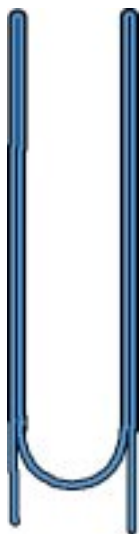


ALAMAR KNOT

The alamar knot is a decorative knot related to the pretzel. The pretzel knot is tied in a single strand; the alamar knot is tied by doubling the strands as shown in [Step 1]

[Step 1] Double the strand as shown.



[Step 2]



[Step 3]



[Step 4]



[Step 5] Add tassels or other end decorations.

