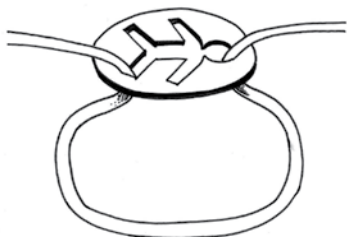




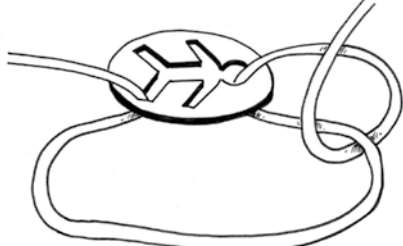
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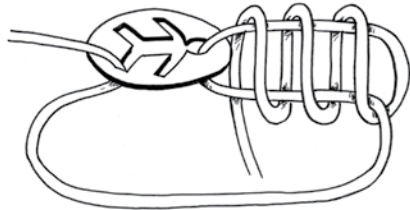
1. Insert the rope into the opening and open into a large loop.



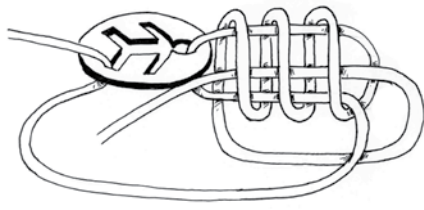
2. Take one end of the free rope from behind, placing it under the existing loop.



3. Wrap the free rope 3 times around the other rope, forming 3 full loops.



4. While holding the loops in position, take the end of the looped rope through the 3 loops from the opposite side. Pull the knot tight.



Note:

Follow steps 2-4 in order to make the same knot on the other side. Slide knots to adjust to the size of your wrist. Cut off the excess rope and place a small amount of glue at the end of each knot.