



MACRAME

SKILL LEVEL: **BEGINNER**

MEASUREMENT

Finished bracelet is $\frac{3}{4}$ " (1cm) wide x approximately 7" (18cm) or size to fit wrist.

INSTRUCTIONS

1. Cut the following lengths of floss: (2) All colors – 44" (110cm)
2. Holding the floss together evenly tie a loose overhand knot approximately 4 inches (10cm) from the cut ends. Tape the knot to a flat surface or secure under clip on clipboard.
3. Place the strands of floss in the order shown at the top of the pattern on Page 2.
4. Tie the first knot on the left with the 2 first strands (remember that each knot is composed of 2 base knots).
5. Tie all the other knots of the row from left to right.
6. For the next row, put the first strand on the left aside, and tie the first knot with the 2nd and 3rd strand.
7. Tie all the other knots of the row from left to right.
8. The first rows may look a little messy at this point, but it will correct itself as you continue to knot the bracelet. Continue following the pattern row by row until the bracelet is long enough.
9. Undo the loose knot from step 1 (this step can be done anytime after you've done at least 4 rows of the bracelet).



Featuring Anchor® Embroidery Floss spools

This rainbow ripple design is surprisingly easy to make. Make in the colors shown or try the variation. With 450 shades of Anchor® floss to choose from the possibilities are endless.

MATERIALS

Anchor® Embroidery Floss Spools: 1 of each color



0033 0303 0301 0253 0185 0433 0109

Masking or transparent tape. Optional: Clip board

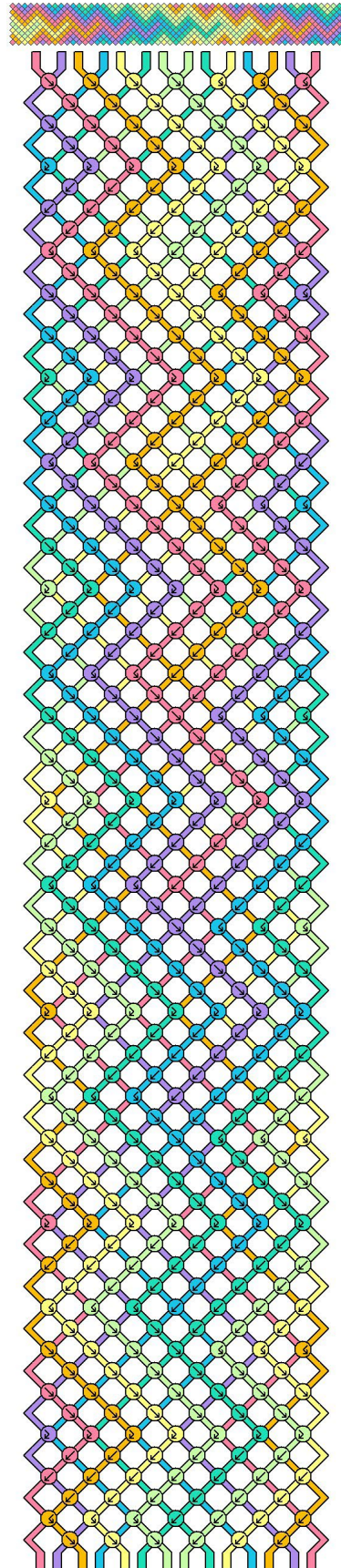
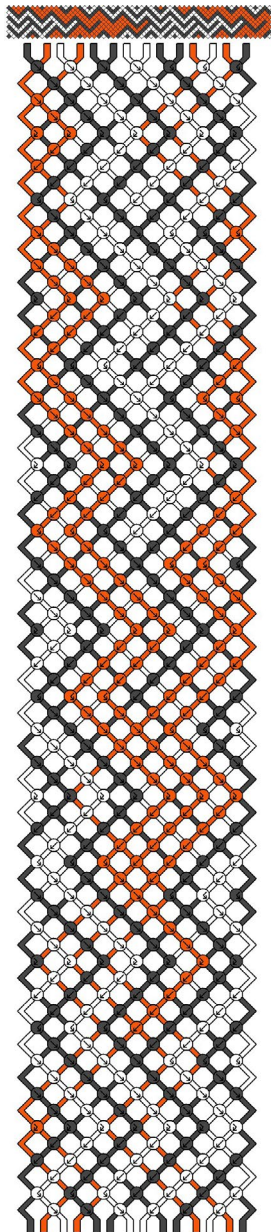
Note: Basic knot instructions and how to make a sliding closure are on pages 3, 4 and 5.



