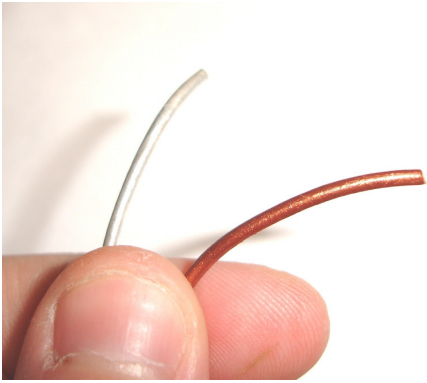
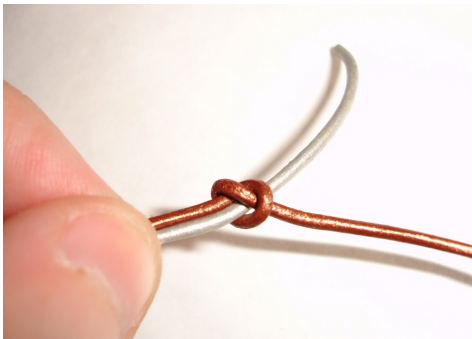


Double Sliding Knot



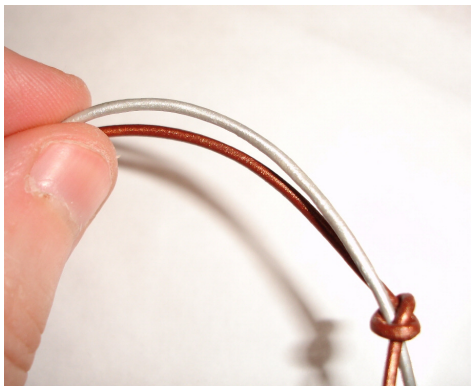
Step 1

- Take the two ends of your thong – I have used two different colours so you can see how it's done a little easier.



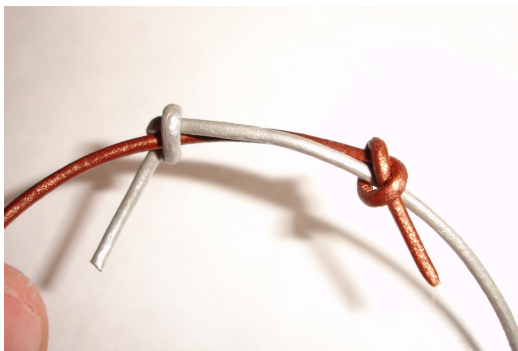
Step 2

- Tie a knot in one end, enclosing the other end – the second end is not knotted into the first, it simply slides through.



Step 3

- Pull the second end through until a few inches, the amount you pull at this stage is not important as it will pull back later on.



Step 4

- Tie another knot exactly the same but using the other end, enclosing the first end.
- These knots will now pull apart to tighten and pull away to loosen.