

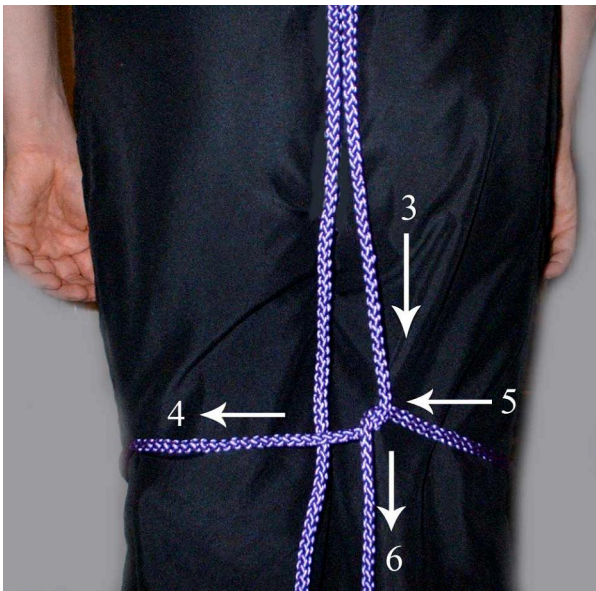
## Basic Leg Harness (featuring Double Cross-Over Tie)



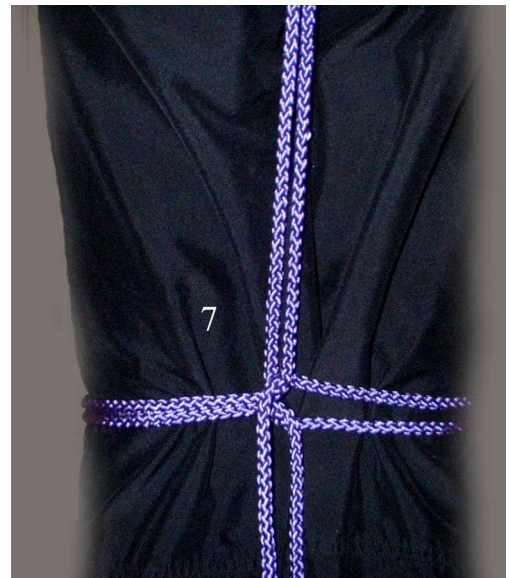
1 - Start with a Larks Head Knot at the front of the Waist



2 - Bring the tails under the crotch, over the rope at the back of the waist then down the legs



3 - 6 - Take one tail, bend it 90 degrees and wrap it around the legs, then loop it over itself



7 - Repeat the process with the other tail but in the opposite direction



8 - Repeat the Double Cross over tie around the ankles, then bring the tails through between the ankles and tie off.