot Tying Dexterity Game





Knot so Fast[®]

Knot Tying Dexterity Game

ThinkFun's Brain Fitness games are designed as a fun way to help you exercise your brain. The 40 challenges will stretch your mental muscles, strengthening speed, focus, and memory. We recommend that you start with the beginner level and work your way through the challenges progressively. Just 15 minutes of play a day will reduce stress and provide a good brain workout. You're on your way to a healthier brain!

Includes: 40 Challenges with Instructions & Fun Facts, Rope, Metal Tying Ring.

It's a shame that knot tying is somewhat of a forgotten art. Not only is it an impressive skill that could save you from some pretty sticky situations, but it's really great brain exercise too! Have you ever watched a child learn to tie shoelaces? This seemingly simple task can be a mental workout requiring fine motor skills and manual dexterity. But, with some practice, it's pretty easy to master.

Knot tying will put your dexterity to the test as well as your critical thinking and visual perception skills. And, once you've mastered a knot, you can use memory to try recreating it as quickly as possible.

So, now that your brain's in good shape, stop playing and go do something useful with your new skill!

The Object: Choose a challenge and recreate the pictured knot.

To Play: Start Tying! You may find it helpful to begin by identifying one end of the rope as your starting point and following it through the knot to the other end. Once you've mastered a knot, use a timer and challenge yourself to tie it in 30 seconds or less!

If You're Stuck: Start at one end of the rope and pay careful attention to how it weaves over and under itself and the ring. By following the rope closely (and even tracing it with a finger) you'll find it easier to see how the knot was created.

About the Inventor:

Dugald Keith, born in Melbourne, Australia, majored in physics and worked in high technology before becoming a full-time board game and puzzle inventor. His inventions have won numerous awards.

Knot Consultant, Des Pawson, MBE:

A professional ropeworker for more than 35 years, Des Pawson is the author of a number of books on knots and ropework. He is co-founder and past president of the International Guild of Knot Tyers. In 2007, he was awarded the MBE (Member of the British Empire) by Queen Elizabeth II for his contribution to the world of knots and rope.





Notes about Knots:

Knots may be the earliest tools invented by humans—virtually all knots were invented using reasoning and craftsmanship to create new tools. They were used to help make clothes and to hunt using spears and arrows; early sailors had to be masters at knot tying in order to survive. Today, there are many different things you can use knots for. The Knot So Fast® challenges fall into five major categories. Read about each category to get ideas on what you can use your knots for. To identify which category a knot belongs in, look on the challenge card for the icon.

Knots Categorized by Function:

We have chosen the Knot So Fast challenges from six major categories. To identify which category a knot belongs to, look on the challenge card for the icon.



STOPPER KNOTS

Stopper knots are usually used to stop a rope from slipping through a hole. They are also used to prevent the strands at the end of a rope from fraying, to weight a rope or to provide a handhold. They are usually tied at the end of a rope, although some can be tied in the middle.



BINDINGS

Binding knots are used to keep a rope from slipping or releasing its hold too easily, such as when tying up parcels. Avoid using a binding knot to join two lengths of rope or to tie a rope to an object, since the knot is likely to come undone under strain.



BENDS

A bend is used to join two lengths of rope together, lengthening the principal rope. For most bends, the ropes need to be of equal thickness to tie a secure knot. A few bends are suitable for joining ropes of different thickness. A good bend can be easily untied, even after being put under considerable strain.



HITCHES

A hitch is used to tie a rope to an object, often a pole or a ring. Some hitches are designed to be tied quickly and hold tight, particularly those used by sailors, while others can be untied with a brief tug on one end.



LOOPS

Looped knots create a loop that may be tied to another object or line. A loop may be dropped loosely over an object to fix a rope in place, tied around a person's waist or wrist, or threaded through a ring or an eye of a hook. Loops can also be linked together to join two ropes that are substantially different in thickness. Some loops are fixed in place, while others are designed to slip and change size.



DECORATIVE KNOTS

Knots can be attractive and decorative in addition to being useful. Decorative knots often exhibit symmetric patterns which make them visually appealing.





ThinkFun's Mission is to Ignite Your Mind!®

ThinkFun® is the world's leader in addictively fun games that stretch and sharpen your mind. From lighting up young minds to creating fun for the whole family, ThinkFun's innovative games and mobile apps make you think while they make you smile.



www.ThinkFun.com



© 2014 ThinkFun Inc. All Rights Reserved.

MADE IN CHINA, 107. #87090. CH01.