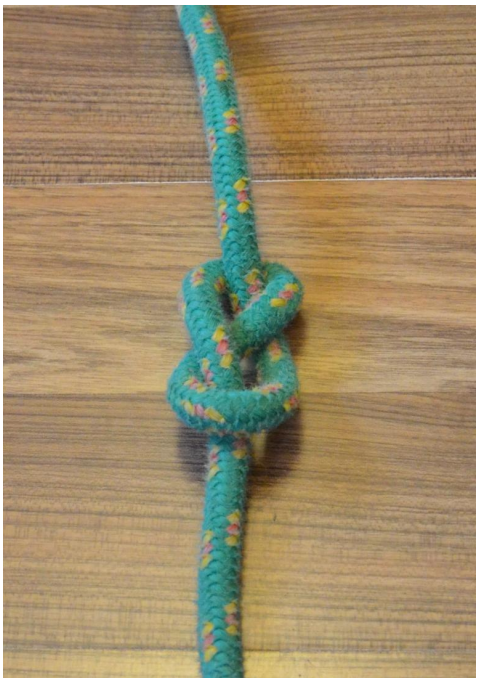
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pancerniak

ON
2016.04.10

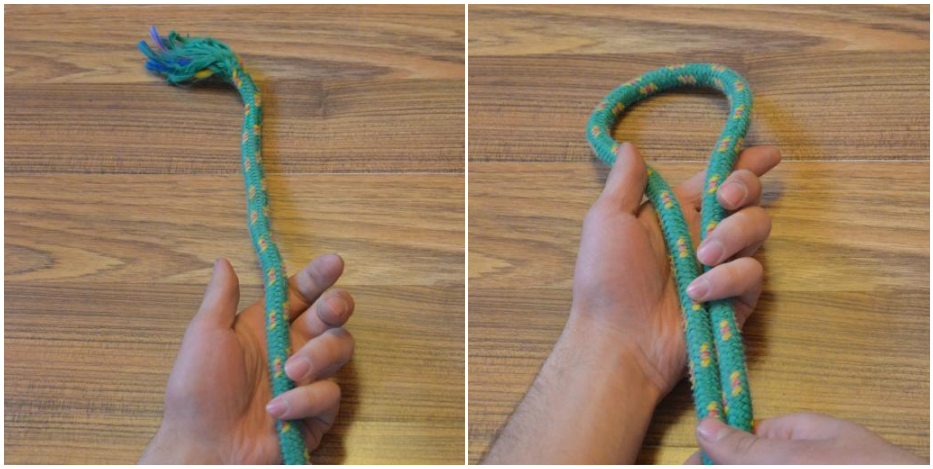
★ ★ ★ ★ ★
Keine Stimmen

Eight



This is one of the basic knots. Tied on a single rope, tied on a double rope, it forms a double eight.

1. step, wrapping the rope



2. step, walk down the main rope



3. step, crossing the top through the main rope and from the bottom through the loops.



4. step, tighten the ropes





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No data available.

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