Skill Builder:
How to Macramé the Beaded Flat Knot

The Beaded Flat Knot is both intricate and beautiful. Originally featured in Nicole Anderson's 5 Stitch Wrap Bracelet Video, it is macramé stitch we would categorize as "quite challenging but doable". We didn't invent it, but have adapted it to both Nicole's project samples and more recently in our 2 Stitch project. Chinese Knotting Cord brings out the beauty of the knotted pattern, the beads and colors of the cord.

Please watch the video and review handout and Skill Builder before beginning. We recommend using a Mini Macramé Board as it helps manage the six cords as you stitch.

Project Level: Intermediate
Time to Complete: Varies

Ingredients for 6 inches of Beaded Flat Knot

2 1/2 yards of 3 different colors of Chinese Knotting Cord
60 Size 8/0 Japanese Seed Beads
1.5mm Round Leather as needed in project
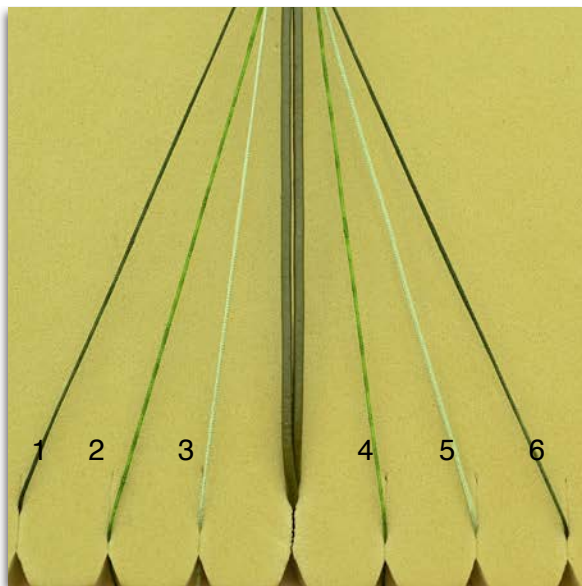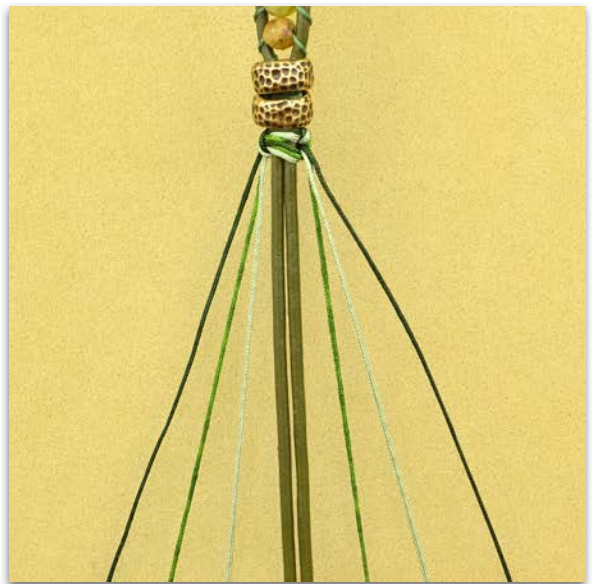
Mini Macramé Board
Thread Snips

Other Helpful Skill Builders:

How to Secure your Project to a Board
How to Macramé
How to Singe your Cord Using a Thread Burner

1. Cut 3 lengths of Chinese Knotting Cord 90 inches (2-1/2 yards each) in 3 chosen colors. Gathering all three pieces together, find their halfway point. Bring them under the leather and make one full macramé square knot around the leather on top.
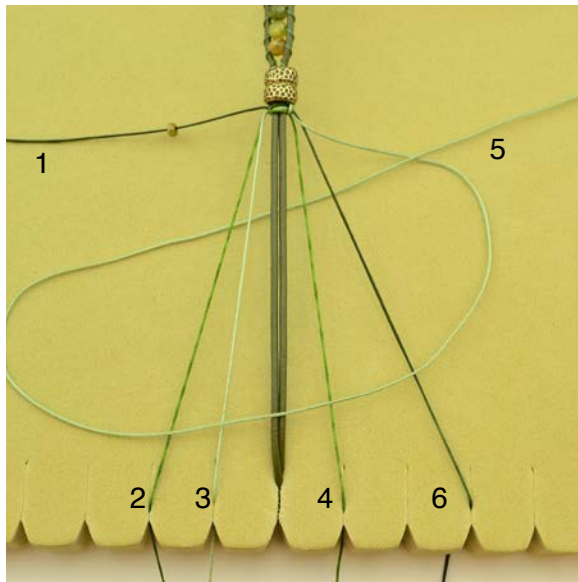
Photograph shows macramé square knot with beads above it from Tree Frog Project.

