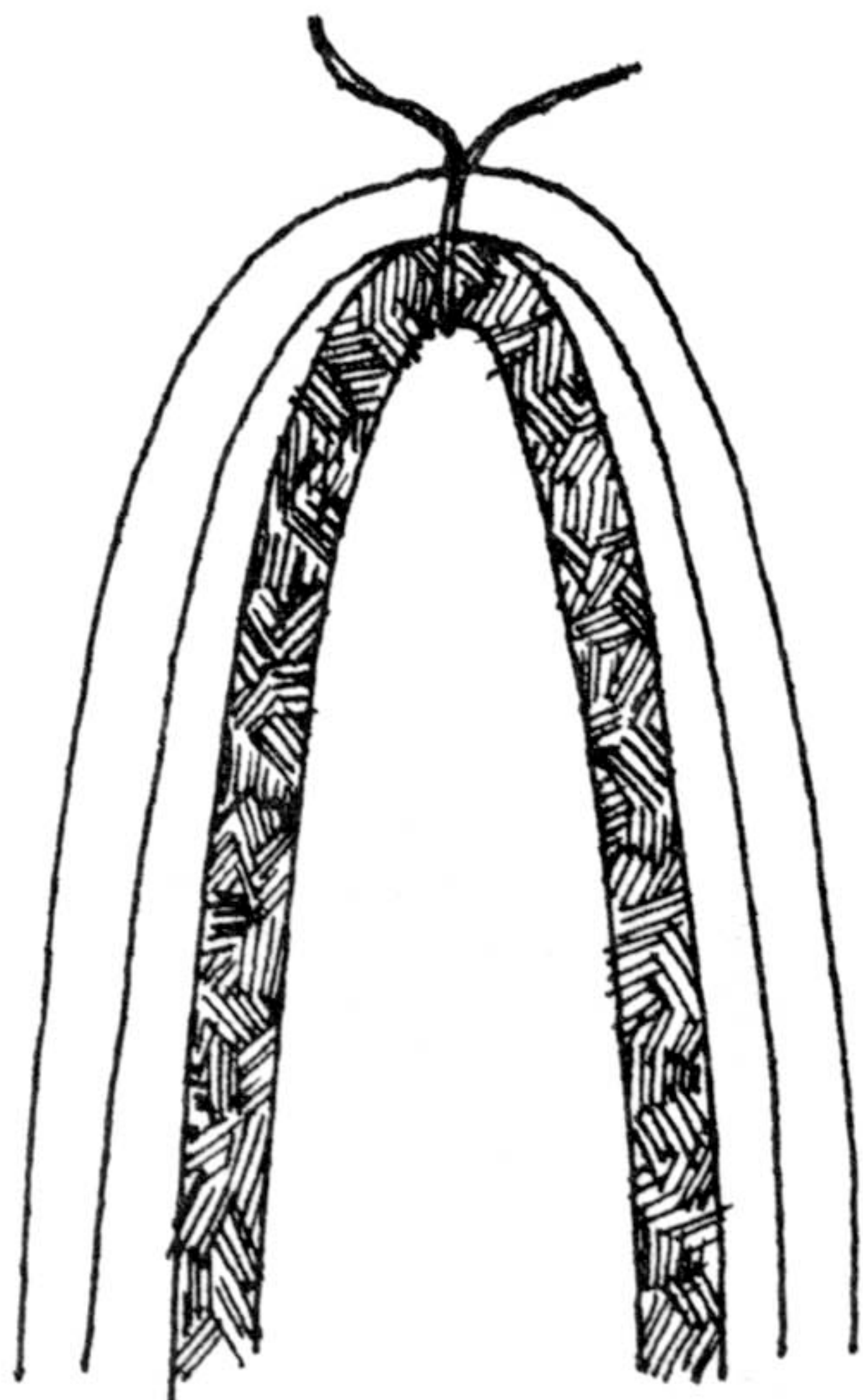
