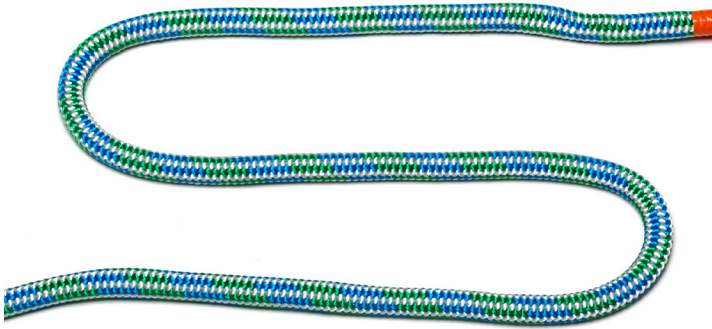
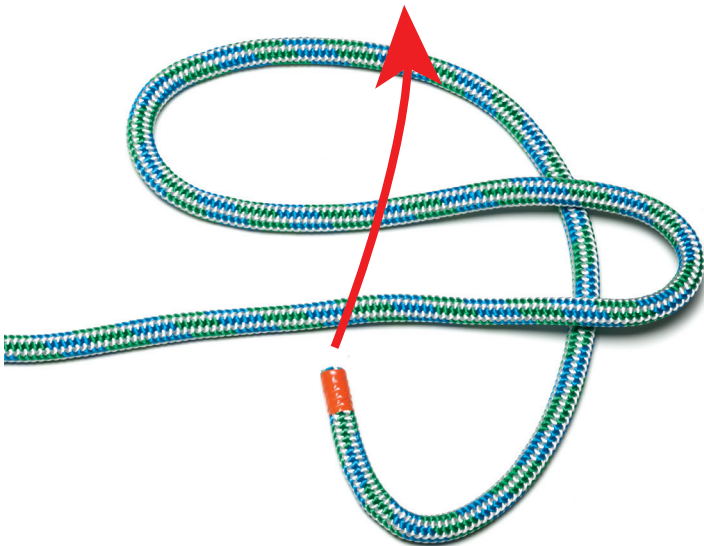


Tying a Sliding Knot

1. Find the center of the rope and create 2 bends.



2. Wrap the end of the rope around the loop 3-4 times.



3. Pull the tag end of the rope through the loop on the left side.



4. Firmly hold the knot while pulling on the right loop to tighten the knot.

