

Fesselknoten



Instructions

Start as you did with the [pole throw](#) (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
- **Image:** Ramun Badertscher, www.ramunbadertscher.ch