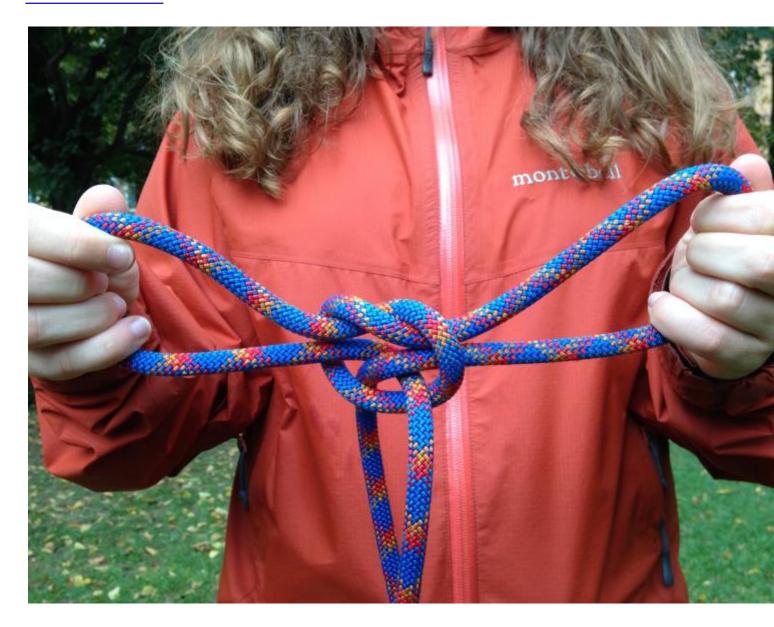
Fesselknoten



Instructions

Start as you did with the <u>pole throw</u> (up to step 3, before you superimpose the two loops).

Then you need to pull the two middle ropes hanging down each through the opposite loop. And you're done!

Images







Video

Sources

• Cover image: Ramun Badertscher, www.ramunbadertscher.ch

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