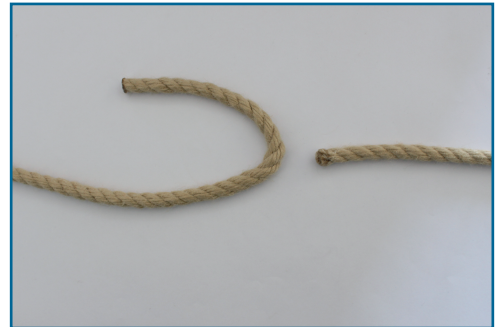




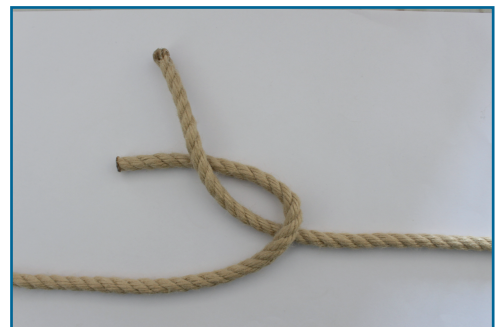
1

Fold one of the pieces of rope



2

Pull the second rope under the fold and over the end of the first rope



3

Pull the end of the second rope under the first rope



4

Pull the end of the second rope over the first rope and under itself



5

Pull tight on the longer ends to finish the knot



Well Done!

The **SHEET BEND** is used to join two pieces of rope together.



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