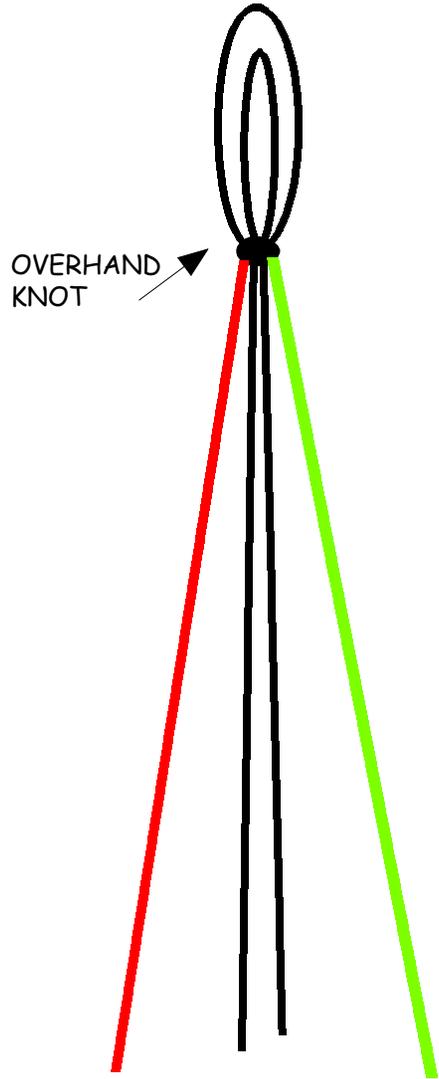
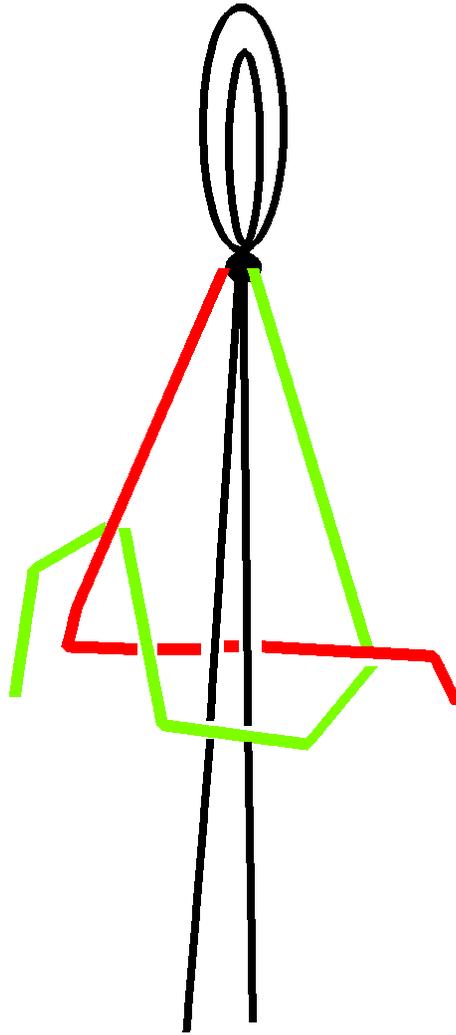