1   2   3   4   5   6

2. In this Skill Builder we have given each cord a number to help identify what cords we are using and when. Don't worry, once you learn the pattern things will become clearer. Match the cords so that Cord 1 is the same color as Cord 6. Cord 2 is the same color as Cord 4 and Cord 3 is the same color as Cord 5. Your leather is secured in the center notch of the macramé board. Cords 3 and 4 are never used to make knots, they live inside the stitching for color and body.
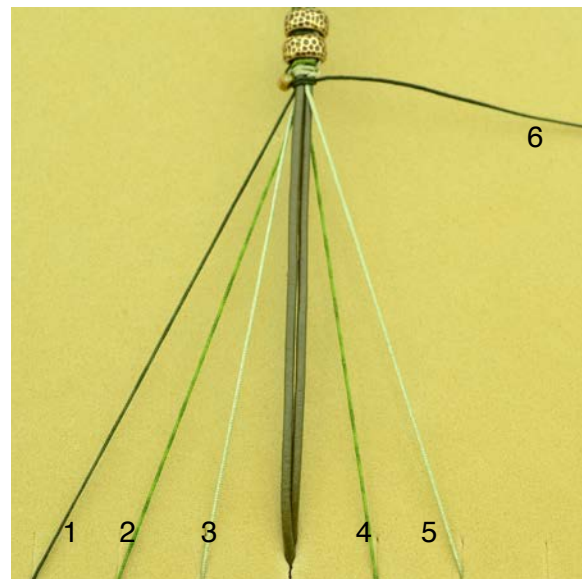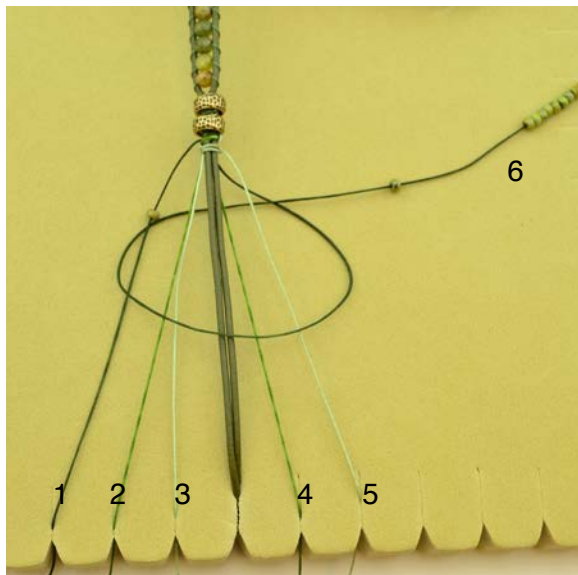
3. Separate your beads into two piles. String half of your beads on Cord 1 and half on Cord 6. Tie two overhand knots at the end of each cord so the beads will not slide off.
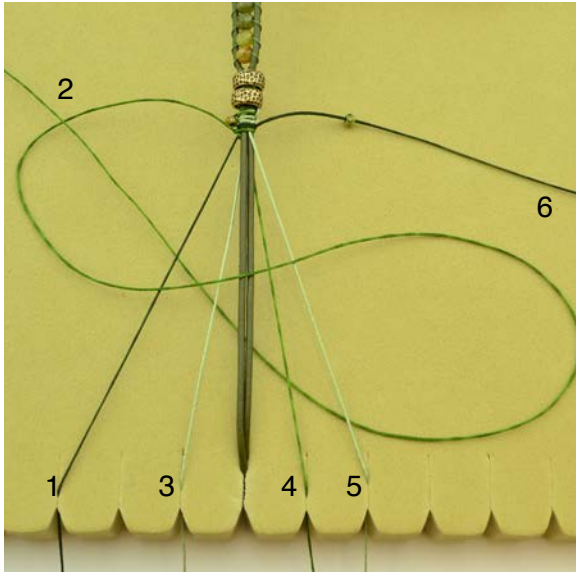
4. Slide one bead up to the top of Cord 1. Leave Cord 1 out to the side while you make your first stitch. Find Cord 5 and make one half square knot stitch. This knot will wrap around the leather and all of the knotting cord except for Cord 1 which has been moved out to the side. Begin by bringing Cord 5 over the leather and cords, then back under them and through its loop.

