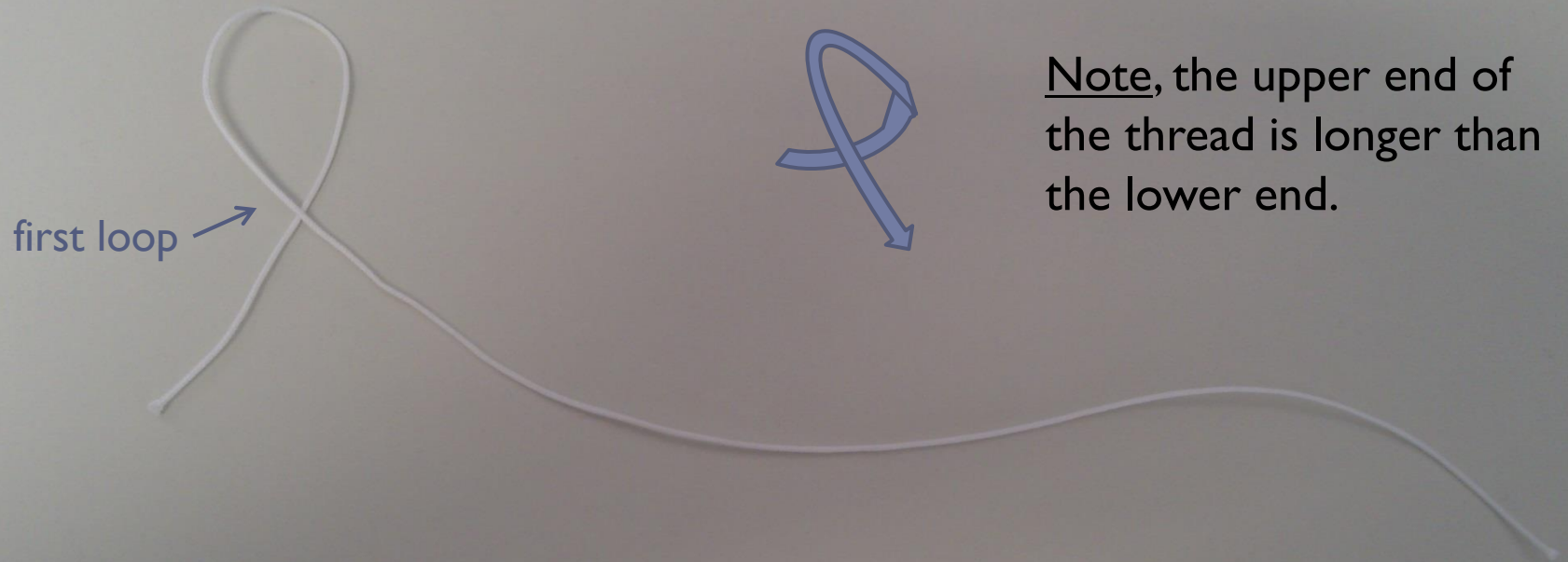


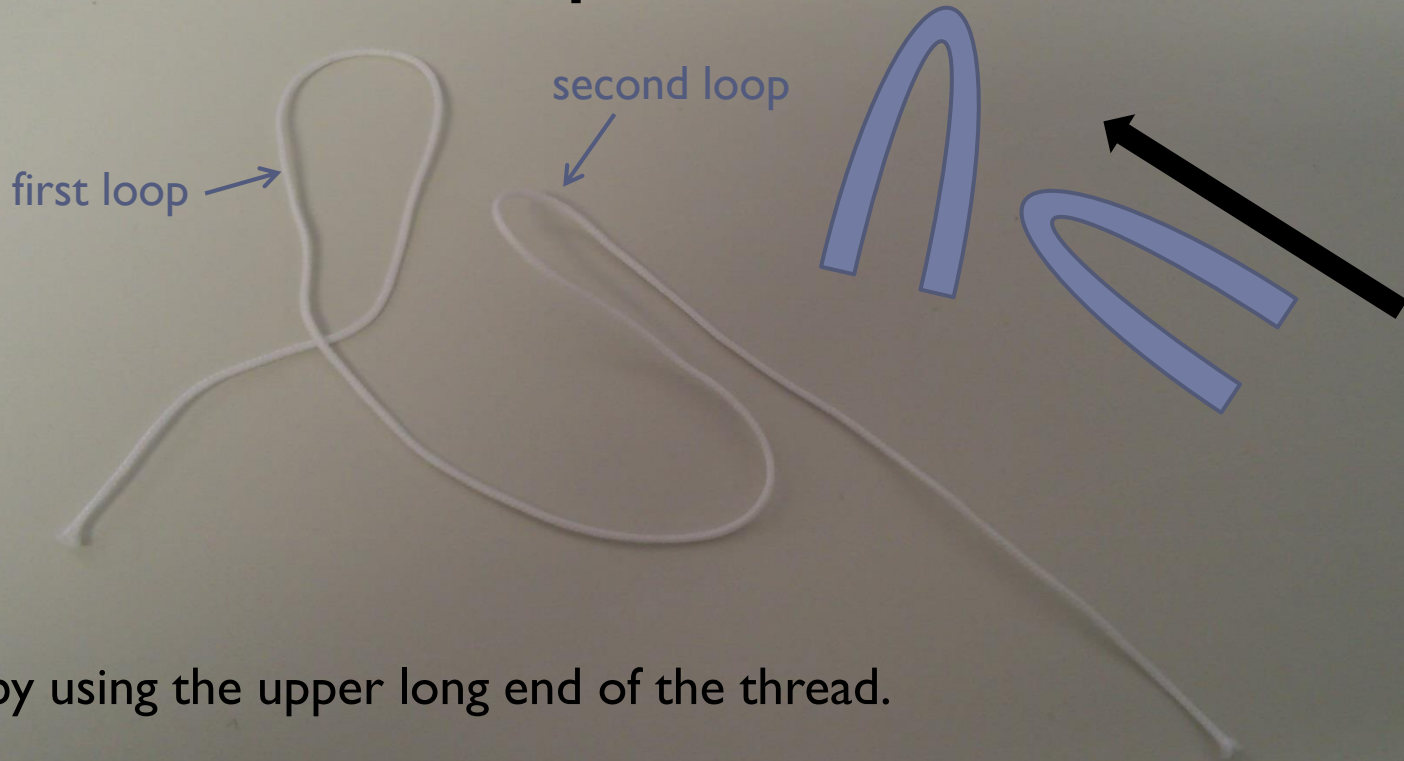
Thread loop – step by step

