

Fesselknoten



Der Fesselknoten eignet sich um Personen zu fesseln. Er wird weiterentwickelt aus dem **Mastwurf**.

Instructions

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

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

Images





Sources

- **Cover image:** Ramun Badertscher, www.ramunbadertscher.ch
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