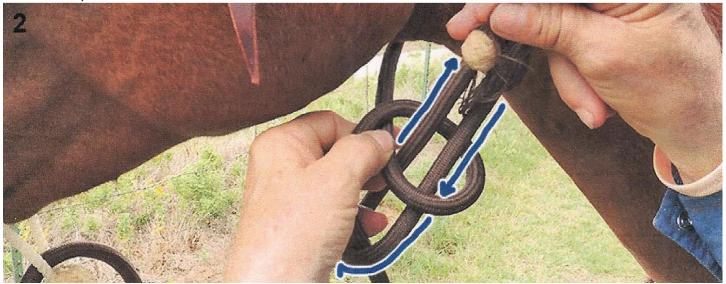


Step 1: Thread the Get Down Rope through the heel of the noseband, make a loop under the cheeks and pass the end of the rope over the off side of the neck.



Step 2: Continue by threading the rope down through the loop, over the rope that leads from the noseband and back up through the loop.



Step 3: Pull the rope tight.



Step 4: The knot should not tighten on your horse's neck. The knot should remain in one place.