# HEMP OR MACRAME KNOTS

1

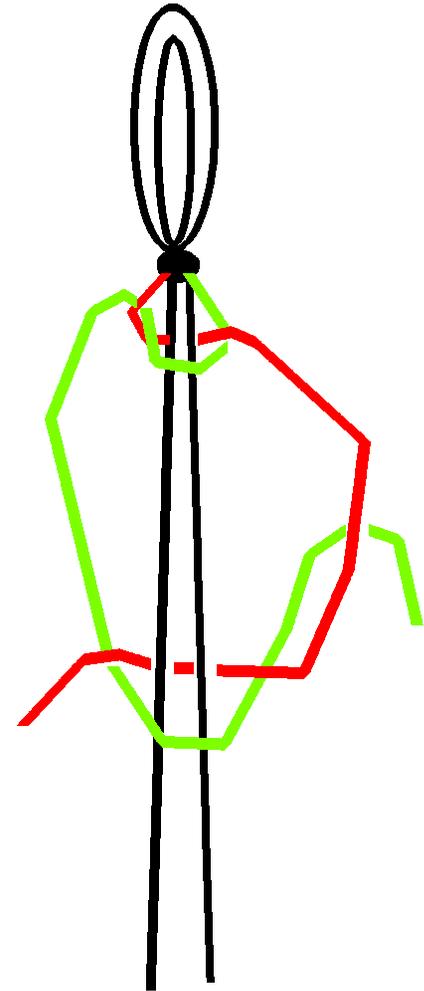


2



FIRST HALF KNOT

3



SECOND HALF KNOT

TOGETHER THEY MAKE A FULL KNOT

## **FAITH BRACELET INSTRUCTIONS**

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Page 2

- \* Cut one piece of hemp 22 inches long. (this is for the center two cords)
- \* Cut second piece of hemp 60 inches long. (this is the side two cords)
- \* Find the center of each piece. Put the center of the pieces together and make an overknot knot to form a loop. Use an object the size of sharpie marker to size the loop. (SEE DIAGRAM 1). Use scotch tape to tape down the loop and the center two cords to your work surface
- \* Each knot consists of two half knots (SEE DIAGRAMS 2 AND 3).  
First take the left cord and place it under the two center cords until it looks like the number four. Take the right cord and place it under the left cord but over the center two cords. Now take this same right cord and put it through the loop of the "four" on the left cord.
- \* For the second half of the knot do the reverse. Pick up the right cord and place it under the center two cords until it looks like a "p". Tak the left cord and place it under the right cord but over the center two cords. Now take this same left cord and put it through the loop of the "p" on the right cord.
- \* For our bracelet, we will make 10 full knots (that's 20 half knots - alternating steps 2 and 3) - This is for a 6-1/2 inch bracelet.  
(For a 6-inch bracelet, change the pattern to 16 half knots at the beginning and 16 half knots at the end of your bracelet )  
(For a 7-inch bracelet, change the pattern to 24 half knots at the beginning and 24 half knots at the end of your bracelet )
- \* String your first bead onto the center two cords. Make 2 full knots (that's 4 half knots - alternating steps 2 and 3)
- \* String all of your beads onto the center cords with two full knots between each one. After you've strung the last bead, make 10 more full knots (just like the beginning). Once again, that's 20 half knots - alternating steps 2 and 3.
- \* Now, Take the right two cords and string two beads together over both of them. Tie an overhand knot.
- \* Take the left two cords and string two beads together over both of them, and tie another overhand knot.
- \* Take both sides and tie them together with one overhand knot. This is your clasp. You can glue the knot with fingernail polish or hypo cement.

TO MAKE YOUR BRACELET SPIRAL DO ONLY STEP 2 OVER AND OVER BUT YOU WILL NEED TO MAKE THE SECOND PIECE OF HEMP A LITTLE BIT LONGER - about 90 inches.

USUALLY TO MEASURE A PROJECT (LIKE A CHOKER) YOU NEED TO THE ADD 6 INCHES TO WHATEVER FINISHED LENGTH YOU WANT YOUR PORJECT TO BE (16" CHOKER + 6" = 22"). NOW DOUBLE THIS FIGURE FOR THE MIDDLE PIECE (44 INCHES)

FOR THE OUTSIDE PIECE YOU NEED TO TAKE INTO CONSIDERATION THE NUMBER OF BEADS YOU'LL BE ADDING, BUT IF YOU'RE ONLY DOING KNOTS, YOU NEED TO TAKE THE MIDDLE PIECE (FINAL LENGTH) AND MULTIPLY IT BY FOUR. (176 INCHES FOR THE CHOKER).