



# Educational Resources in International Languages

## 第十六章：编织可吸收的帆结的打法



*English to Chinese by:*

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帆结由两部分构成：上端和下端。

从下端开始：

- 用左手拇指和无名指捏住最远端的绳头（或是最短端，在此处为外色端绳），然后把缝线绕道食指和中指上（图16-1）。
- 用右手拿起红绳的另一端，绕过中指，向上翻到白绳右侧的中间处（图16-2）。
- 用左手中指把右侧红绳勾到白绳左侧（图16-3），然后把绳结抽筋，使白绳牢牢地在红绳后侧固定（图16-4），同时右手保持抓紧红绳的状态。
- 松开白绳，用右手将其穿入洞内（图16-5）。
- 将整个绳结抽紧（图16-6）。

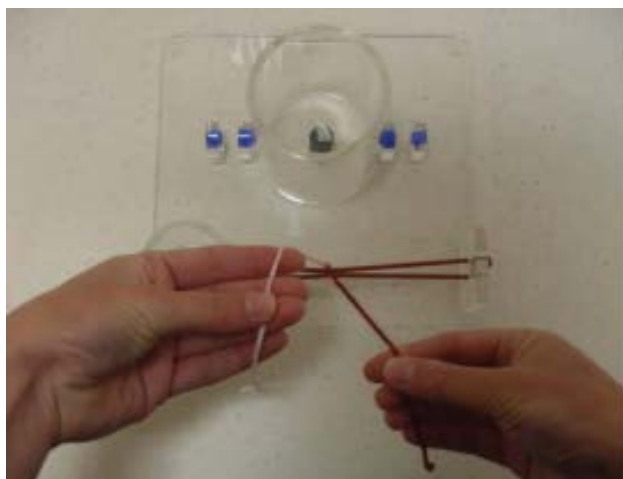