Thread the first loop.



Thread loop – step by step

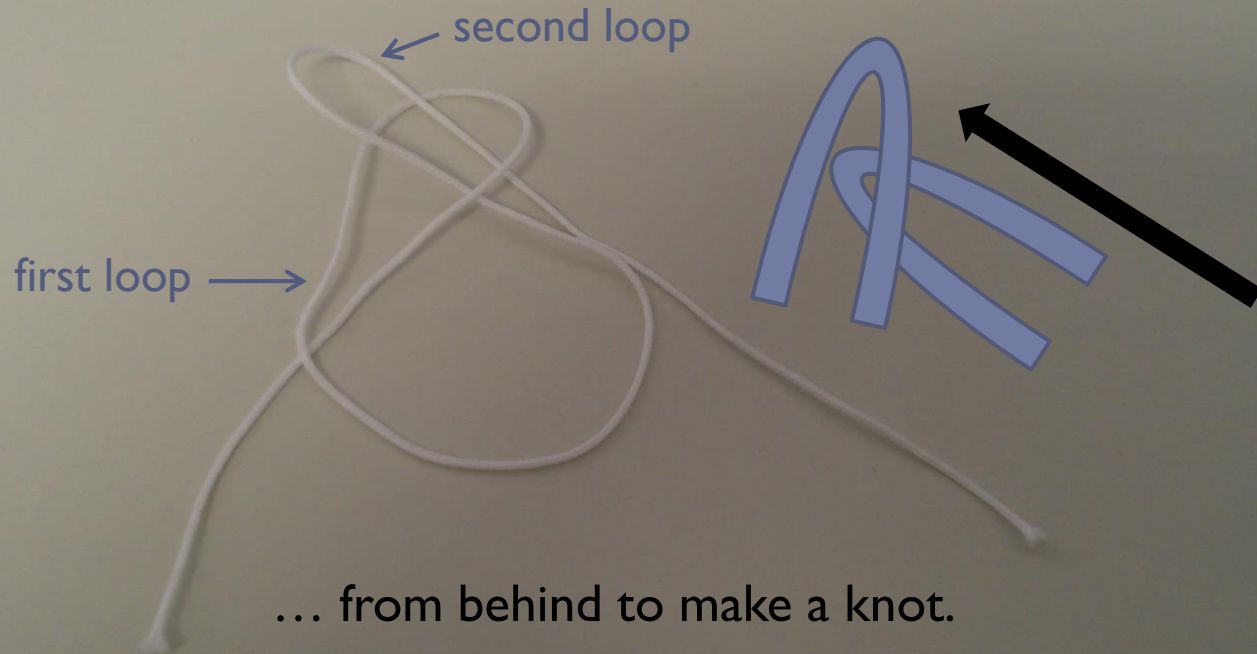
Thread the second loop ...



