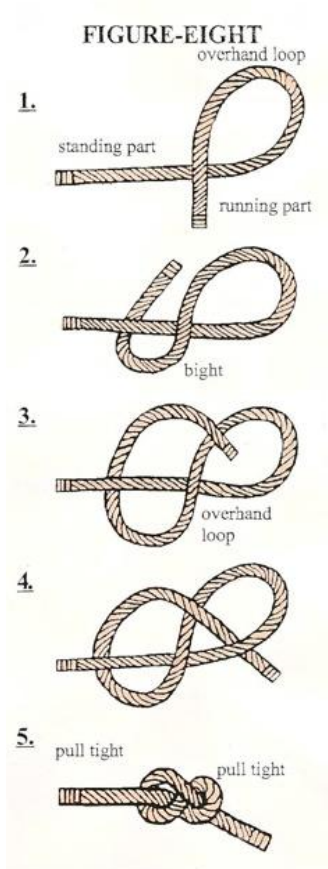


# Tie the eight knot



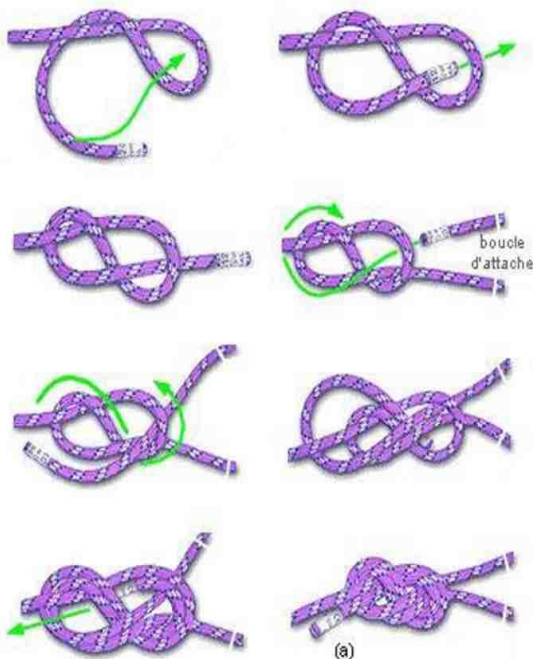
Make the first loop above the rope.

Make the second loop under the rope.

Pass the end of the rope in the first loop.

The knot looks like a “8”.

Tighten the knot.



After making the first “8”.

Come back with the end of the rope.

“Draw” a second eight to make a **double 8 knot** to tie the rope on your harness.

