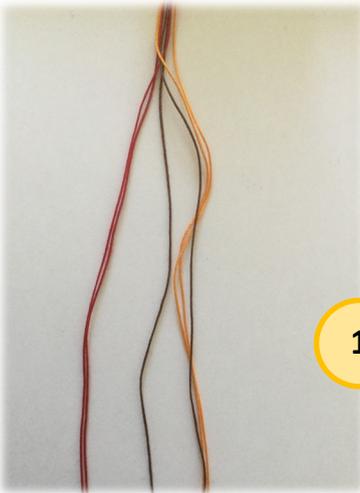




MATERIAL NEEDED:

- * Any thread you have available, in at least 2 or 3 different colours. Ideally lace making or embroidery thread, but even normal cotton or wool would do.
- * A pair of scissors
- * Something to secure your piece while working (e.g. a piece of sticky tape or a clipboard).

MACRAMÉ is a fascinating (and slightly complex!) craft. Understanding and memorising all the different knots can be quite tricky as they rely on particular hand movements, so ideally you would need somebody to show you those movements. Nevertheless, even the most complex projects are combinations of simpler basic knots that you can practise making. Today we'll be working on bracelets! Let's start with a FORWARD KNOT:



1

Prepare 6 strands (2 for each colour) of about 60cm each (picture 1).

Join them together making a normal knot to tie off the end (as shown in picture 2).



2

Secure the whole work with a piece of sticky tape on the edge of a table or use a clipboard (picture 3).

Group the threads of the same colours together. In my case I have this pattern: Brown/Brown—Yellow/Yellow—Red/Red

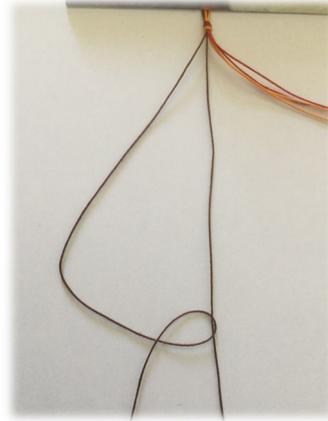
Or **BB—YY—RR**



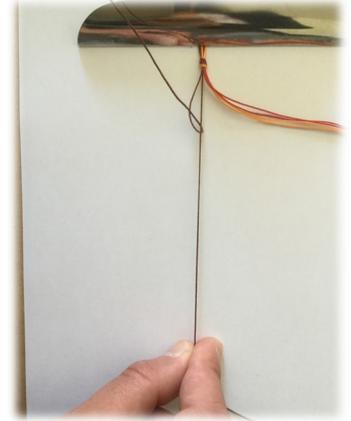
3

You will need to work with two strands at a time, starting on the left side of the work. Lay the outer left strand (B1) over the 2nd strand (B2) from left to right, creating a sort of a number 4 shape. Loop it under and back through the opening (Picture 4).

Pull the thread (B1) up and tighten the knot (picture 5). Repeat exactly the same process once more with the same threads.



4



5

Now, you should see that the first thread has now 'moved' slightly to the right. The order of the strands should look like: B2B1—Y1Y2—R1R2

Ignore B2 for the minute and repeat step 4) and 5) using the strands B1 and Y1. Make two knots. Strand B1 will keep moving towards the right. Repeat the process all over again, this time using B1 and Y2, and then do the same with both the red strands. Once B1 gets to the far right side, leave it there and start again on the left with strand B2. Carry on with all the colours (picture 6) and repeat it all over again until you reach your desired length of the bracelet.

Secure the threads with a big normal knot at the end (picture 7).



6



7

Hopefully the instructions weren't too complicated! You can create different effects using just the FORWARD KNOT, varying the number of strands (they need to always be an even number), combinations of colours or the number of knots for each round.

...JUST EXPERIMENT and HAVE FUN!