图16.1



图16.2

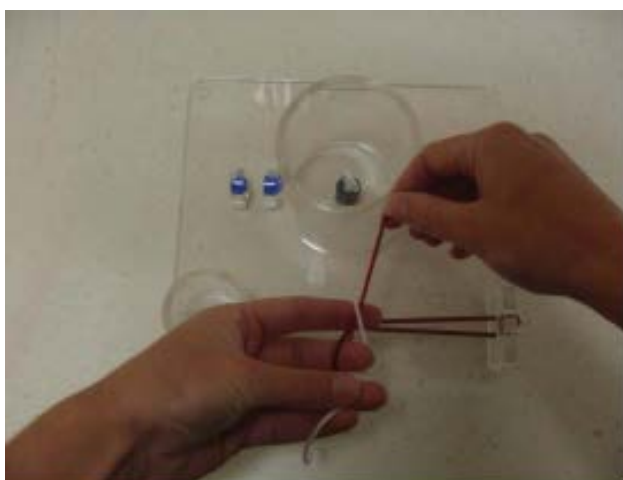


图16.3

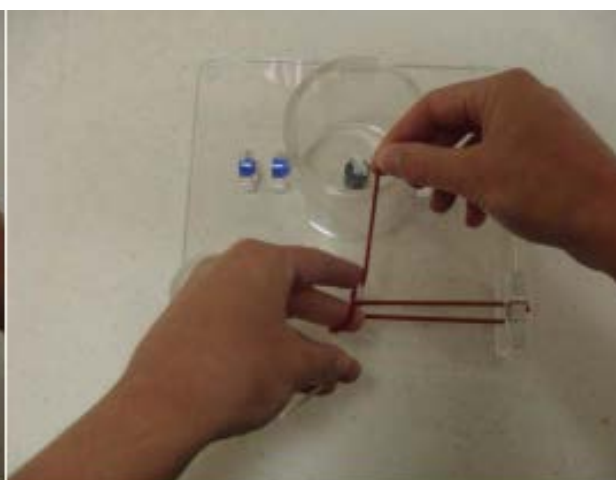


图16.4

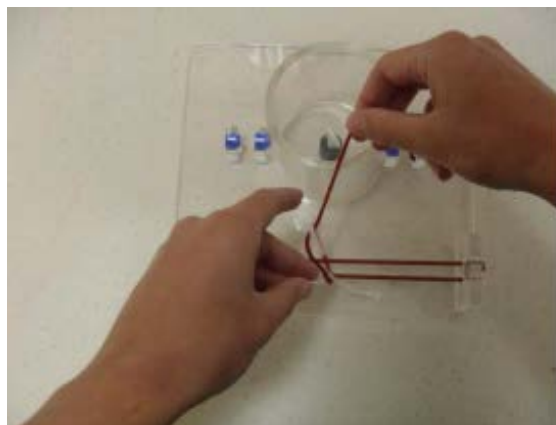


图16.5

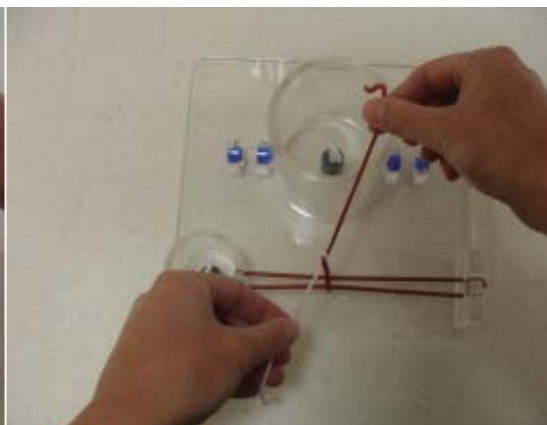


图16.6

下端：

- 现在红绳和白绳都已经180度翻转。用左手拾起白绳端，白绳的后半段用小指中指和无名指压住（图16-7）。
- 用右手把红绳同样的往这几只手指下测压（图16-8）。
- 左手中指勾着红线往自己方向弯曲（图16-9），然后朝着白绳相反的方向，把绳子拉紧（图16-10）。
- 松开白绳端，将其穿过洞口（图16-11），不要松开右手的红绳。
- 绳结完成，稍作整理（图16-12）。

