

Ama without lashing holes. Fijian Takia. Though rubber is being used here, cord could also be used.

The `iako to ama is ideally lashed with cord, not rubber. As with any weaving process, use a simple repetitive pattern – the key is knowing the pattern once-around, then after that it's easy.

`iako to Ama Lashing Knot [using cord]

The ama to `iako **lashing knot** combines a variance of **square lashing**, commonly used to bind two poles together and **diagonal lashing**. It also incorporates **frapping** turns around the first set of wraps which traverse both the `iako and ama [usually 4 or 5] in order to **bind** together the lashing, and increase pressure and tension between all the elements. A **timber hitch** is used to secure the **standing end** to the `iako and a **Double Fisherman's Bend** or **whipping** incorporated to secure the final wrap.

`iako Lashing Knot [Behind Peg]

Many rough water paddlers in Australia regard the use of cotton cord to lash the `iako to ama as the most reliable lashing. Mooloolaba Master Men have used this method

since 1997 and won multiple Moloka'i to O'ahu races and Hamilton Cups. While you can pass lashing either side of the `iako lashing peg, it is a guide only. This particular method safeguards the peg in the event of the ama rolling inwards if it is hit side on violently. It has certainly proved its worth.

1. Pass **one end** through the **inner rear ama lashing hole** and pull through enough cord so there is approximately 30cm [12"] of cord travel along `iako towards the wa'a. Secure around `iako using a **timber hitch**. This then becomes the **standing end (1,2)**.
2. Pass **running end**, behind `iako peg, diagonally to meet the **forward outer ama lashing hole**, pass end through and tailor slack through forward inner ama lashing hole and pull until under reasonable tension. Ensure tension is maintained (**3,4 and 5**).



3. Cross over diagonally behind `iako lashing peg, ensuring cord is parallel with first wrap and pass running end through the **rear outer ama lashing hole to the outside of the existing lashing (6)**, tailor slack cord through **rear inner ama lashing hole** and pull until under tension. Pulling in an upward direction, ensure tension, **this completes one full wrap. Continue process following pattern (7,8,9 and 10)**.



Having completed a second wrap, repeat 3 more times.

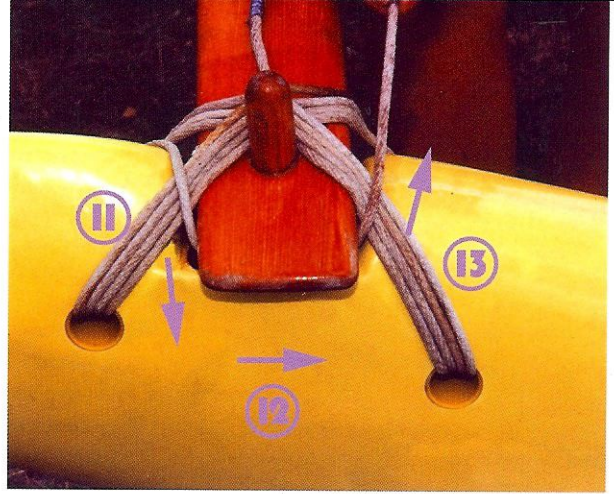
- Repeat to complete either 4 or 5 complete wraps ending once cord is tailored and under tension from the inner forward ama lashing hole.

Important Note: All subsequent wraps through the outer ama lashing holes must be laid to the outer edge of the one before. However, as the cord is pulled through the inner ama lashing hole it must be crossed over, as the inner wraps must work inwards. This insures wraps made over the iako are as close to the peg as possible with minimum deviation. Looking within the lashing hole, you will see this cross-over of the cord. Ensure with each wrap to lay the cord parallel [butted up] to the former.

- Frapping.** Pass cord directly over iako and under, then over ama outward and make 4 frapping turns around wraps where the iako and ama join at the iako platform, ensuring even tension. The cord passes under and over the iako. Each frapping turn must run parallel to one another, not on top (11,12 and 13).

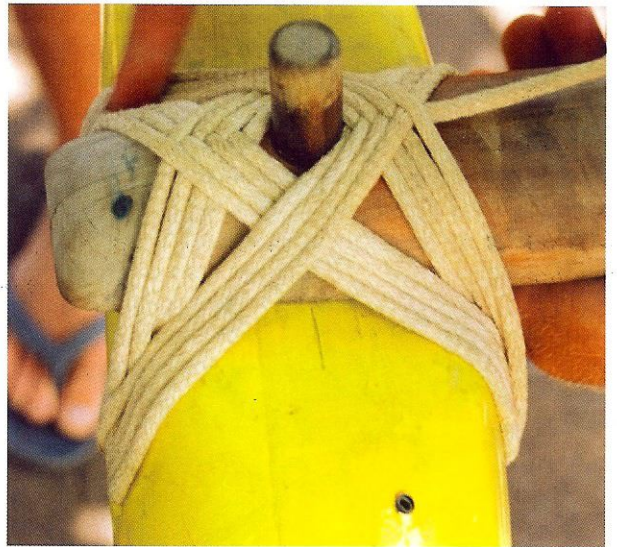
Strength is improved if care is taken to lay rope 'wraps' and 'fraps' parallel with a minimum of crossing and ensure maximum contact between the iako, ama and cord. Cord layered on top of itself in a vertical manner fails to spread the load efficiently and if it falls free, will loosen the lashing.

Lashing Behind and In Front of Peg: The simplest method is to lash in front of the peg, making 4 complete wraps, then on the fifth, pass cord behind the peg and lash.



Finishing Off

- Your last frap will end having passed the running end over the rear topside of the ama. The original securing timber hitch tied around the iako can be slackened and the cord run along the length of the iako towards the wa'a. Take round-turns [wraps] of the running end under and over the iako, laying cord parallel and working towards the wa'a (14). Make as many wraps as required to come to the end of the cord or to where it meets the standing end and tie off with double fisherman's bend. Secure with duct tape, wrapping it around the iako and knot.





Take round turns around standing end and secure with a Fisherman's Knot

7. **Whipping.** Alternatively, secure ends using a simple **whip**.

Before taking round turns around the 'iako, double back over the **standing end** of cord towards the 'iako **peg** so it forms a loop. Make wraps around the 'iako close to the diagonal lashing near 'iako peg and wrap towards the wa'a, keeping doubled over cord in the middle of the 'iako. When at the end of the double-overed cord, pass **running end** through the loop, then pull the **standing end** which will pull loop and **running end** of rigging under the 'iako wraps. Pull mid-way, then finish off by cutting off excess or secure with duct tape.

Note: It is important to be neat and constantly aligning cord as it crosses over so each wrap lays parallel and is butted up against the other. Ensure ama remains upright and parallel during the rigging process.