Repeat this same stitch with Cord 5 making sure to keep Cord 1 out of the way. Then secure Cord 5 back onto the board.
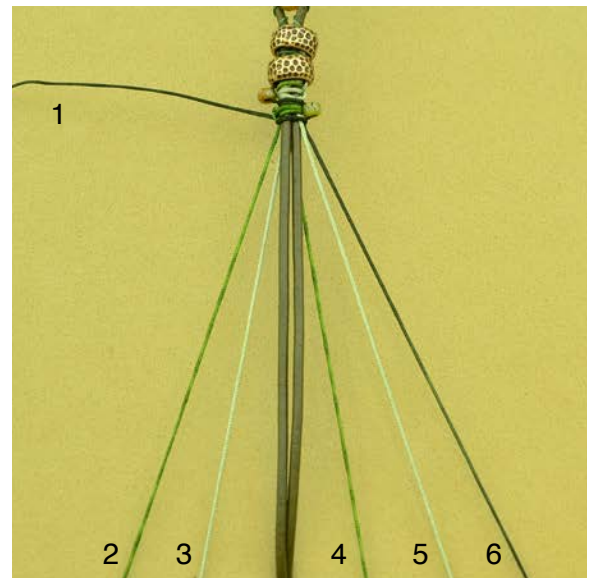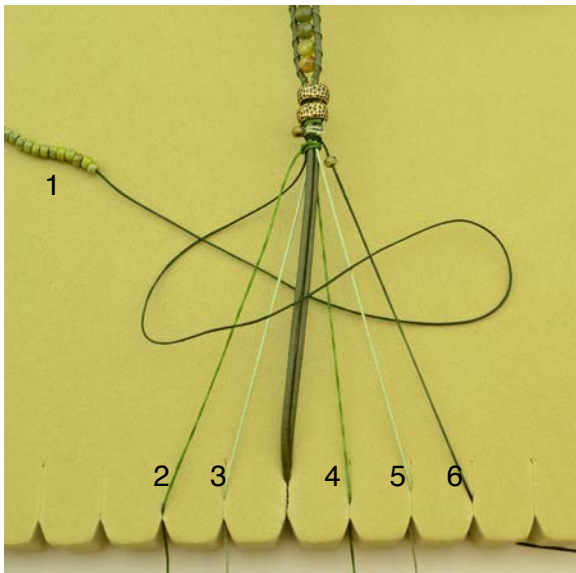
5. Keeping the bead on Cord 1 in place, bring the end of Cord 1 back next to Cord 2. Find Cord 6 and make one half square knot stitch wrapping around all the leather and cords: over the leather and cords, then back under and through the loop.

Repeat this stitch on the same side with the same cord, Cord 6. This stitch should now hold the bead from Cord 1 in place. Then secure Cord 6 back onto the board.
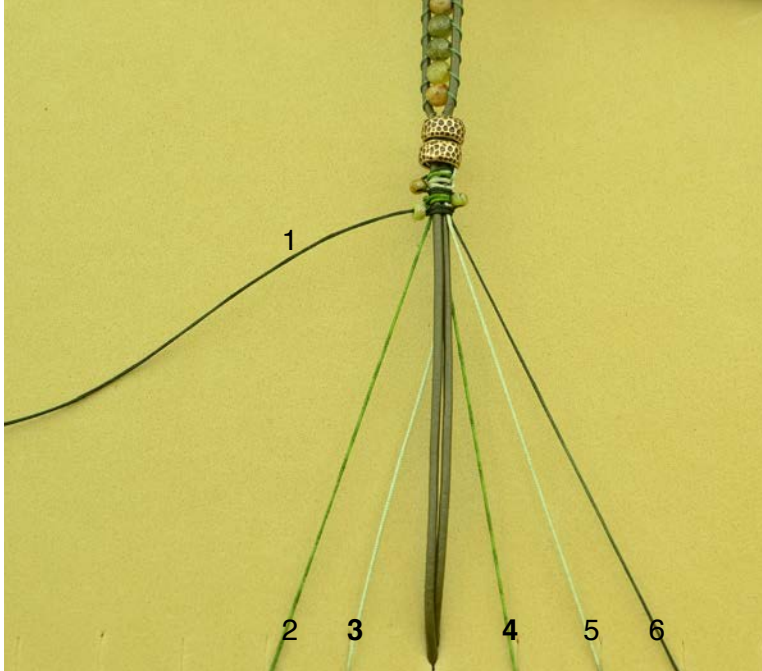
6. Now repeat Step 4 on the other side with Cord 6. Slide one bead up to the top of Cord 6. Leave Cord 6 out to the side while you make your next stitch using Cord 2. Make one half square knot stitch. This stitch will wrap around the leather and all of the knotting cord except for Cord 6 which has been moved out to the side.

Repeat this same stitch the same way keeping Cord 6 out of the way.

7. Next repeat Step 5 with Cord 1. Keeping the bead at the top, bring Cord 6 back down next to Cord 5. Using Cord 1 make one half square knot stitch wrapping around all the leather and cords.

Repeat this stitch on the same side with the same cord. This stitch should now hold the bead from Cord 6 in place. Then secure Cord 1 back onto the board.

8. To continue the pattern, begin with a bead moved up on Cord 1. Repeat Steps 4-7 to make another complete beaded flat knot. Continue to your desired length.

9. When you are ready to end your Double Beaded Flat Knot pattern gather all the strands and create one full square knot like you did in Step 1 (photo shows half of one full square knot). It is helpful to put a dab of GS Hypo-Tube Cement on this last knot before transitioning to your next portion of the project.