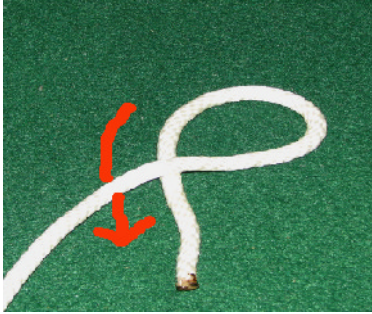
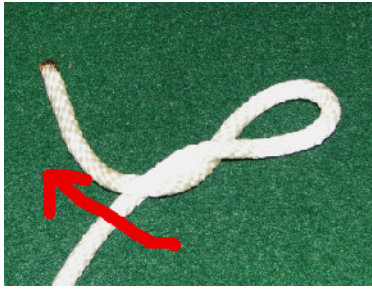


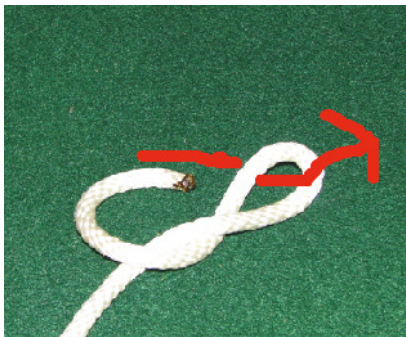
Figure Eight Knot



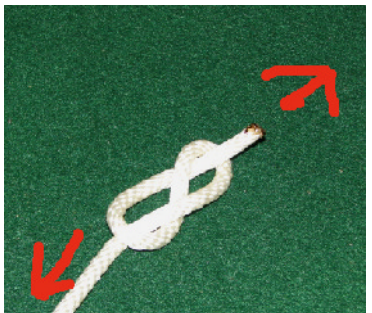
Start with the end of the rope making a loop by going under the rope



than bring the end back, over the rope



bring the end under and through the loop



to finish pull the ends out until the knot is tight

