

5

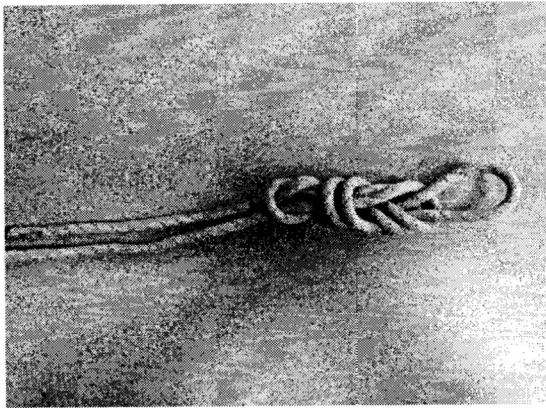
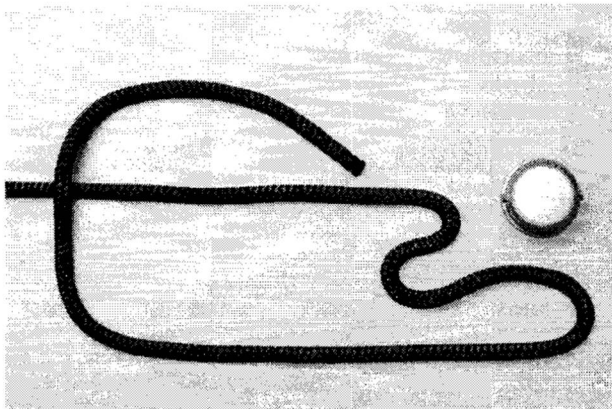


Figure Eight Follow Through The figure eight follow through is just a simple figure 8 knot that the tail is wrapped around an anchor, and then followed back through the first figure 8. This knot can be used as a simple anchor for a 1 – rope rescue system.

Start by tying a loose Figure 8 knot. Pass the tail around the attachment point. Follow the original Figure 8 around the entire knot in reverse. Exit beside the standing end to complete a two stranded Figure 8 knot.

1



2

