1.



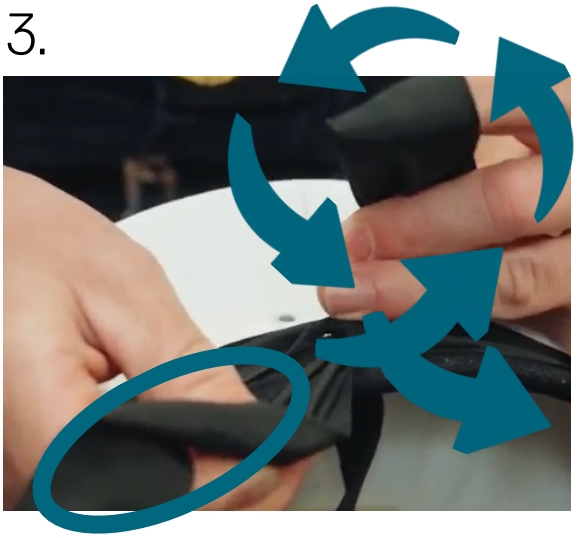
Once you have centred the cap tally, tie an overhand knot on the left hand side. This will be directly under the seam or two holes on the side.

2.



Have the top of the cap facing you. Take the top tail and fold this in half to create a loop facing downwards.

3.



Take the bottom tail and wrap it all the way around the loop you have just created. Tuck half of the remaining bottom tail into hole to make a bow shape.

4.





Tighten the bow by pulling on the loops and tails. Once happy cut the tails to create the final shape.

The completed Bow and Cap Tally should now look like this.

SEA CADETS