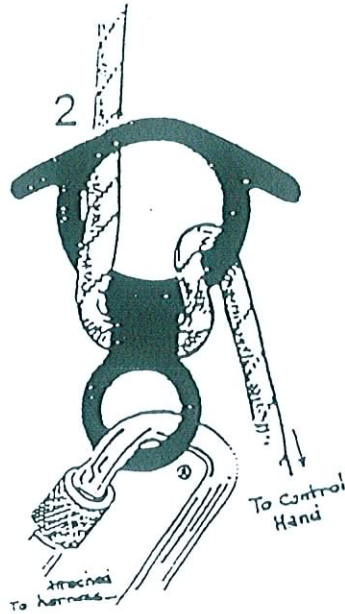
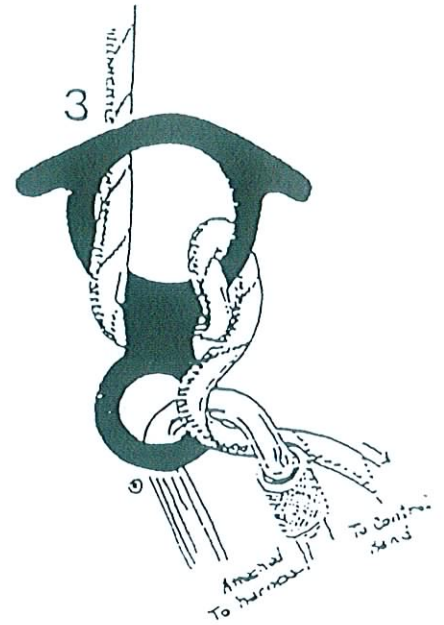


Up through/Down over.

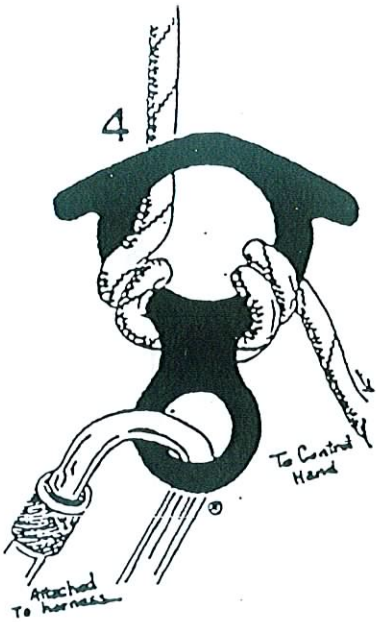


Right handed-Right side.  
Left handed-Left side.

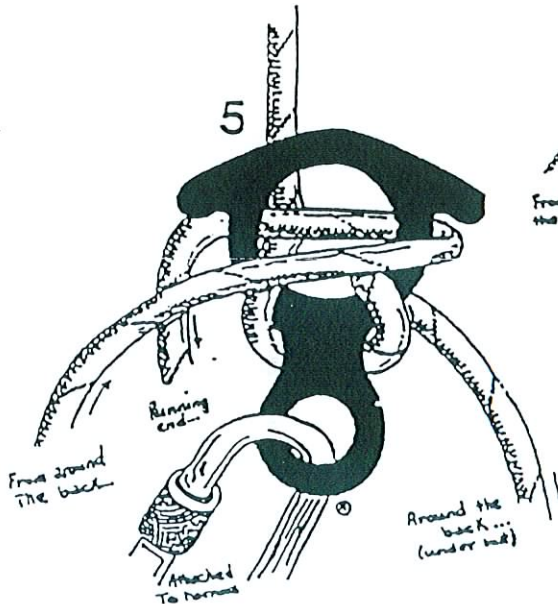


Controlling extra weight  
- w/additional friction.

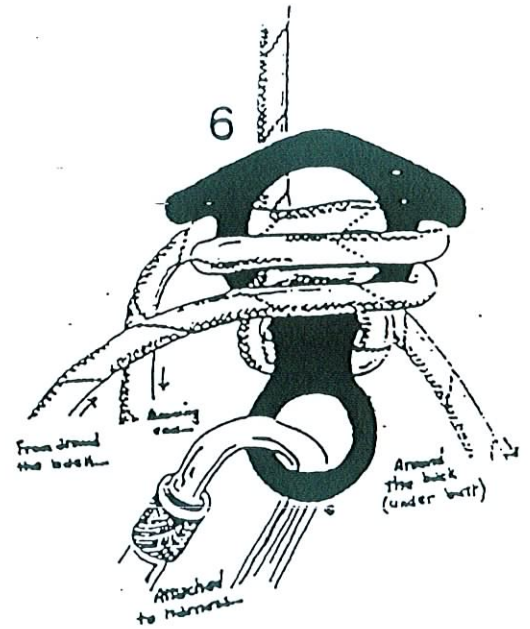
# Figure - 8 -



Double wrap  
for heavy loads.



Tying off.



Completed tie-off  
w/safety wrap.