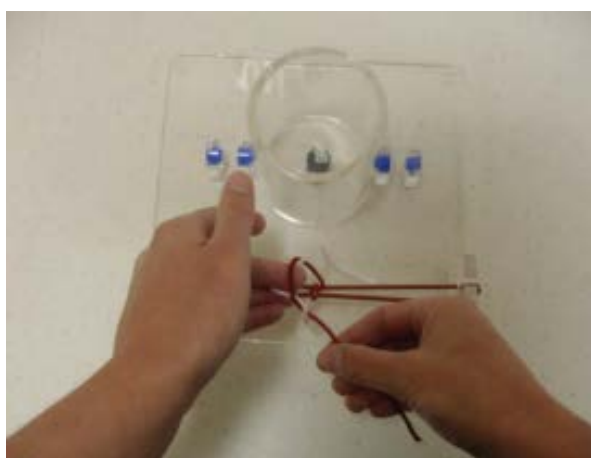


图16.7



图16.8

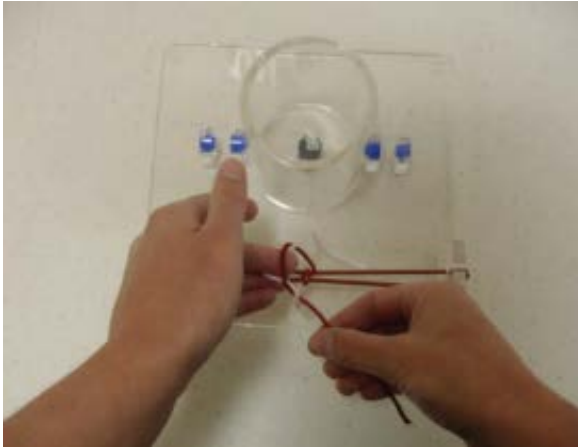


图16.9

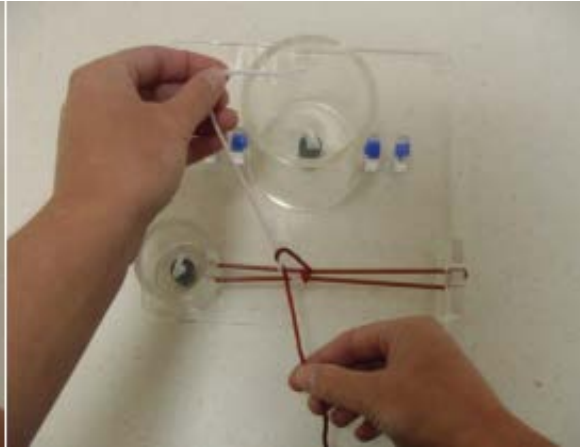


图16.10

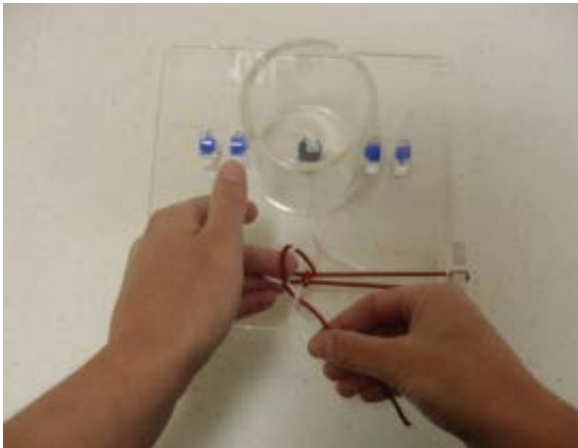


图16.11

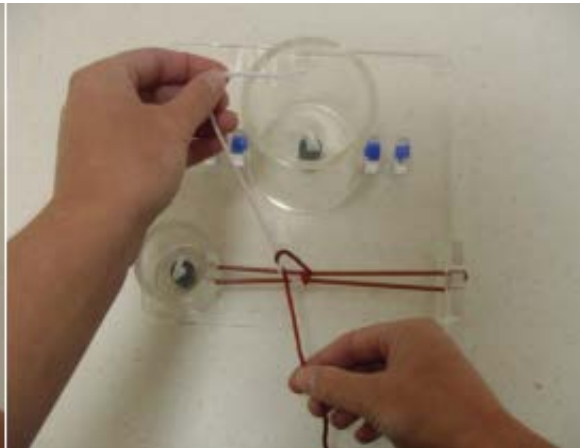


图16.12

### 打一个不可吸收的单丝外科结

考官可能会问你如何避免绳结在两端之间大滑。这对考生能够来说是一个向考官展示打外科结的好机会。在打结之前准备好双投。

- 用左手食指和无名指抓住绳的最远端（白绳），往下翻，盖在左手其他手指上。用右手食指和拇指捏住较近端（红绳），往上翻，盖在右手其他手指上（图16-13）。
- 两只手指扣住缝线，同时弯曲。然后伸直中指，使缝线位于中指背面（图16-14）。
- 将两根缝线的两端穿过出现的两个圈中（图16-15）。
- 稍稍用力对绳结稍作整理（图16-16）。
- 最后再打一个单结进行加固（图16-17）。

