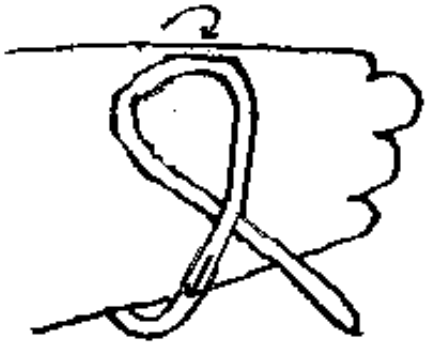
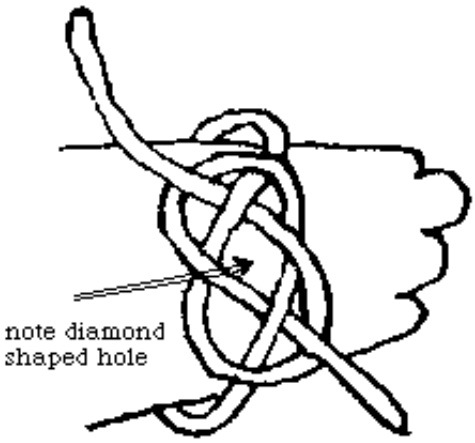
Lanyard knot



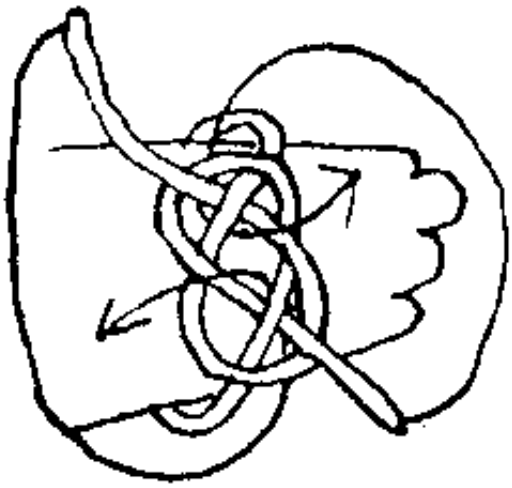
I - underhand loop in palm

II- bring end around back hand and under first loop as shown

Dash line shows next step.



III - work end through as shown and you will have a full Carrick Bend with a diamond hole in the middle



IV- this is the trick getting the ends in the right hole (the diamond)