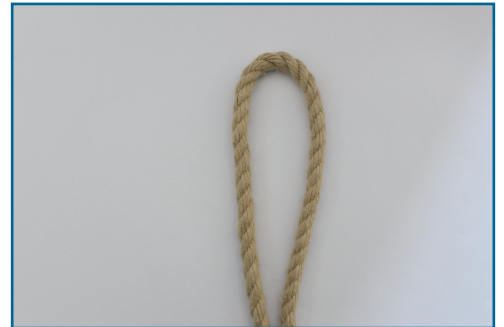




1

Fold the rope



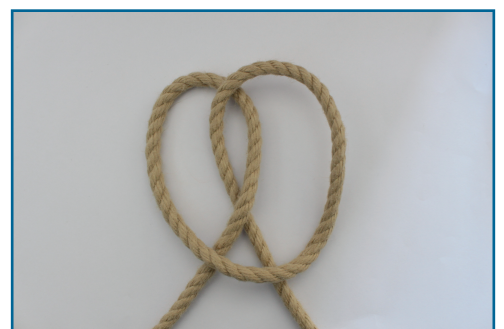
2

Twist the rope twice



3

Hold the top of the fold and pull it down toward the ends



4

Pull the fold underneath and through the hole created by the twist



5

Pull tight to finish the knot



Well Done!

The **BUTTERFLY KNOT** is used to make a secure loop in the middle of a piece of rope



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