



Knuckle Tattoos in Henna

Catharine Hinton

Hennacat 'Knuckle tattoos – in Henna'

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1. Introduction

'Knuckle tattoos – in Henna' came about in the Summer of 2011. I noticed a trend of people asking for knuckle tattoos done in henna, some with firm ideas about what they wanted, some without any clue at all. Often young people would ask for nothing more creative than expletives which would get them into trouble with their parents and school. I started to catalogue expressions that contained two four-letter words and eight letter words so that people could be inspired to ask for something more meaningful to them.

I've collated this work into the publication 'Knuckle tattoos – in Henna' and made it available free of charge on my website www.Hennacat.com.

The list is not comprehensive, I am sure there are many thousands of words out there! I have not included any profane or explicit words in this publication.

2. How to position your customer

There are three main ways in which you can position your customer's hands in order to henna their knuckles. I recommend position C for optimum results.

- A. *With the customer's hands flat and their fingers splayed slightly* – this position makes applying henna easy but it is important to note that the design will stretch slightly when your customer clenches their fists.
- B. *With the customer's fists clenched* – this puts your customer's hands in an awkward position to apply henna and it is important to note that the design will 'squash' slightly when they return their hands to a normal position.
- C. *With the customer's fingers draped over a rolled towel* – this position makes applying henna easy, it relaxes your customer's hands, and is comfortable for them. Although the design will stretch and squash when the customer stretches their fingers or clenches their fists, the change in shape is not as pronounced as with the previous two methods.



Position C: showing fingers draped over a rolled towel

3. Cautions and policies

Be cautious about applying henna on the knuckles of people under the age of 16 during school term time.

Decide your policy on applying words associated with the following:

Type of word:	My policy:
Expletives / profanities	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
Sexually explicit	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
Gang related	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
Brand related	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
Hate related	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
Religion related	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
Sports team related	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction
	Never / Specialist events with prior agreement / Private events / Private appointments / Friends only / No restriction

Three rows are left intentionally blank for you to note down any other categories of words you would like to have a policy on.

4. Knuckle template

The knuckle template is on the following page. There are a couple of things you can do with this template.

1. Print it out and laminate it. Once laminated, you can practice your letter writing in henna on the knuckles.
2. You can use it to practise different 'fonts'
3. You can use it as a template for your own designs to include in your own portfolio.

Some popular fonts include the following standard word processing fonts:

