



QUICK GUIDE TO KNOT TYING

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Items you will need

Gun rubber, wishbone tool, constrictor line, single or double dyneema bridles and silicone lubricant.



Step 1: Thread your bridle into the end of the wishbone tool.



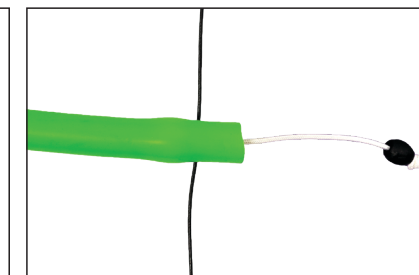
Step 2: Lubricate the dyneema bridle bead.



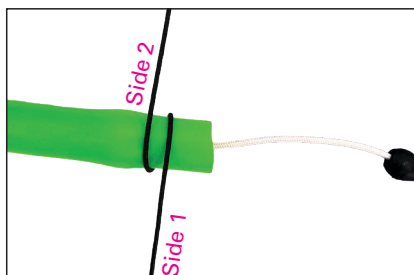
Step 3: Push the bridle approximately 1cm into the gun rubber.



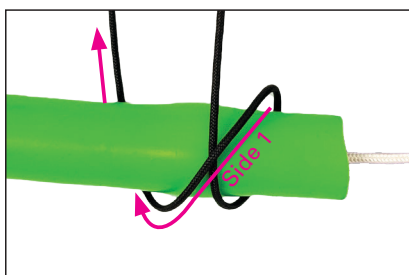
Step 4: Remove wishbone tool.



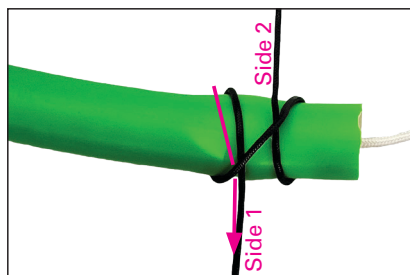
Step 5: Place constrictor line under gun rubber.



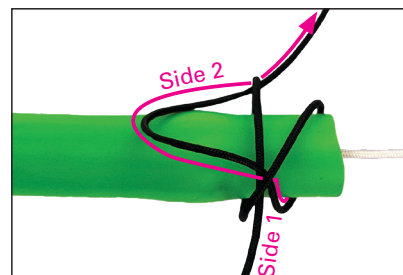
Step 6: Wrap once around gun rubber.



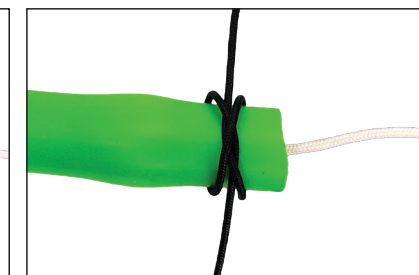
Step 7: Move Side 1 constrictor, over the Side 2 constrictor, then under the rubber.



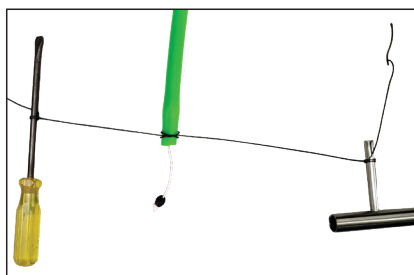
Step 8: Bring Side 1 back over rubber and then thread under the second half hitch (loop).



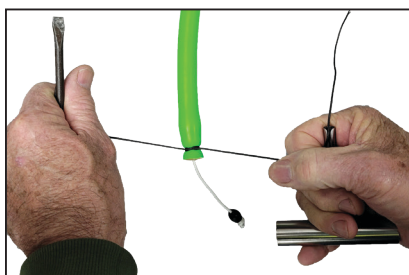
Step 9: Bring Side 2 across Side 1 and thread under the second half hitch (loop).



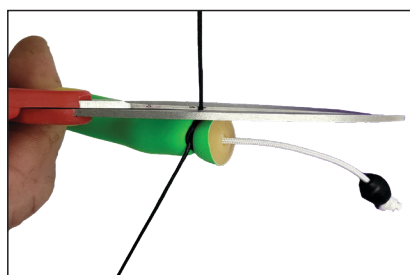
Step 10: Ensure both loose ends are centred, then pull to secure.



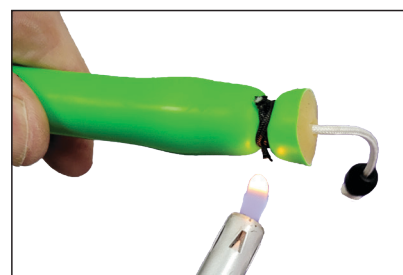
Step 11: Tie and wrap each end of the constrictor to your wishbone tool and another stable object.



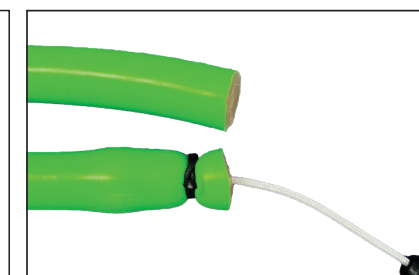
Step 12: Pull to tighten as much as possible.



Step 13: Trim excess constrictor line.



Step 14: Melt each end of the constrictor line to avoid fraying.



You have now completed your constrictor knot. Repeat all steps for the opposite end of the gun rubber.