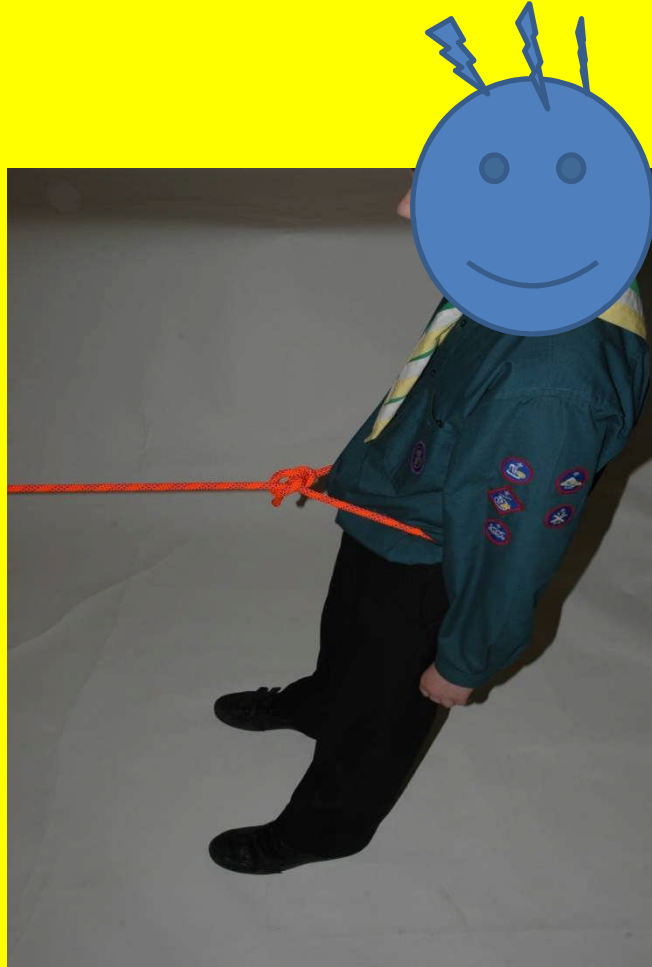


# The Bowline



By Tom and Luke

# What will you need?

1. Rope
2. A person

# Step One !



Put the rope around the back of the persons hair.

# Step 2



Make a hoop with the stray bit of rope.

# Step 3



Stick the other end up through the hoop.

# Step 4



Put the rope under the rope and back through the hoop.

# Step 5



Pull tight.

# Step 6 the final stage



Jump off a mountain and hope for the best.