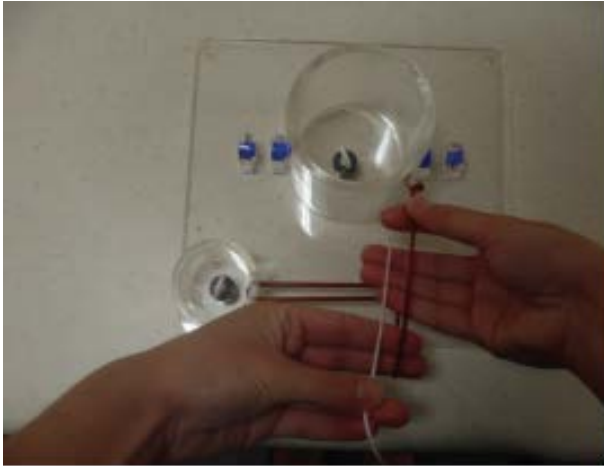


图16.13

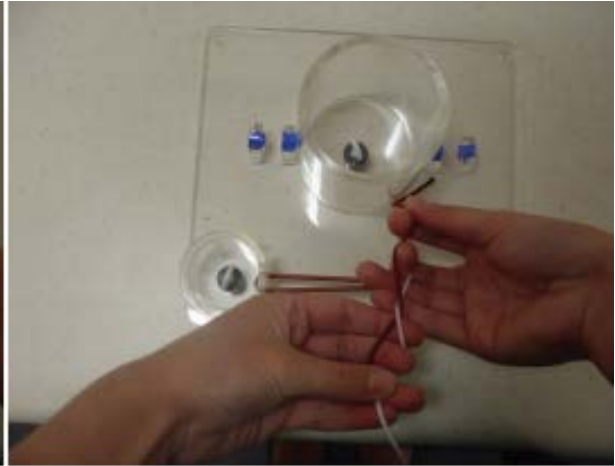


图16.14

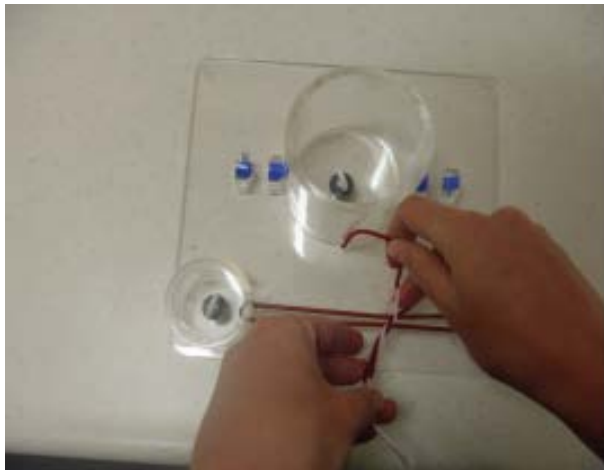


图16.15

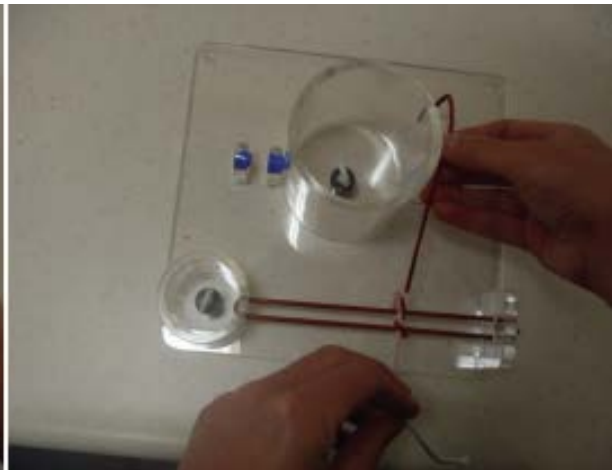


图16.16

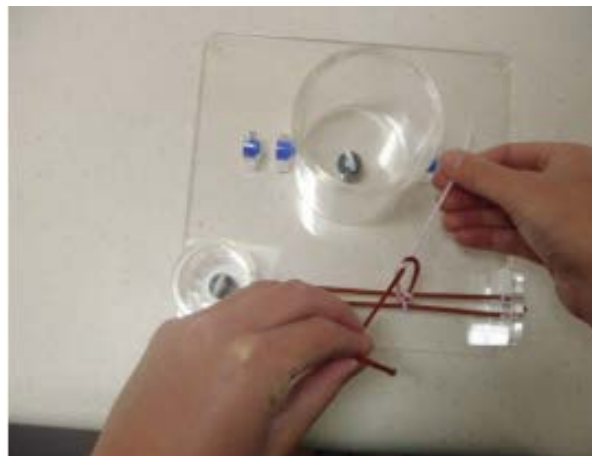


图16.17

打一个可吸收的水平方向的编织结 ( absorbable braided knot )

