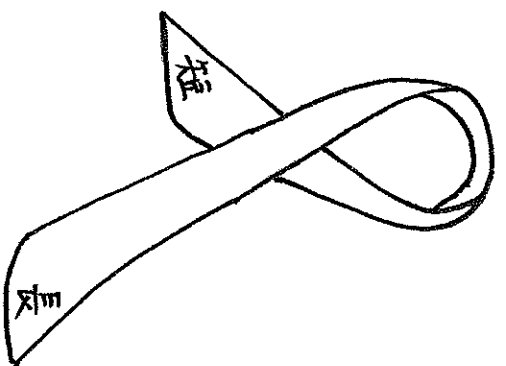
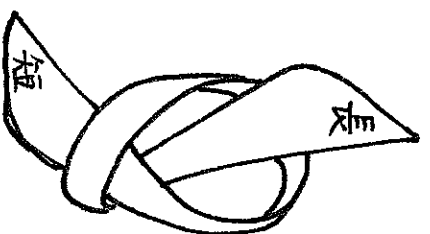
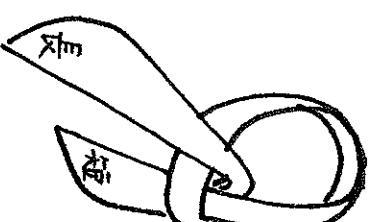




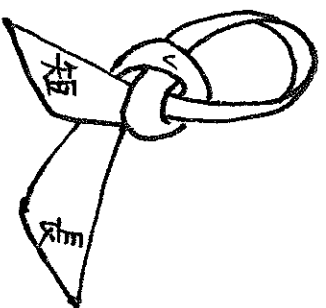
1. 長邊在短邊之上
(不動)



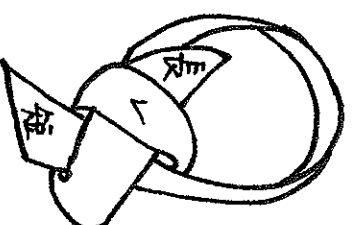
2. 從短邊下方穿到中間
(不動)



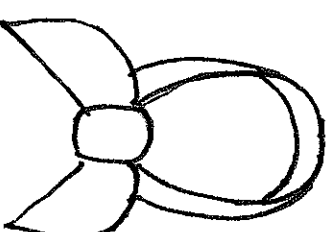
3. 繞到外面來



4. 這次從短邊下面穿過



5. 從中間的洞穿過去
↓
短



6. 拉出來，將領結整理好，完成囉！