10. Braid each end. The total length of the bracelet + both braids should be long enough to slide over your hand to put it on your wrist.
11. Tie on or made a sliding closure.

Here's another color combination to try. Cut the following lengths of floss:

- (4) Colors 0001, 0046 – 48" (120cm)
- (6) Colors 0403- 48" (120cm)

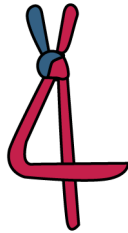


BASE KNOTS

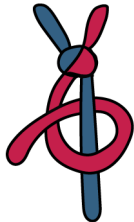
The 4 basic knots that are used in friendship bracelets are composed of these 2 base knots.

Forward knot : Goes from left to right

1. Bend the red string and place it over the blue one to make a 4 shape.



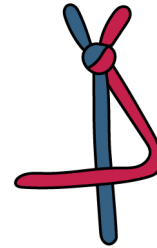
2. The red string goes behind the blue, and in the loop created by the 4 shape.



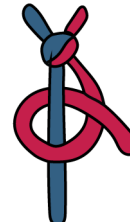
3. Pull the knot all the way up and tighten it.

Backward knot : Goes from right to left

1. Bend the red string and place it over the blue one to make an inverted 4 shape.



2. The red string goes behind the blue, and in the loop created by the inverted 4 shape.

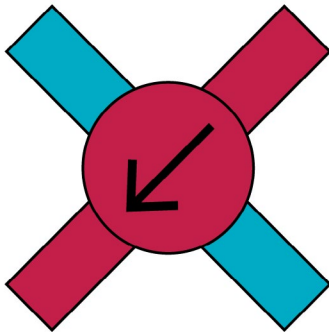


3. Pull the knot all the way up and tighten it.

THE 4 BASIC KNOTS IN FRIENDSHIP BRACELET PATTERNS

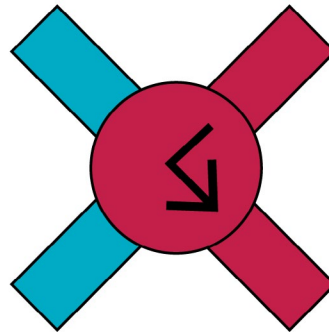
Backward (B) knot:

Backward knot + backward knot



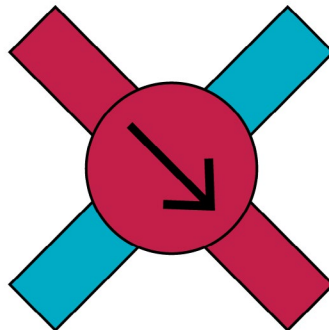
Backward - forward (BF) knot:

Backward knot + forward knot



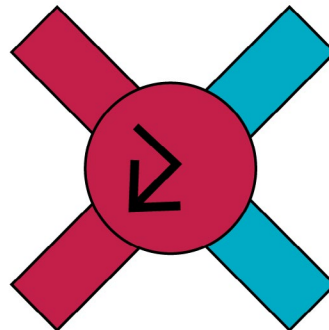
Forward (F) knot:

Forward knot + forward knot



Forward - backward (FB) knot:

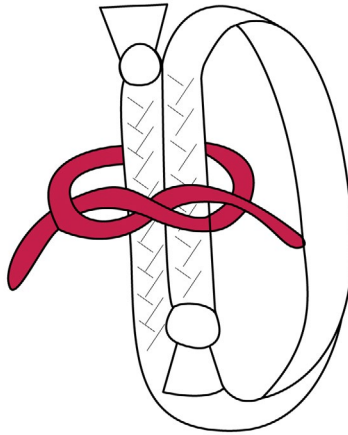
Forward knot + backward knot



SLIDING CLOSURE

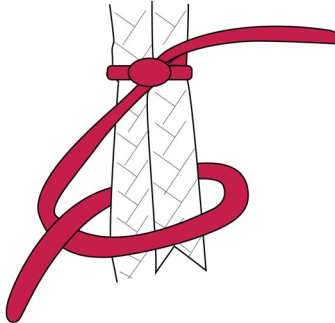
Step 1 : Take a string that is at least 8 inches (20 cm)

Step 2 : Tie a half knot (see picture below) on both braids.



Step 3 : Tie another half knot to secure it.

Step 4 : Tie 3 forward knots over both braids.



Step 5 : Tie 2 half knots to secure the closure.

Step 6 : Cut the extra string, leave approximately ¼ inch (5mm).

Now the closure is done!