CM ALMY
HOW TO TIE A ROPE CINCTURE

Fold cincture in half
Wrap around waist with knots on your right side
Grab end of loop made by the fold and overlap as shown
Using right hand, slip loop over left hand, keeping hold of cincture

Grab knotted end with your right hand
Slip knotted ends through loop (where left hand is making sure that single loop is on top of double cincture.) Feed knotted ends through loop from top to bottom
Drop loop and then tighten around waist
Knot is on left hip

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