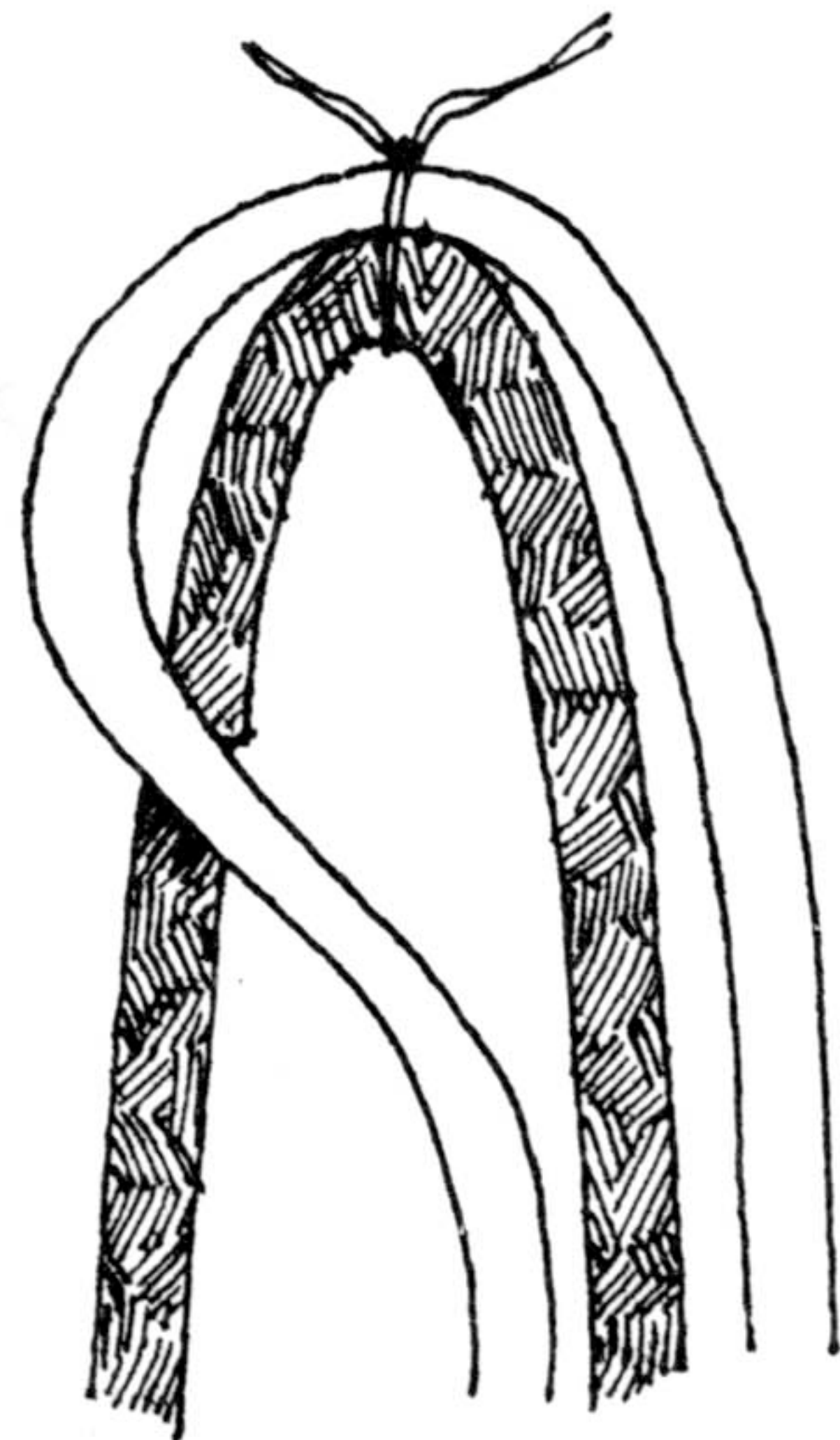


