
CHOOSE YOUR OWN STRING ADVENTURE

- **INTRODUCTION**

- This is more of a recipe or a CYOA book than a tutorial.
- I will demonstrate all the knots as I go, but there are so many tutorials out there that might be more helpful for the individual knots [**NOTE:** *Link channels in description*]
- It is definitely better to practice on spare bits of rope first, for four reasons:
 - So that you won't ruin or tangle any nice rope you got for a project.
 - So that you already know all the knots and you don't get frustrated in the middle of making the doll.
 - So that you can understand the structure of the knot itself, rather than just following a sequence of movements. I see on a lot of knot videos people commenting that they learn how to tie knots but forget almost immediately, and I think this is why.
 - Because practice makes perfect! You can practice by making little keychains and bracelets and so forth.
- Video will be organised into chapters with timestamps, so you can skip to them if you already know the knots, or if you want to go back to practice something again.

- **KNOTS USED:**

- **Head**

- 2-Strand Diamond Knot
- Globe knot is also suitable.
- Can use a bead if you don't want to learn this knot.

- **Body**

- Overhand Knot
- Snake Knot

- **Limbs**

Any kind of single-strand stopper knot. These will be used for the hands and feet, so make your choice based on that. Here is a list of lovely ones to go and look at:

- **List of stopper knots with corresponding links to tutorials.**

- **Barrel knot/Matthew Walker knot**

- [INSERT LINK]

- **Ashley stopper knot**
 - [INSERT LINK]
- **Double overhand knot**
 - [INSERT LINK]
- **Estar stopper knot**
 - [INSERT LINK]
- **Stevedore stopper knot**
 - [INSERT LINK]
- **Figure 8 knot (and double figure 8 knot)**
 - [INSERT LINK]
- **Celtic button knot**
 - [INSERT LINK]
- **Fishtail braid**
 - [INSERT LINK]
- **YOU WILL NEED:**
- **Mandatory**
 - **Tools**
 - Scissors
 - Lighter (if using plastic rope)
 - **Materials**
 - String/Rope:
 - **[NOTE:** Add explanation of differences between cloth rope and synthetic rope here]
 - At least one way of creating the neck:
 - Lighter will suffice if using plastic rope
 - Whipping cord
 - Tape

- Hair ties (elastic bands)
 - Bead with large hole:-
 - Hex nuts/ washers
 - Handmade beads (airdry clay or polymer clay)
 - Slice of cork/dowel with hole in it
- **Optional**
 - **Tools**
 - Pliers for fiddly bits
 - Crochet hook
 - Marlinspike (or equivalent)
 - Needle and thread
 - Pins/Safety pins/Bobby pins
 - Drawing of proportions to measure against while knotting
 - **Materials**
 - Airdry clay (suitable for cloth rope or synthetic rope)
 - Heat-mouldable plastic (also suitable for cloth rope or synthetic rope)
 - Polymer clay (cloth rope only!!!!)
 - Glue
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- **- CONSTRUCTION**

[ADD NOTE ON TIGHTENING OF KNOTS, BOTH FOR INDIVIDUAL KNOTS AND IN-BETWEEN STAGES]

[ADD NOTE ON MEASURING OF ROPE]

- **HEAD**

- **Double-Strand Diamond Knot**

Even if the knot comes out bad and lumpy, you can cover that with clay, which will be a section later.

- **Variation 1 (no hair)**

- Regular double-strand diamond knot OR globe knot.

- **Variation 2 (with hair)**

- Before making this variation, check how the end of your rope looks when it frays. Some ropes have an inner core that doesn't fray very well. Paracord has an outer sheath filled with fine strands, so it is easier to cut the outer part off. Experiment with fraying the ends of the type of rope you want to use before starting.
 - Double-strand diamond loop knot, leaving 2 loops at top, total of 4 bits of rope.
 - Don't cut loops until doll is done, because the hair gets annoying and is best done last

- **Variation 3 (animal ears)**

- The two top loops can be adjusted to form ears instead of hair, and then the loops can be fishtail-braided with thinner string.

- **Variation 4 (bead as head)**

- Hair as stopper
 - Jump ring/wire as stopper
 - Smaller bead as stopper

- **NECK**

You can make these without adding anything extra to the neck, but this will result in a gap between the arms. It is preferable to use either whipping or beads of some kind

