

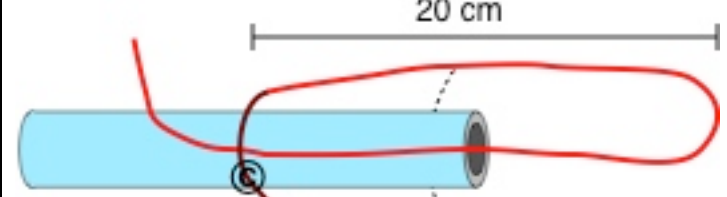

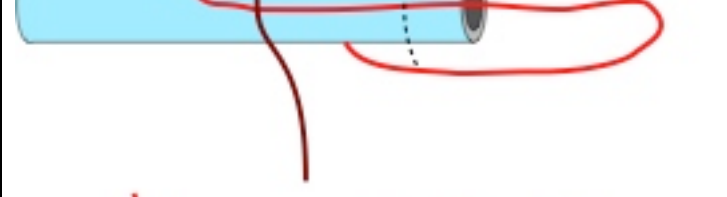
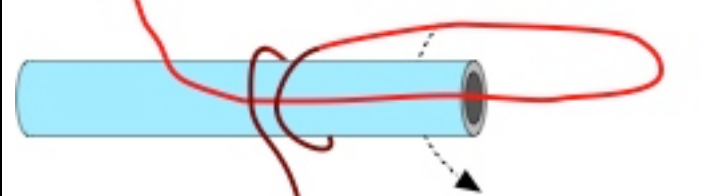
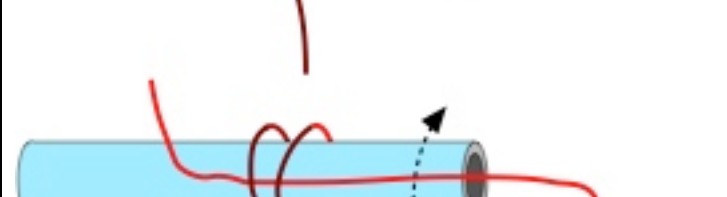
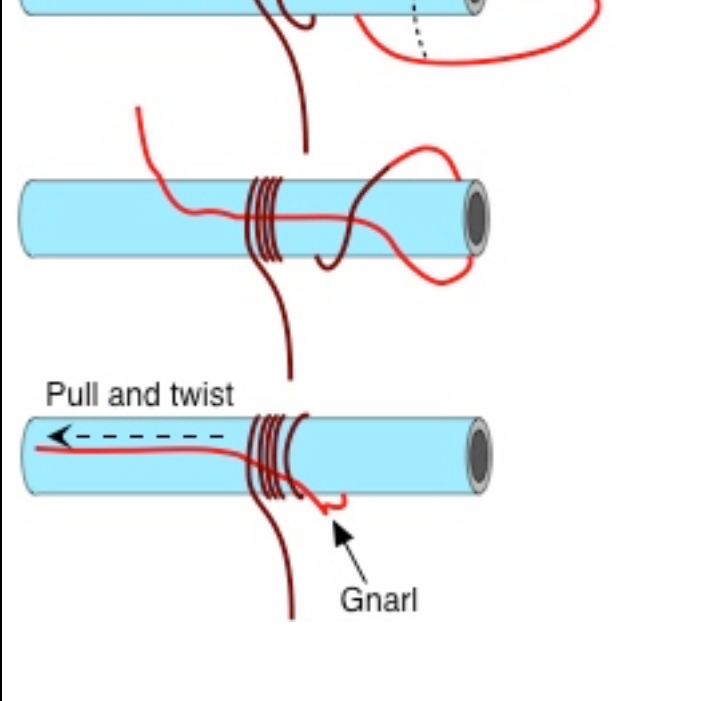
Plastic tube with tension string.

