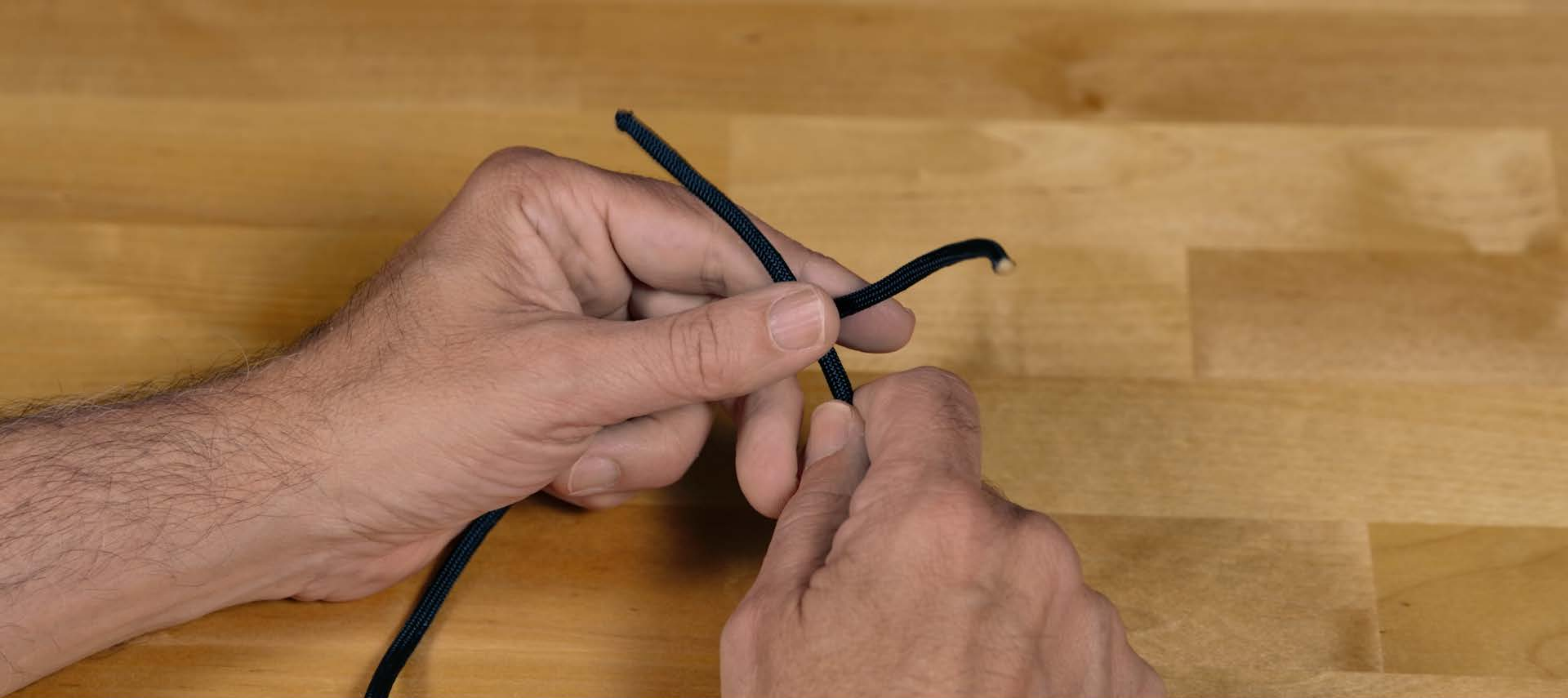




1. Hold an end of the rope in each hand.



2. Cross the right end over the left.



3. Bring the left end under the right.



4. Cross the left end over the right.



5. Pull the left end through.



6. Tighten the knot by pulling both running ends at the same time.