- **Whipping Techniques**
 - **West Country whipping**
 - No needle required
 - **Sailor's whipping**
 - Very secure, requires a needle.
 - **Tape**
 - Useful for whipping ends while tying the doll, could be used for the neck I suppose.
- **Other techniques**
 - **Hair ties/elastic bands**
 - Better for younger kids, easier when out and about. Recommend not using elastic bands, as they degrade.
 - **Beads**
 - **Hex nuts/ washers**
 - These are pretty much the easiest way of finding a bead with a hole big enough for different kinds of rope. You need 2 sizes: one that will fit 4 strands of rope through, and one that will fit a single strand. Ideally they should be as tight as possible, and this is where having extra tools like bobby pins or pliers can be useful.
 - **Handmade beads (airdry clay or polymer clay)**
 - Hex nuts can be quite heavy, and also they all look the same, but clay is lighter and more customisable. You can mould them around an existing cylinder like a knitting needle or doweling rod in order to create beads of the perfect size for the rope you will be working with.
 - **Corks/Doweling Rod/Wooden Beads**
 - Corks are pretty easy to slice up and then make holes through. If you have a drill, you can drill all the way through a whole cork, or use a section of doweling rod. You can also buy wooden beads, and if they need a bigger hole you can enlarge it with a drill.
- **SHOULDERS**
 - The key to splitting body parts is to do it the same way the human body is set up, with symmetry split along the Y-axis. Each knot you tie on one side should be mirrored on the other side. This is why it is important to understand the

structure of knots rather than just following a sequence of moves that you might forget easily.

- I find it easier to complete the initial knot for the shoulders and then proceed with the rest of the body before doing the rest of the arms, so that everything can be pulled tight in proportion to the body and legs. This is also why you might want to draw out the proportions beforehand.

- **Without Beads**

[INSERT INSTRUCTIONS]

- **With Beads**

[INSERT INSTRUCTIONS]

- **BODY**

Snake knot. Make sure to tie it from the same side every time. The snake knot is unfortunately asymmetrical, so one hip will be a bit higher than the other, but you can compensate for that by making one of the legs a bit looser.

- **FINISHING SHOULDERS AND HIPS**

Mirrored barrel knots/Matthew Walker knots

- **HANDS AND FEET**

See “List of stopper knots with corresponding links to tutorials.”

- **Barrel knot/Matthew Walker knot**

- [INSERT LINK]

- **Ashley stopper knot**

- [INSERT LINK]

- **Double overhand knot**

- [INSERT LINK]

- **Estar stopper knot**

- [INSERT LINK]

- **Stevedore stopper knot**

- [INSERT LINK]

- **Figure 8 knot**
 - [INSERT LINK]
- **Celtic button knot**
 - [INSERT LINK]
- **Fishtail braid**
 - [INSERT LINK]

- **- FINISHING**

You can adjust the position of any of the knots at this stage. Don't worry if it is a bit wonky, because that is what gives each of them their own individual charm.

- **For Cloth Rope**

- Ends will fray, as you can't melt them
- Pull all of the knots into position as tight as possible, and then wet the rope so it binds better. Hot water is especially good for this.
- You can also put glue in the crevices of the knots once done.

- **For Synthetic Rope**

- Ends can be cut closer and then melted
- Since it is slipperier, you can also use glue in the crevices, or alternatively use a lighter to melt parts together.

- **Adding Clay Details**

You can also put it directly onto the rope and it will grip beautifully, allowing you to add extra details once the knots are already done, as opposed to stringing them on as you go. This is great for heads, hands and feet. You can also use heat-mouldable plastic for this

IMPORTANT SAFETY NOTE

If you are adding clay to an existing rope doll, it is safe to use air dry clay on both cloth rope and synthetic rope, HOWEVER if you are using polymer clay and you want to bake it while attached to a doll, ONLY use cloth rope for this as the plastic from the synthetic rope could melt and release bad fumes

- **Finishing Hair (if making head variation 2)**

- You can now cut the two loops at the top, and fray the ends of the rope to make hair
- If using synthetic rope, you can shape how you want the hair to go and then use boiling water to set it in that position.
- You can also sew additional hair to the top of the head, especially if using cloth rope.

- **Finishing Ears (if making head variation 3)**

You can leave them as loops, or do a fishtail braid around the loops to make them solid.

- **– VIDEO**

- **– Structure and Planning**
- Complete structure document
- Write script
- Plan chapters and headings for video as title cards
- Split video into segments that can be filmed individually
- Pre-organise google drive folder with relevant folders for text, assets, video, sound, etc
- **Organisation and Materials**
- Create enough sample dolls to demonstrate all variations
- Gather all tools and materials listed in structure document and organise them sensibly in a tool chest or something for easy access, use and cleanup between segments
- **Filming and Voiceover**
- Tidy studio space
- Reattach fiddly camera arm thingy (ask help from Luke)
- Create suitable set and take aesthetic pictures for chapter headings and whatnot (ask Amy for help and advice with set and photography)
- Actually film the thing
- Record rough voiceover for editing purposes
- **Editing and Design**
- Create thumbnail and chapter headings with overlaid font (ask Nicole for help and advice with design)
- Upload all raw footage etc to relevant google drive folders
- Actually edit video, which I know next to nothing about (beg Calvin to do it for me, LOL)
- **Uploading and Formatting**
- Upload completed video
- Add thumbnail
- Add description

- Add tags (ask Calvin for advice)
- Add timestamps for chapter times
- Add links to knot tutorials/channels