... by using the upper long end of the thread.

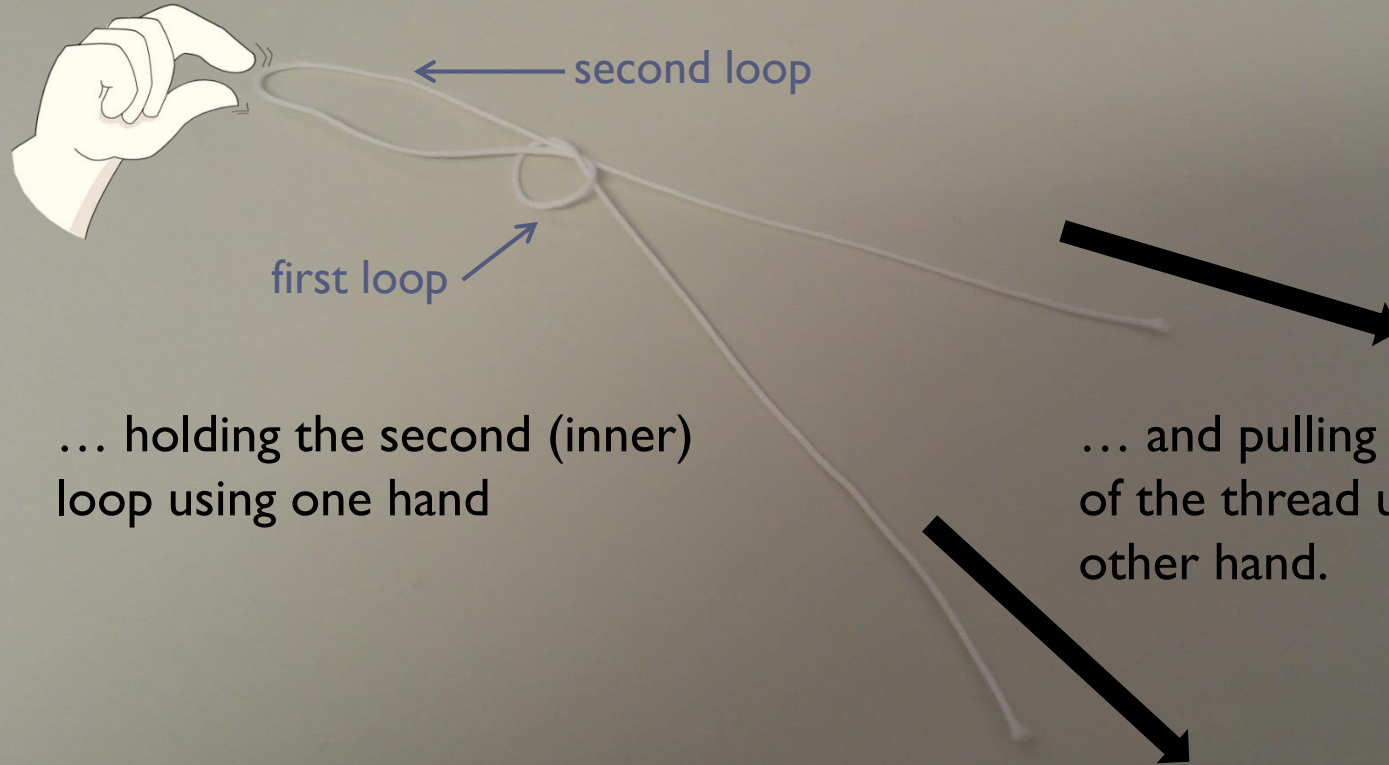
Thread loop – step by step

Place the second loop through the first loop ...



Thread loop – step by step

Tighten the thread loop by ...



... holding the second (inner) loop using one hand

... and pulling both ends of the thread using the other hand.

Thread loop – step by step

Done!!!

