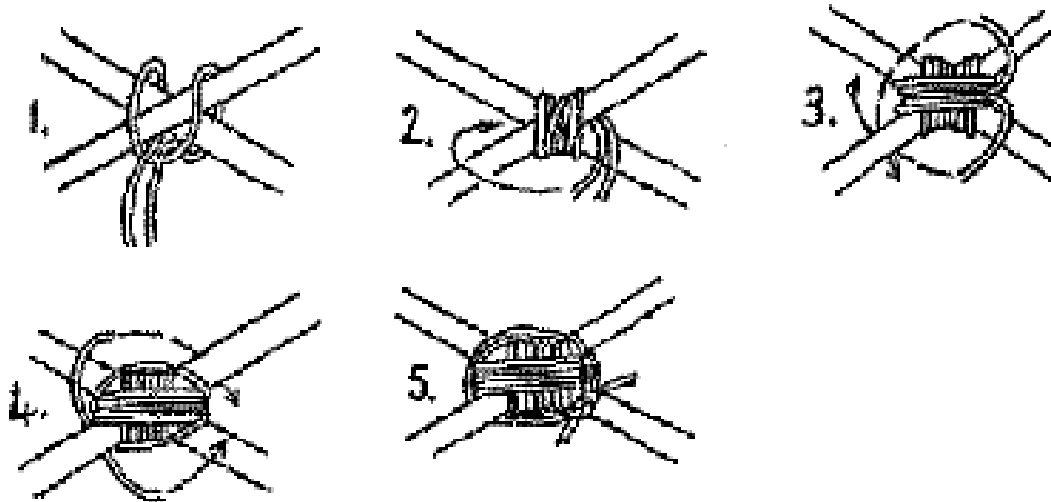
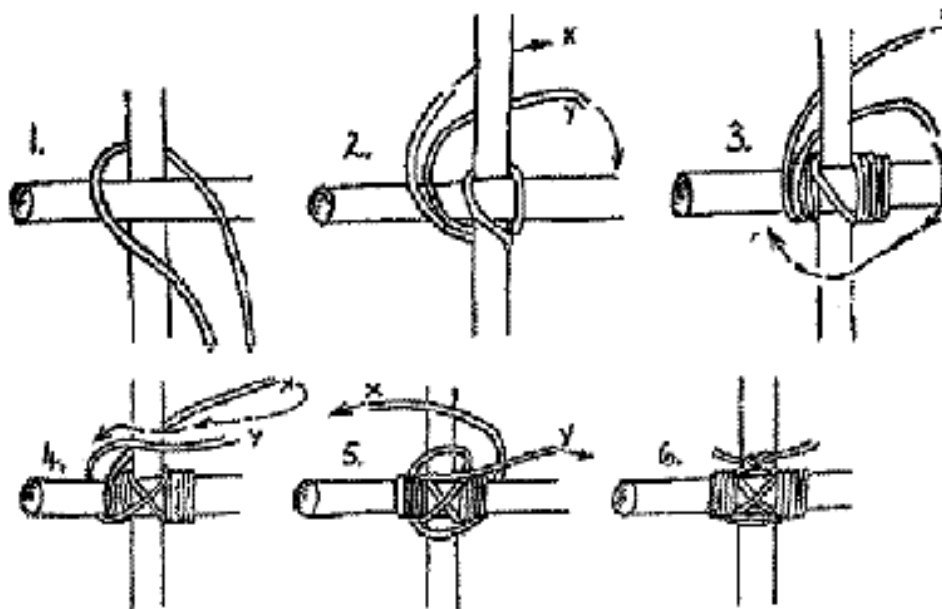


Filipino Lashing



- Start with the middle of the rope, tucking the running ends through the middle "loop" after going round both spars. Use the "loop" to pull the spars together.
- Continue as for a diagonal lashing taking the running end round both spars, keeping both ends together
- Separate the ends and take frapping turns between the spars, pulling the rope tight.
- Complete the frapping turns and finish off with a reef knot.

Japanese Lashing



- Wrap a loop around the cross pole and ensure that you have equal length running ends.
- Take the two free ends (together) up over the upright and down behind the cross pole just like a square lashing.
- Do two or three complete wrapping turns pulling tight.
- Separate the two ends and take them either site of the upright pole and cross them over bringing back around to form a frapping turn.
- Continue the frapping turn (each rope going in the opposite direction) until you have two or three complete turns.
- Finish with a reef knot on the cross pole next to the lashings.