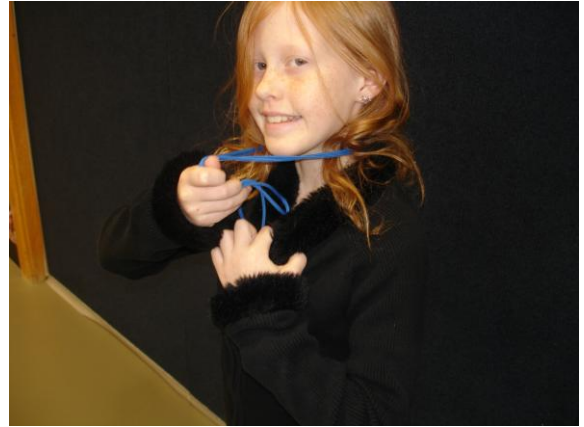


## SAFETY

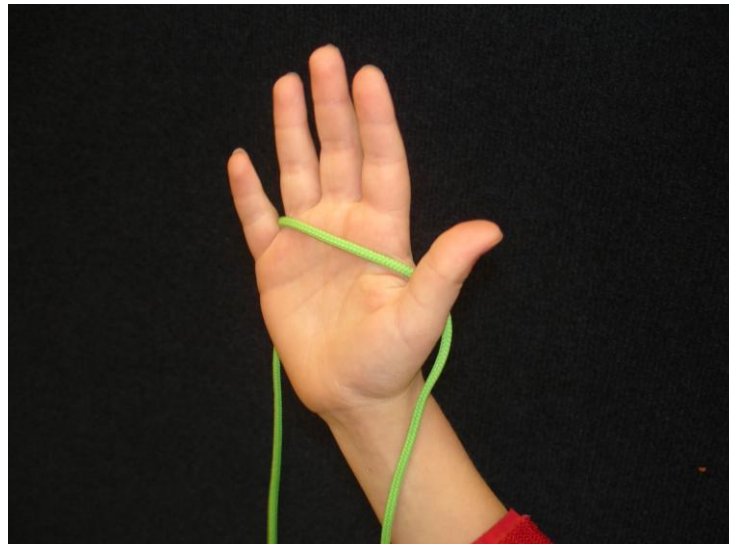
- Wear string looped around back of neck & tucked into shirt
  - Wear string looped around wrist like a bracelet
- NEVER WEAR AROUND NECK LIKE A NECKLACE!



### POSITION 1

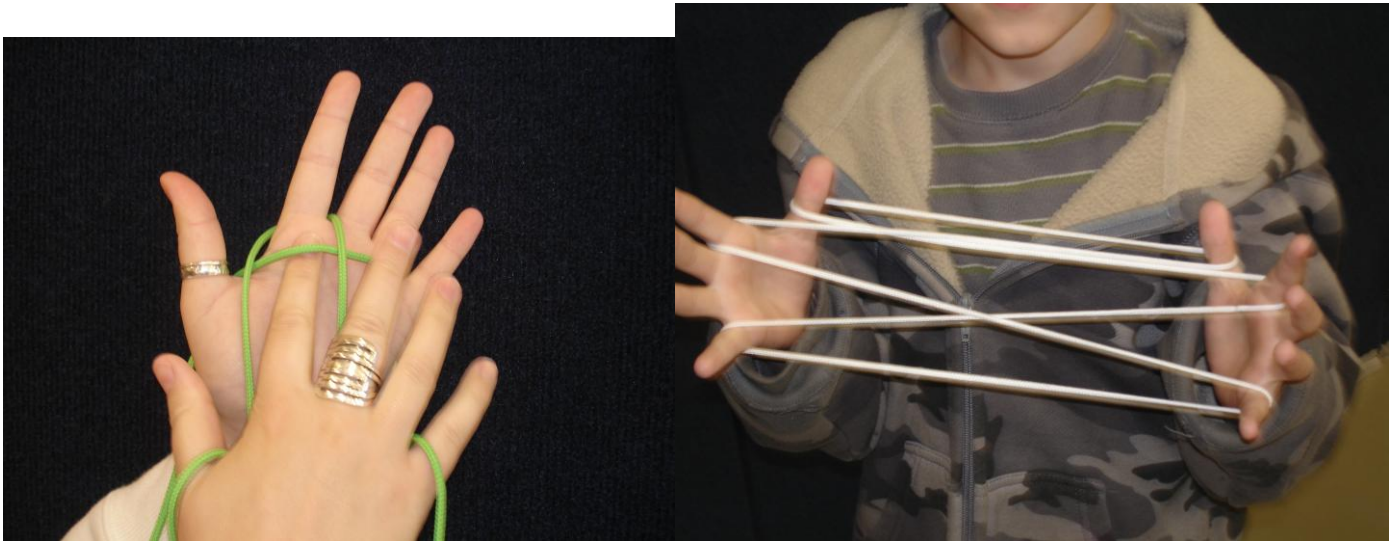
(1 hand or 2)

String is looped behind thumb and pinkie. String is across palm.



## OPENING A

Start in position 1, both hands. Index finger goes under opposite palm string on both hands. \*make sure on 2<sup>nd</sup> hand to go between the 2 loops on index.



## NEAR & FAR STRINGS

With palms facing each other, closest string to you is the “near” string. “Far” string is further away.



# NAVAJO

Bottom string comes off designated finger.

