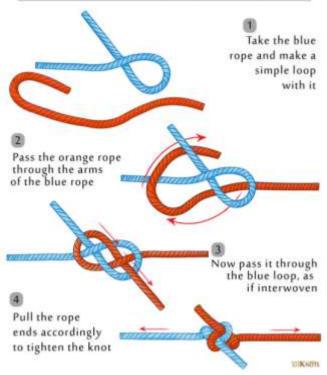
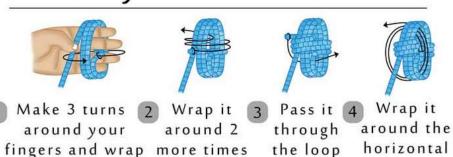
## Carrick Bend Instructions



## Monkey's Fist Directions



section 3

times

the rope end

around

horizontally

## Diamond (Lanyard) Knot Instructions

