

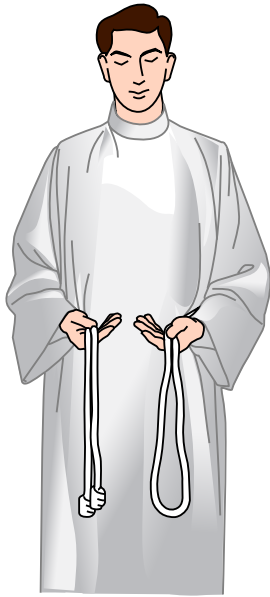


# CM ALMY

## HOW TO TIE A ROPE CINCTURE



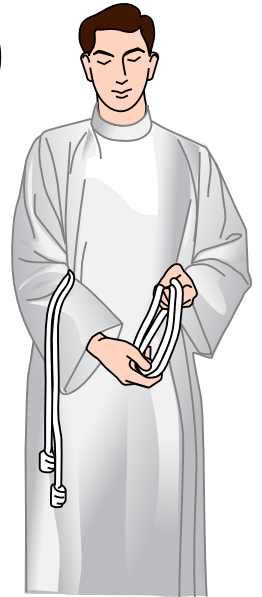
Fold cincture in half



Wrap around waist with knots on your right side



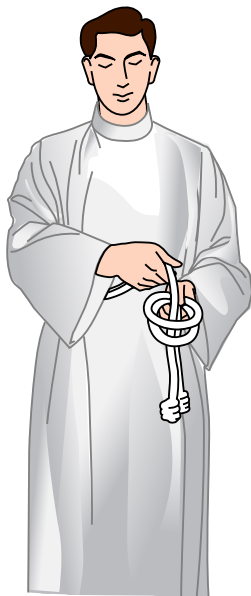
Grab end of loop made by the fold and overlap as shown



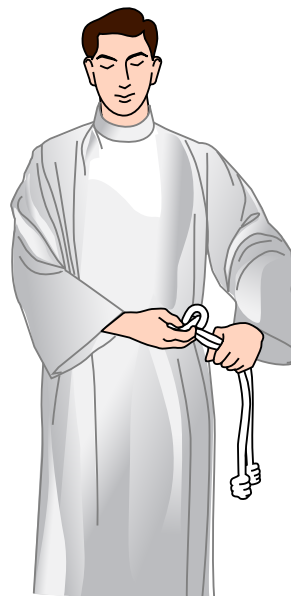
Using right hand, slip loop over left hand, keeping hold of cincture



Grab knotted end with your right hand



Slip knotted ends through loop (where left hand is making sure that single loop is on top of double cincture.) Feed knotted ends through loop from top to bottom



Drop loop and then tighten around waist



Knot is on left hip