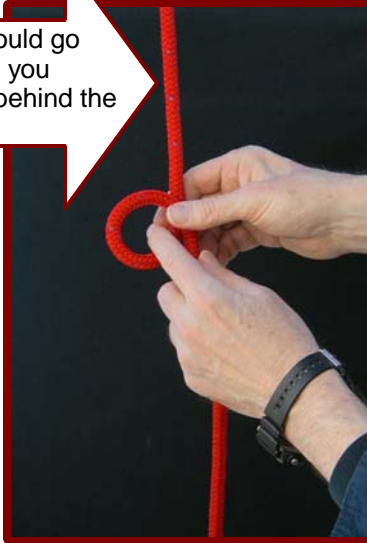


How to tie a Bowline with your left hand

Standing Part should go away from you
DO NOT wrap it behind the right hand



Start with the line going away from you.
Make a small overhand loop in the line with your left hand
The line in your left hand should be on top



The loop in your right hand should be small.
You want a LARGE bottom loop.
Small top loop and large bottom helps visually.



Bring the end up through the small loop.



Duck the end behind the standing part of the line.



Feed the end back down through the small loop along side itself



Hold the end and gently work the slack out of the knot—
Patience here – Do not rush things



The completed Bowline – small upper loop and large lower loop.
Adjust the loop size if needed.