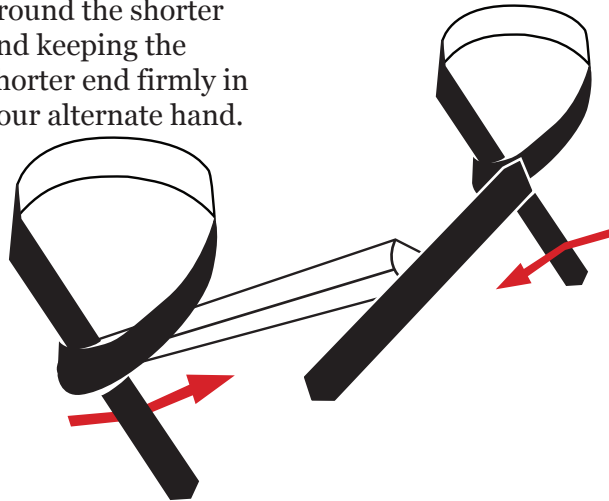


# THE FOUR IN HAND

1. Make one end longer than the other according to your needs.



2. Take the longest end and twist it around the shorter end keeping the shorter end firmly in your alternate hand.



3. Continue to bring the long end around until it is in front of your torso.

4. Now bring the long end up and under your neck and cinch the knot down.



5. Thread the long end through the knot you have just formed.



6. Hold the shorter end in one hand and pull the longer end down to the desired position.