# Four-strand Plait

Start by tying two long strands together in the middle with some string. (This can be removed later.)



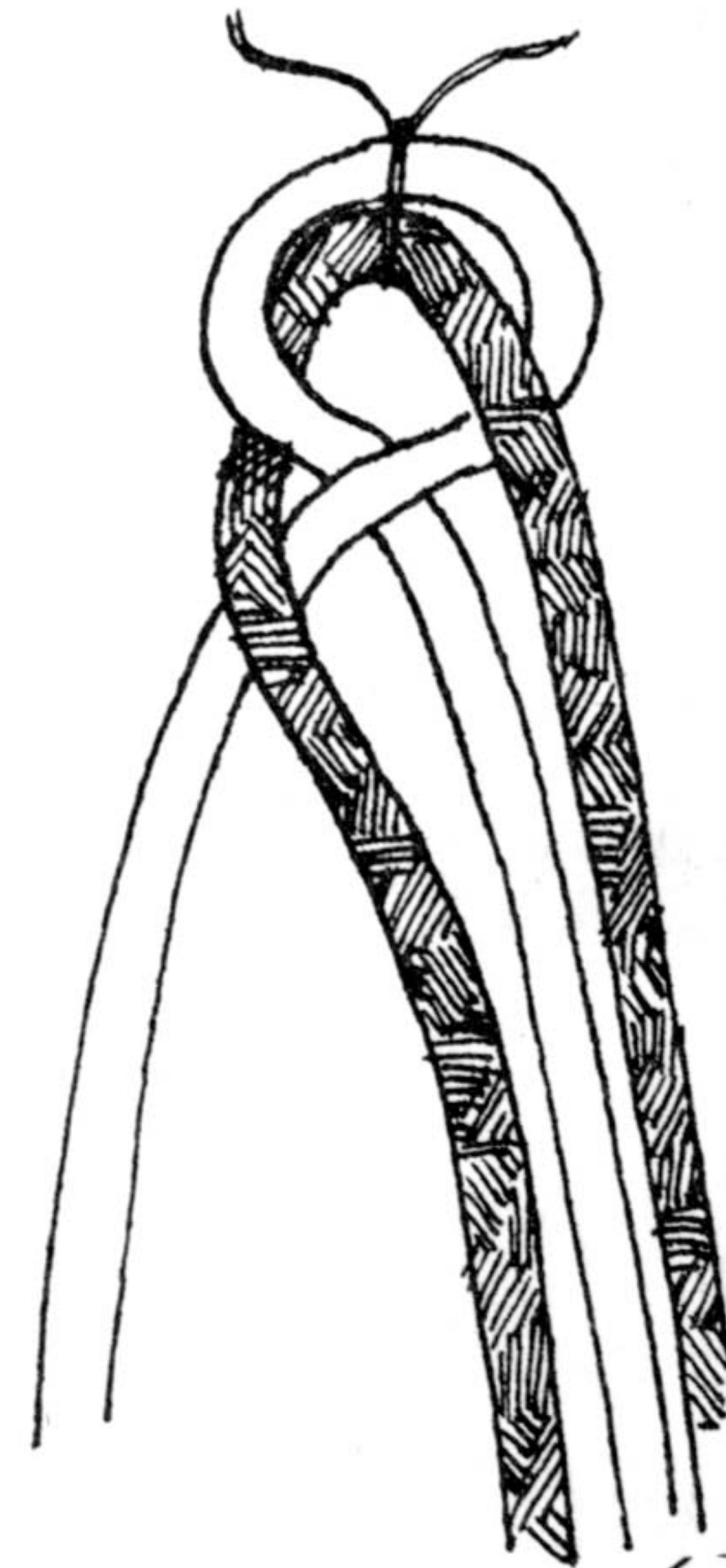
Bring the outside left over and into the centre.



