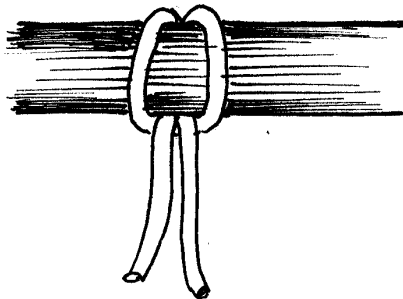
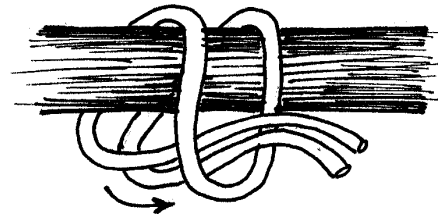
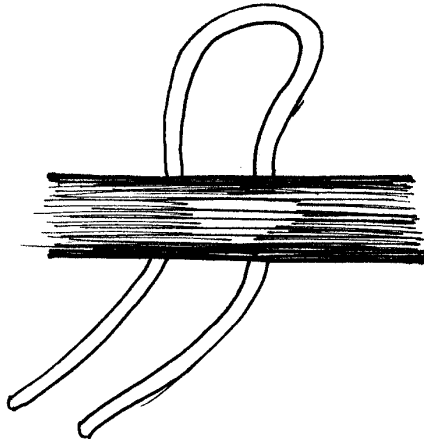
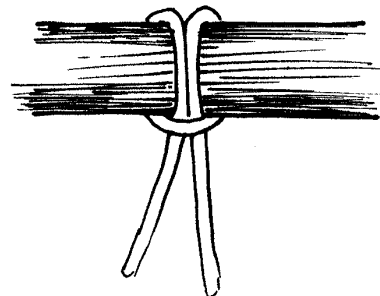


7.10 Knopen leggen b

2. Glijdende lus



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N.B. Je kunt deze knoop heel goed doen met een elastiekje

