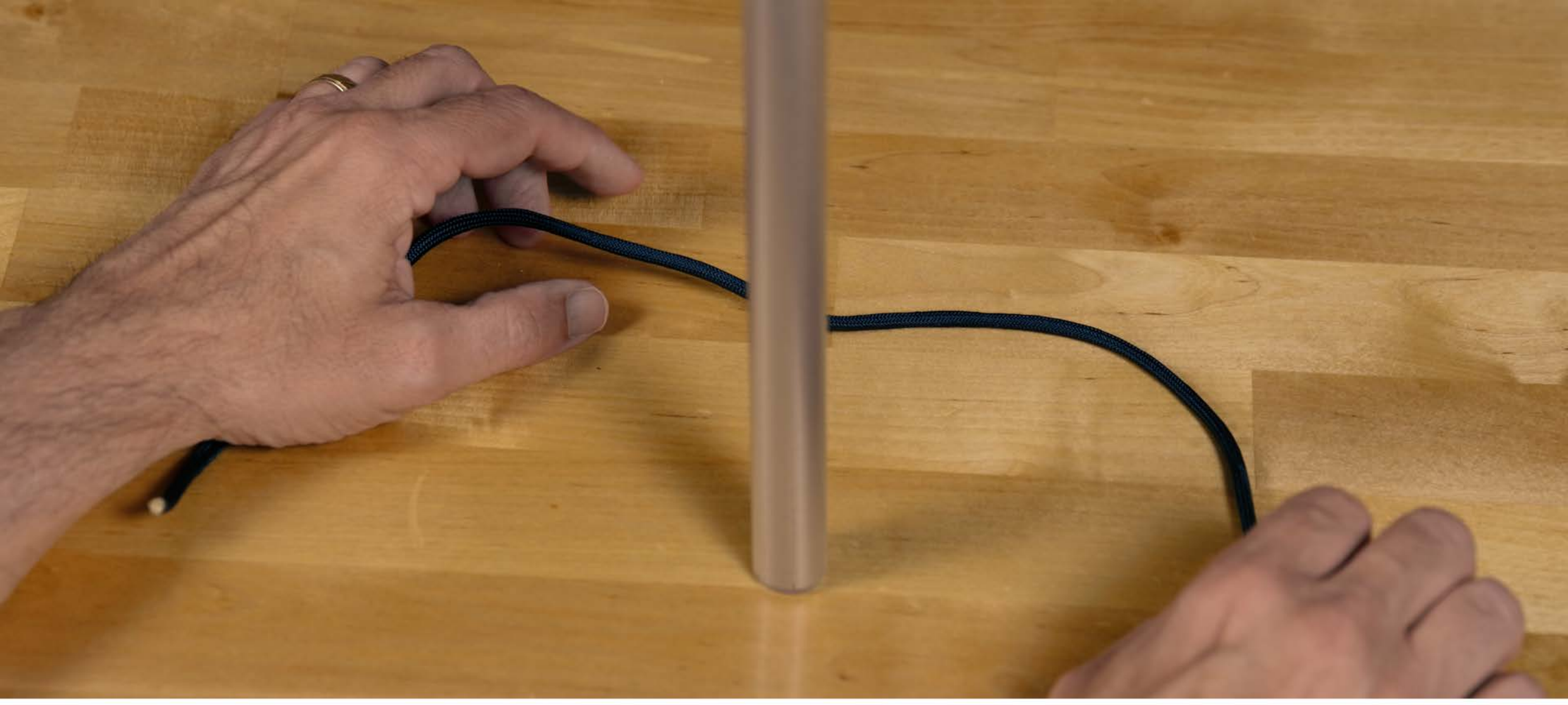
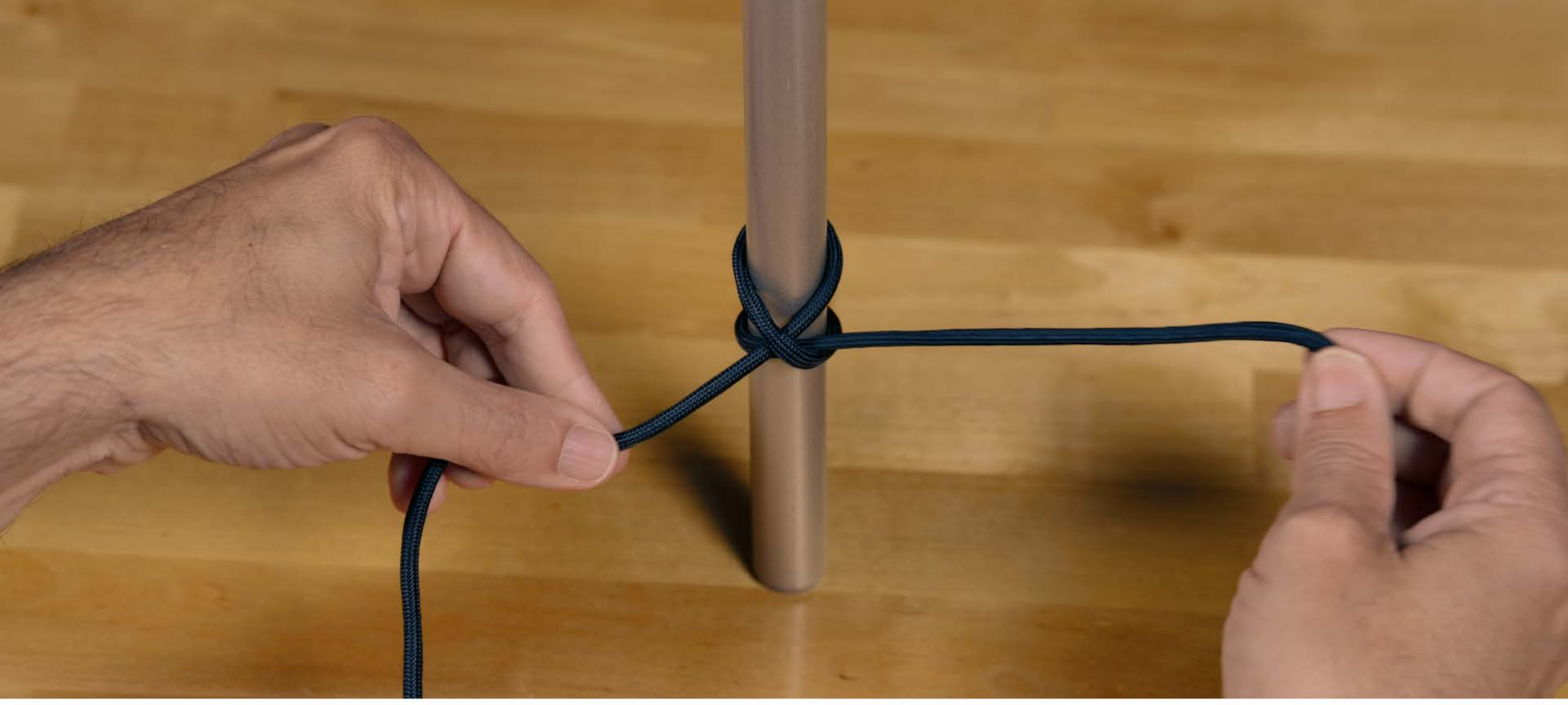
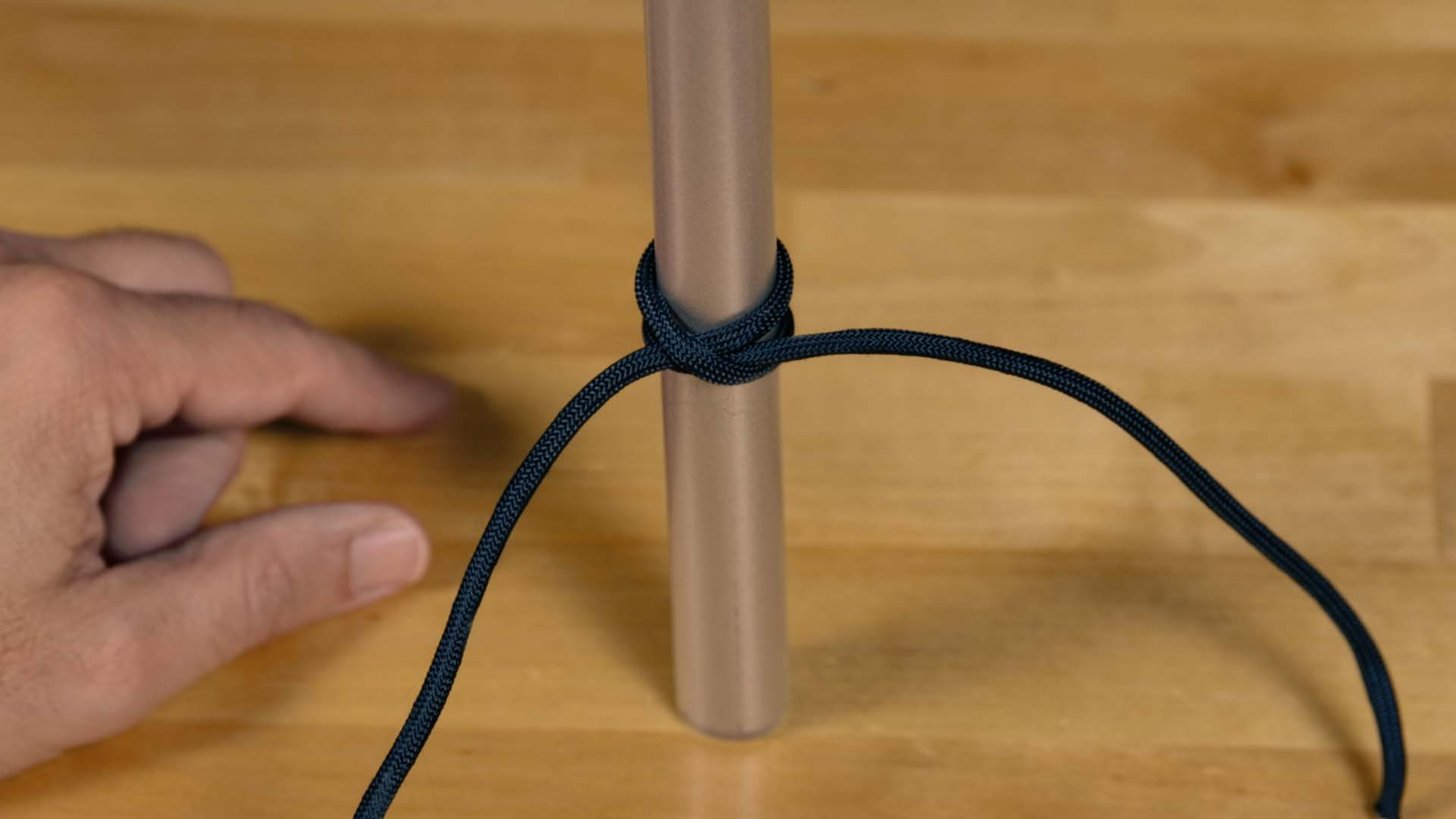


1. Hold the short end in your left and the long end in your right, wrapped around a pole.

2. Cross the left end.

3. Wrap the short end around the pole again.

4. Bring the short end through the loop created.



5. Pull taut.