ARIAL

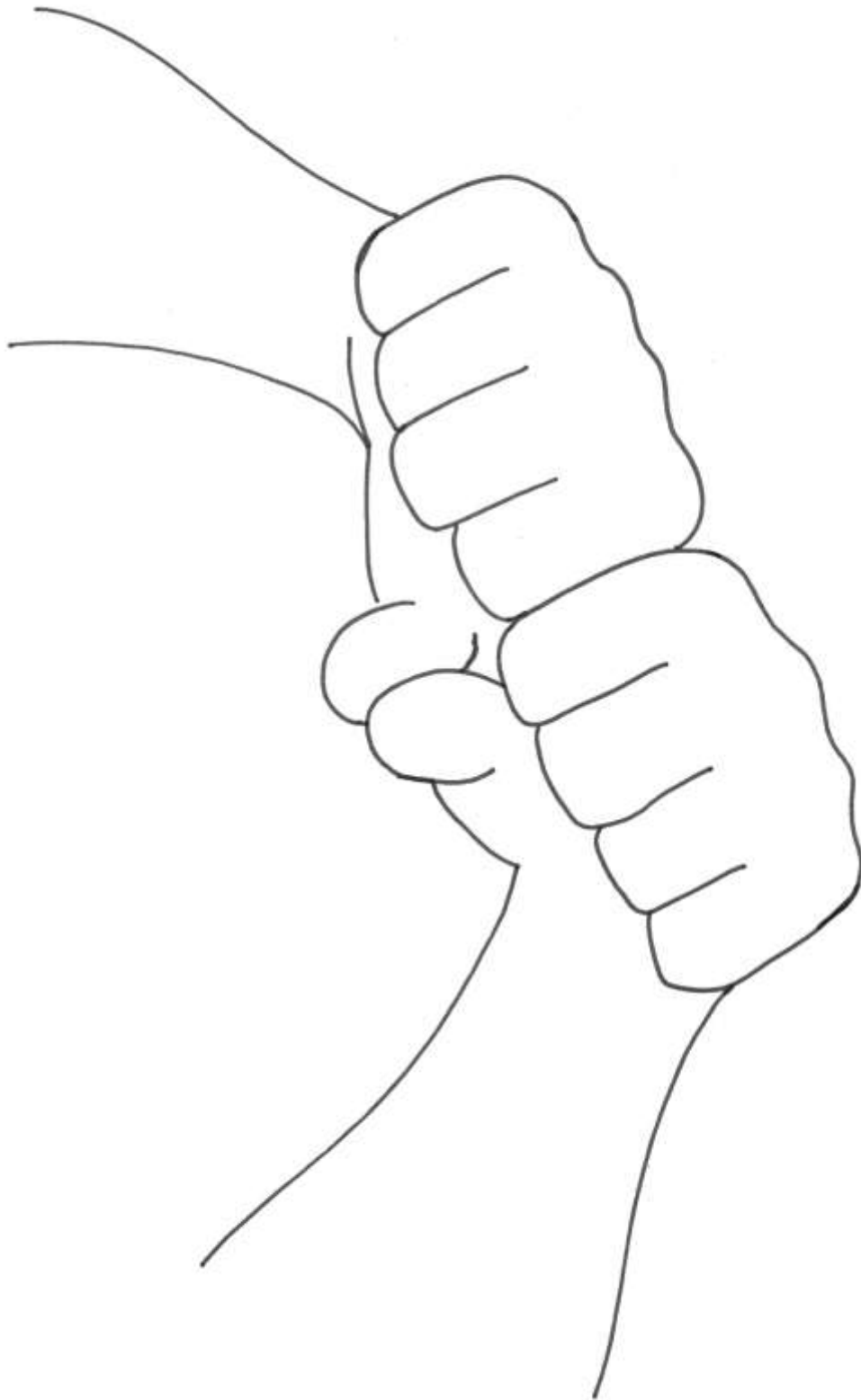
BOOKMAN OLD STYLE

COURIER NEW

LUCIDA BLACKLETTER

LUCIDA CALLIGRAPHY

You could print out upper and lower case alphabets in these, and other, fonts, to include in your portfolio so you don't need to memorise lots of different fonts. This also gives your customers more choice.



5. Four and eight letter words

General	General	Films and TV	Food	Animals and Birds	
Acid Test	Karl Marx	High Noon	Bake Cake	Aardvark	Kinkajou
Acid Trip	Keep Away	Star Wars	Barm cake	Akita inu	(mammal with
Anti Hero	Knit Purl	Star Trek	Beef stew	(dog)	large eyes)
Atom Bomb	King Size	Moby Dick	Broccoli	Albacore	Kiskadee
Army Worm	Laid Back	Barn Owls	Brownies	(large fish;	(tropical bird)
Army Brat	Last Word	Cast Away	Cask Beer	tuna)	Ladybird
Back Down	Life Size	Cocktail	Cherries	Anaconda	(beetle,
Base Camp	Live Bait	Easy Ride	Chop Suey	Anteater	ladybug)
Bear Hugs	Live Fast	Film Buff	Coconuts	Antelope	Leafwing
Bone Idle	Live Love	Folk Hero	Cucumber	Arachnid	(butterfly)
Book Worm	Live Wire	Hotshots	Cupcakes	(animal with	Lionfish
Boot Camp	Lone Wolf	Iron Side	Doughnut	four pairs of	(scorpion fish)
Buzz Bomb	Love Hate	Kill Bill	Eggplant	legs)	Longhorn
Calm Down	Maverick	Predator	Flounder	Babirusa (wild	Longspur
City Hall	Make Love	Superman	Home Brew	boar)	(North
Comb Over	Meat Axes	They Live	Cinnamon	Barnacle	American bird)
Cube Root	Melt Down	Rock Star	Macaroni	Basilisk	Lorikeet (small
Cute Look	Nicotine	Wargames	Meat loaf	(lizard)	parrot)
Deaf Mute	Open Mind	Columbus	Mushroom	Bell frog	Lovebird
Drug Mule	Play Safe	Garfield	Lamb chop	Blowfish	Malamute (dog)
East Side	Pump iron	Time Lord	Pancakes	Bluebird	Marmoset
Easy Meat	Punk Rock	Place names	Pork chop	Bullfrog	(South
Face Down	Reforest	Adelaide	Potatoes	Bush baby	American
Fail Safe	Riff raff	Carlisle	Rutabaga	Capybara	monkey)
Fair Play	Riot Gear	Columbia	Snow cone	Cardinal	Mastodon
Four Eyes	Riot Grrl	Guilford	Real Ale	Chipmunk	(large extinct
Flex ible	Rock Hard	Richmond	Rosemary	Cockatoo	mammal)
Free Love	Rock Roll	Sports	Sausages	(parrot)	Mongoose
Full Stop	Self Love	Foot Ball	Sandwich	Crayfish	Mosquito
Game Over	Sick Joke	Mill Wall	Soul Food	Dart frog	Parakeet
Gold Mine	Slow Burn	Hull City	Snow peas	Dormouse	Songbird
Gold Card	Star Moon	Slam Dunk	Soft taco	Duckling	
Good Luck	Stay Calm	Famous	Sour Mash	Elephant	
Good Food	Stud Farm	phrases	Sturgeon	Flamingo	
Good Life	Sunshine	Ab Initio (from	Tomatoes	Flatfish	
High Life	Tell Lies	the beginning)	Wild rice	Flounder	
Hold True	True Love	Dies Irae (day		Goldfish	
Home Body	Well Hung	of wrath)		Hedgehog	
Home Boys	West Side	Faux Naif		Honeybee	
Hung Over		Feng Shui		John dory	
Iron Will		Hari Kiri		Kangaroo	
Junk Food		Nota Bene			