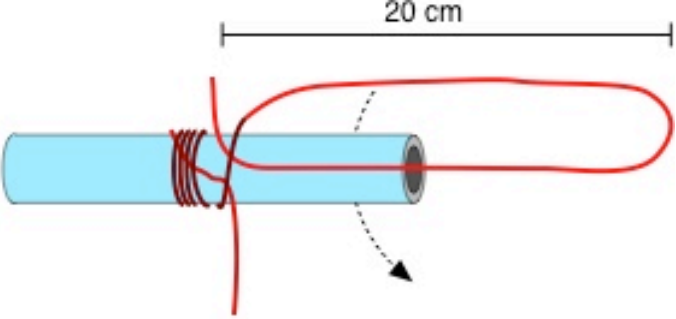
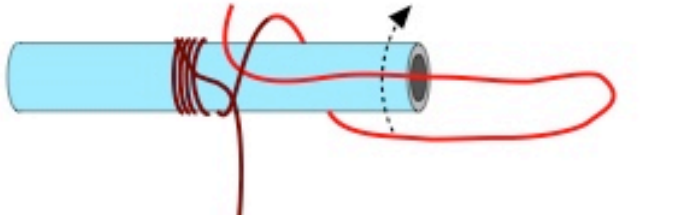
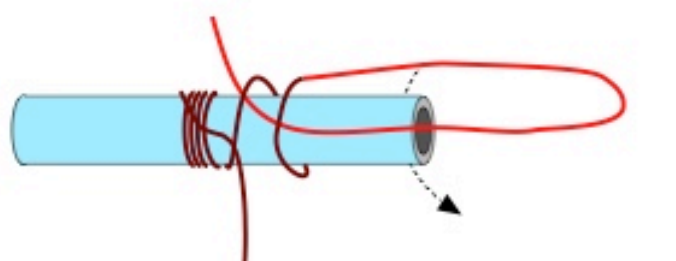
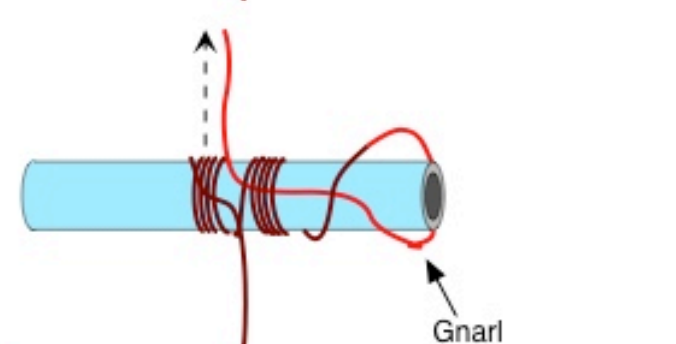
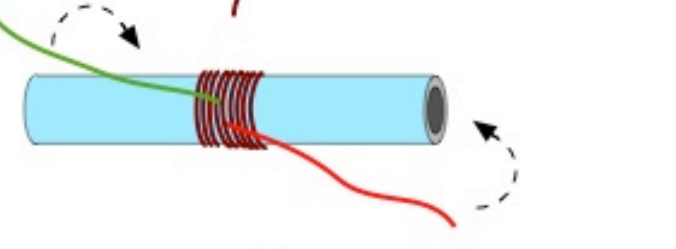
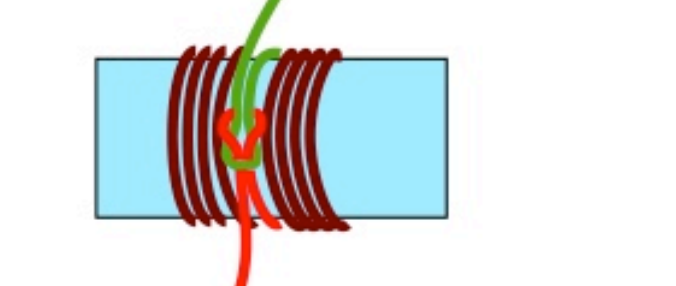
Alt A) For YangTze 30 m.
Cut one piece, 8 cm long, of reinforced plastic tube,
6 mm inner diameter.
Cut one piece, 210 cm long, of 50 kg string.



