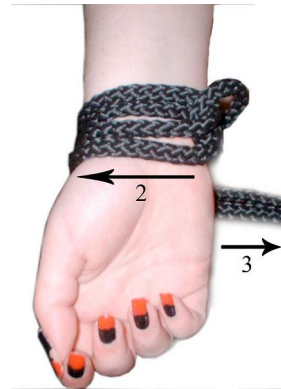


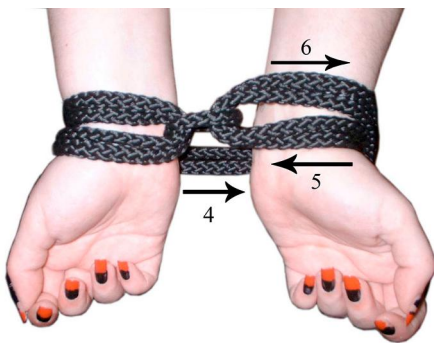
## Basic double wrist tie



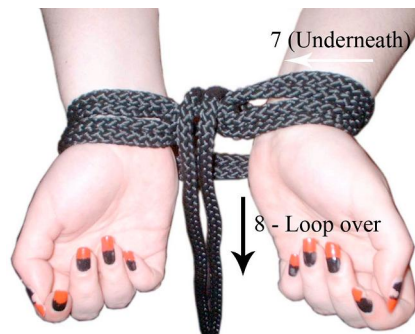
1) Start with a basic Lark's Head



2) Pull the loop of the Lark's Head out slightly to give some slack, then wrap the tails back around the wrist and 3) underneath.



4) Take the tails under the other wrist then  
5) Wrap back over before  
6) Taking the tails through the loop of the Lark's Head and back over the second wrist.



7) Come back under the second wrist then  
8) Loop the tails over the middle of the centre ropes.



9) Loop the tails over and under the centre ropes again then  
10) Tie off.