6. Eight Letter Names

A-C	C-F	F-K	K-P	P-Z
Abdullah	Caroline	Fernanda	Kayleigh	Patricia
Adrianna	Carolynn	Fernando	Khadijah	Penelope
Adrienne	Catalina	Finnegan	Kimberly	Percival
Adrienne	Cathleen	Fletcher	Kourtney	Precious
Algernon	Celestia	Florence	Kristina	Princess
Aloysius	Chadwick	Franklin	Laurence	Prudence
Alphonse	Chalmers	Franklyn	Lawrence	Rhiannon
Alphonso	Chandler	Frederic	Leighton	Rochelle
Anabelle	Channing	Fredrick	Leonardo	Roderick
Anderson	Charlene	Gabriela	Lilliana	Rosalind
Angelica	Charlize	Garrison	Lorraine	Rosaline
Angelina	Charlton	Geoffrey	Lynnette	Rosamond
Angeline	Chastity	Georgina	Madeline	Roseanna
Annabell	Chiquita	Germaine	Magnolia	Roseanne
Annalise	Chrissie	Gertrude	Margaret	Salvador
Annmarie	Chrystal	Gilberto	Marianne	Samantha
Antonina	Christen	Giovanna	Marilynn	Santiago
Arabella	Christie	Giovanni	Marjorie	Savannah
Ashleigh	Clarence	Giuseppe	Marquise	Scarlett
Audriana	Clarissa	Hamilton	Marshall	Serenity
Augustin	Claudine	Harriett	Maryanne	Shepherd
Augustus	Claudius	Harrison	Marybeth	Sherwood
Beatrice	Clifford	Humphrey	Maryjane	Stafford
Benedict	Collette	Isabella	Mathilda	Stanford
Benjamin	Consuela	Isabelle	Melissa	Starling
Berenice	Consuelo	Jeanette	Mercedes	Susannah
Bernardo	Cordelia	Jeannine	Meredith	Tatianna
Bertrand	Cornelia	Jennifer	Michaela	Terrence
Bettylou	Courtney	Jeremiah	Michelle	Theodora
Beverley	Crawford	Jermaine	Missouri	Theodore
Bradford	Danielle	Johnpaul	Mitchell	Treasure
Brigette	Delphine	Jonathan	Mohammad	Trinidad
Brigitte	Dominque	Julianne	Mohammed	Veronica
Brittany	Dorothea	Juliette	Mortimer	Victoria
Brittney	Drusilla	Kaitlynn	Muhammad	Virginia
Brooklyn	Ebenezer	Katarina	Napoleon	Vivienne
Caitlynn	Emmanuel	Katelynn	Nathalie	
Campbell	Faustino	Katerina	Nicholas	
Carolina	Felicity	Kathleen	Patience	

7. Interesting eight letter words

Word	Explanation
Aegilops	The longest word whose letters are arranged in alphabetical order
Caesious	The shortest word in the English language that contains all five main vowels in alphabetical order
Symphysy	An eight letter word without any of the five main vowels
Crabcake	One of the few words in the English language that contain "abc."
Cabbaged Fabaceae	The longest words that can be played on a musical instrument
Respires Restores	Words that start with the same three letters they end with.
Beriberi Caracara Chowchow Couscous Froufrou Greegree Guitguit Hotshots Kavakava Lavalava Mahimahi Matamata	Words which start with the same four letters they end with
Bedecked Boohooed Codebook Cookbook Dobchick Exceeded Hoodooed Keboobed	Composed entirely of letters with horizontal symmetry in upper case
Automata Autotomy Motivity Mahimahi Matamata Myxomata Thataway	composed entirely of letters with vertical symmetry in upper case
Zoonosis	The longest word in the English language composed of letters with 180 degree rotational symmetry.
Couscous	The longest word in the English language such that one cannot tell visually if it's been written in all upper case or all lower case letters. Four letter words with this property are COCO, COOS, COWS, CUSS, SCOW, VOWS, WOOS, WUSS, and ZOOS.

8. Notes:

The following table is left blank for you to note down your own four-letter and eight-letter phrases:

If you have more words to add to this free publication, please get in touch!

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