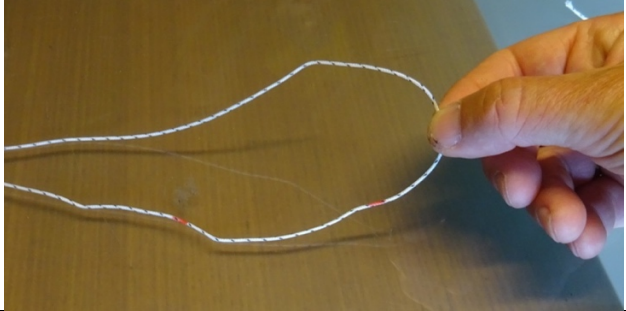
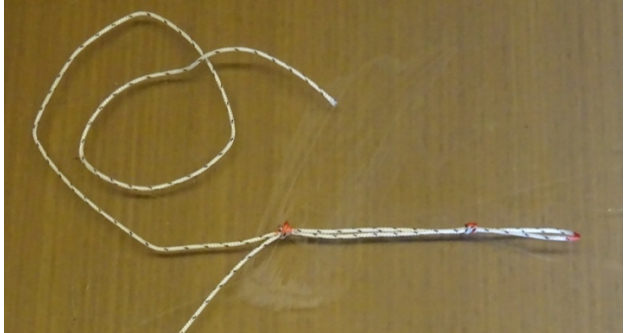
Alt B) For YangTze 15 m.
Cut one piece, 8 cm long, of reinforced plastic tube,
4 mm inner diameter.
Cut one piece, 130 cm long, of 50 kg string.

Tie the centre of one string to the centre of a plastic tube using a knot called 'American Whipping' leaving two approx. 70 cm long string ends (40 cm for YangTze 15m.) from the centre of the knot.

How to tie an American Whipping.

1.		<p>1. Mark the centre of the string and put the string with a 20 cm loop on the tube with the centre (©) as the picture shows. (The dark coloured part always runs on top of the lighter coloured part)</p>
2.		<p>2. Pull the loop down behind the tube as the arrow in picture 1 shows, and then pull the loop up in front of the tube as the arrow in picture 2 shows.</p>
3.		<p>3. Pull the loop down behind the tube as the arrow in picture 3 shows.</p>
4.		<p>4. Pull the loop up in front of the tube as the arrow in picture 4 shows.</p>
5.		<p>5. Repeat steps 3 and 4 until there are 5 rounds around the tube.</p>
6.		<p>6. After making the 5 rounds there is a small gnarl in the last loop. Release this by twisting the twine that runs under the rounds anti clockwise at the same time as tightening the last loop by pulling the twine to the left.</p>

7.		<p>7. Turn the tube so the five rounds come on the left side and the loose ends to the right and make a new 20 cm loop with the string on the tube.</p>
8.		<p>8. Pull the loop down behind the tube as the arrow in picture 7 shows, and then pull the loop up in front of the tube as the arrow in picture 8 shows.</p>
9.		<p>9. Make 5 rounds like previously on the left side.</p>
10.		<p>10. After making the 5 rounds there is a small gnarl in the last loop. Release this by twisting the twine that runs under the rounds anti clockwise at the same time as tightening the last loop by pulling the twine upwards.</p>
11.		<p>11. Tighten the whipping by pulling the loose ends. The loose ends are maybe now on different sides of the round in the middle. Bring the string ends to the opposite side [back side] of the tube.</p>
12.		<p>12. Secure the whipping by tying a reef knot.</p>

13.	<p>Reinforced plastic tube with <i>American Whipping</i>.</p> 	The result should look like this.
14.	<p>Make three marks on string.</p> 	<p>Alt A) For YangTze 30 m: Make three marks on each of the two strings at 36, 44 and 48 cm from the plastic tube.</p> <p>Alt B) For YangTze 15 m: Make three marks on each of the two strings at 14, 22 and 26 cm from the plastic tube.</p>
15.	<p>Tie first overhand knot.</p> 	<p>Alt A) For YangTze 30 m: Hold on the 48 cm mark with thumb and index finger and tie an overhand knot over the 44 cm mark.</p> <p>Alt B) For YangTze 15 m: Hold on the 26 cm mark with thumb and index finger and tie an overhand knot over the 22 cm mark.</p>
16.	<p>Tie second overhand knot.</p>  <p>The two knots tied at the 36 and 44 cm marks.</p>	<p>Alt A) For YangTze 30 m: Tie a <u>second</u> overhand knot over the 36 cm mark. Trim the loose end of the string.</p> <p>Alt B) For YangTze 15 m: Tie a <u>second</u> overhand knot over the 14 cm mark. Trim the loose end of the string.</p>