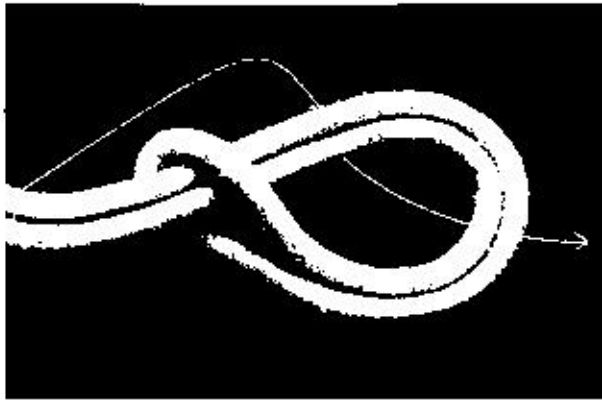


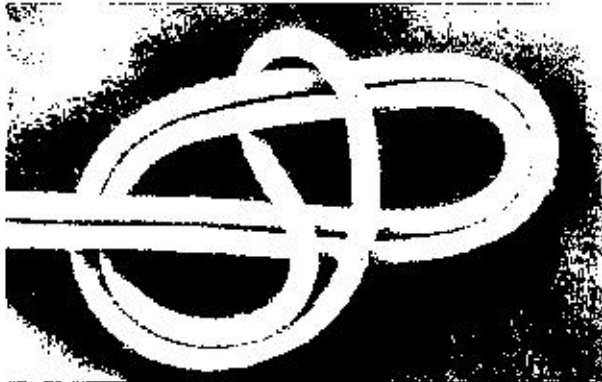
Boas Bowline in the bight



1: Make larks head and pull end through the eye.



2: Halfway pulling



3: Second pull through



4: Pull bight to right for final result.

Den Boer: 24-6-15.