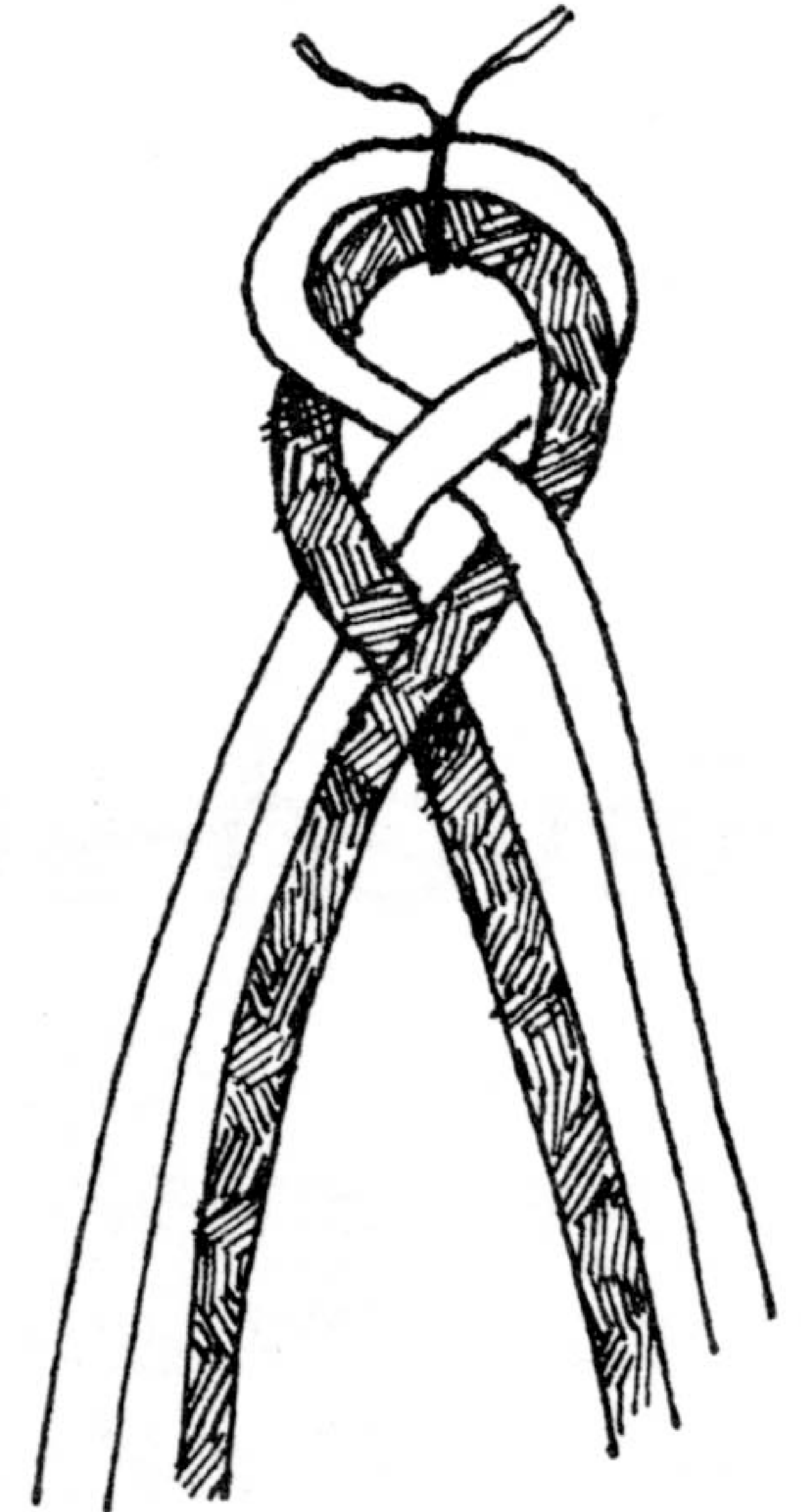
Bring the outside right under then over and into the centre.



Bring the outside left over and into the centre.



Bring the outside right under then over and into the centre.



Repeat till you have finished.