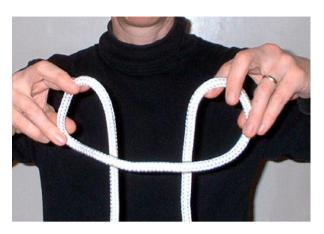
The Cat's Paw Cuff





1) Hold the centre of the rope and twist both hands inwards as if starting a Larks Head knot.





2) Continue to twist both hands so the loops have turned 360 degrees.





3) Keep twisting to bring the outsides of the loops into the centre.