虽然打法和缩帆结一样，但是在这种情况下手需要垂直移动在水平方向打结。这种在考试的考试在小杯中操作，受很容易晃动，很显技巧。

- 将缝线穿过挂钩（图16-18），首先打一个缩帆结的第一个结（图16-19）。
- 用右手食指将结往下压，并用右手将缝线垂直拉上来（图16-20）
- 打缩帆结的第二个小结。
- 再次用中指轻压，抽紧整个结。



图16.18

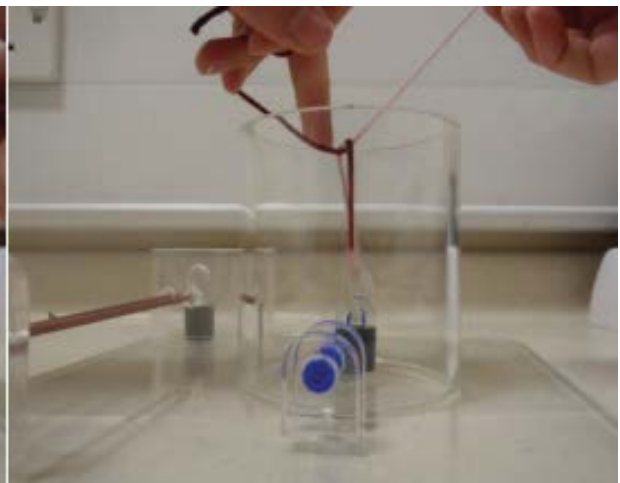


图16.19



图16.20



图16.21

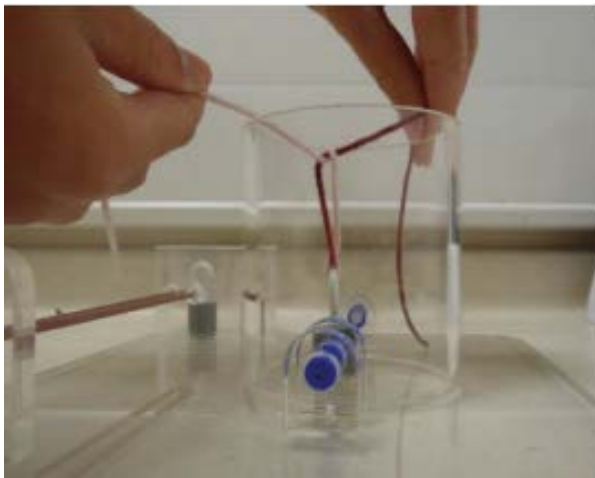


图16.22

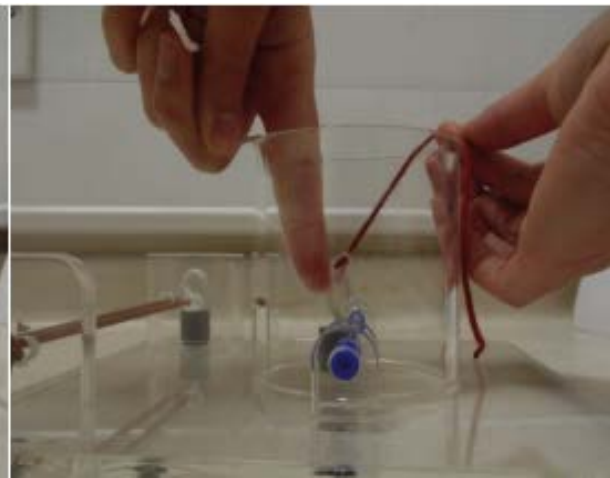


图16.23



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