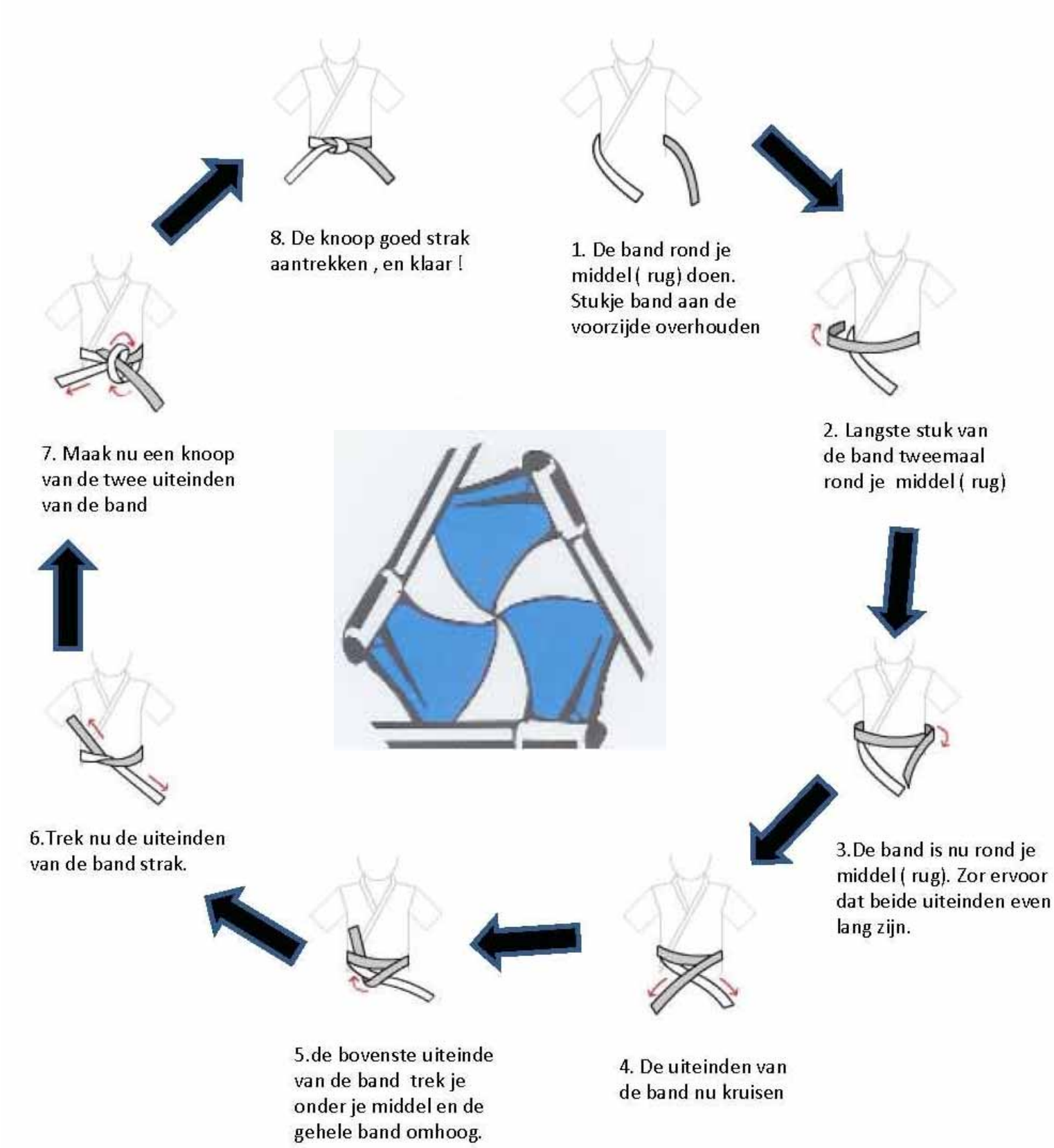Hoe knoop ik mijn band?