

## Figure 8 Knot How to



For this activity you will need:

- 1 piece of rope



1. Take the end of the rope in your hand. Cross the end **over** the rest of the rope to create a loop.



2. Cross the end of the rope **under** the starting end. You should create a figure 8 shape.



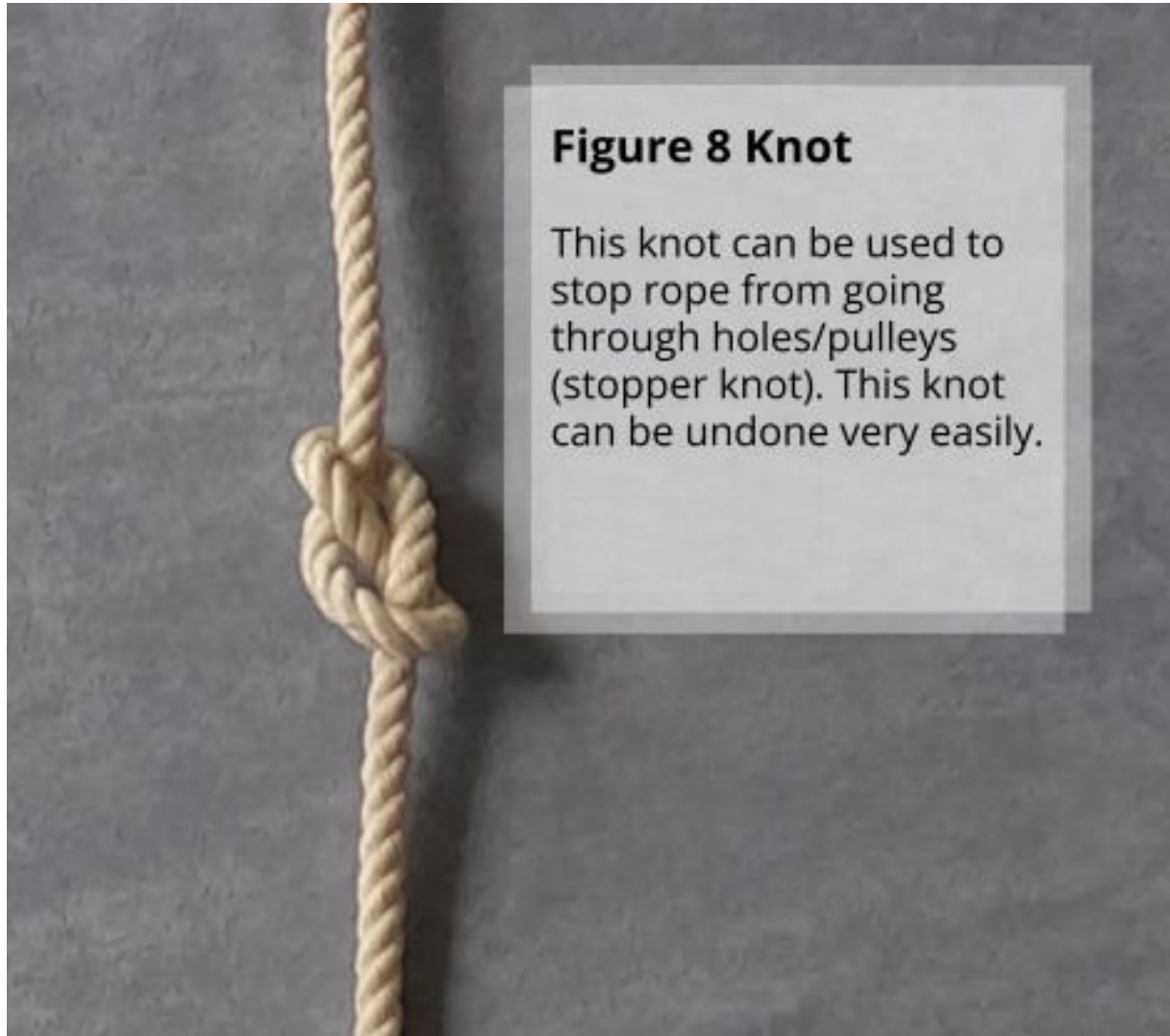
3. Pass the end of the rope **over** the edge of the bottom loop and then through the center.



4. Grab the end of the rope and pull to tighten your knot.



5. You are all done!



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