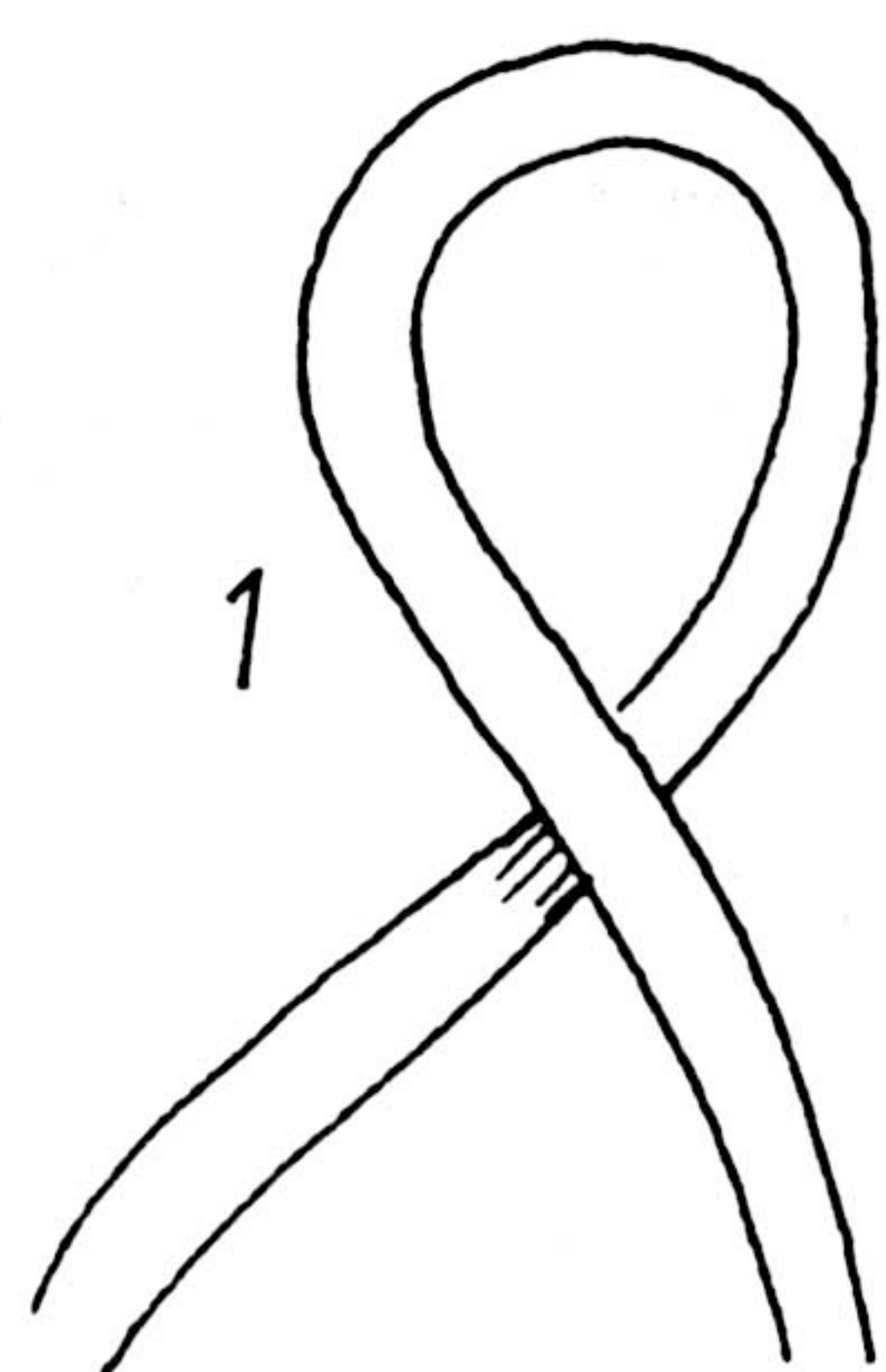


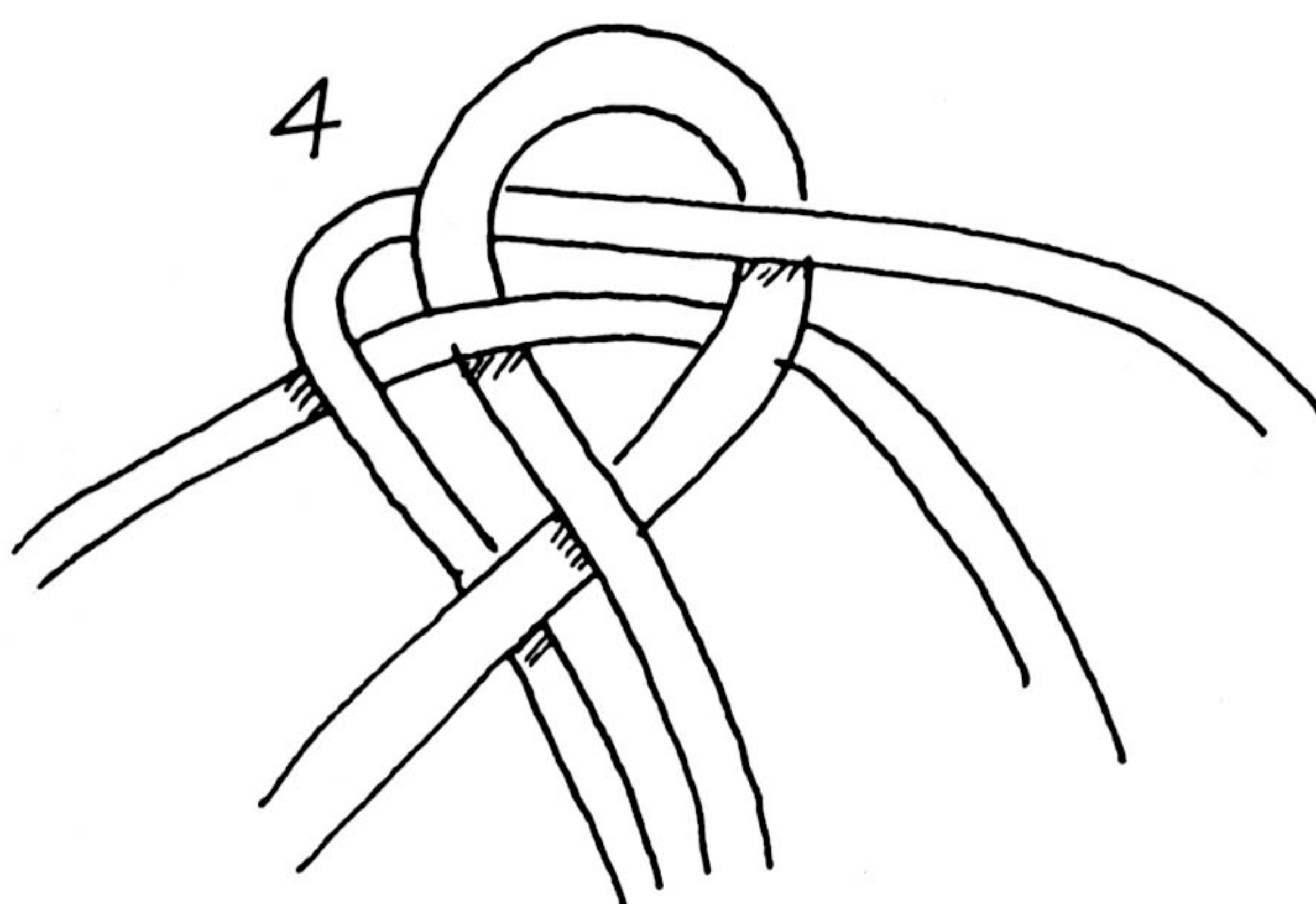
Six-strand Plait

Cut your cord or string into three equal lengths.

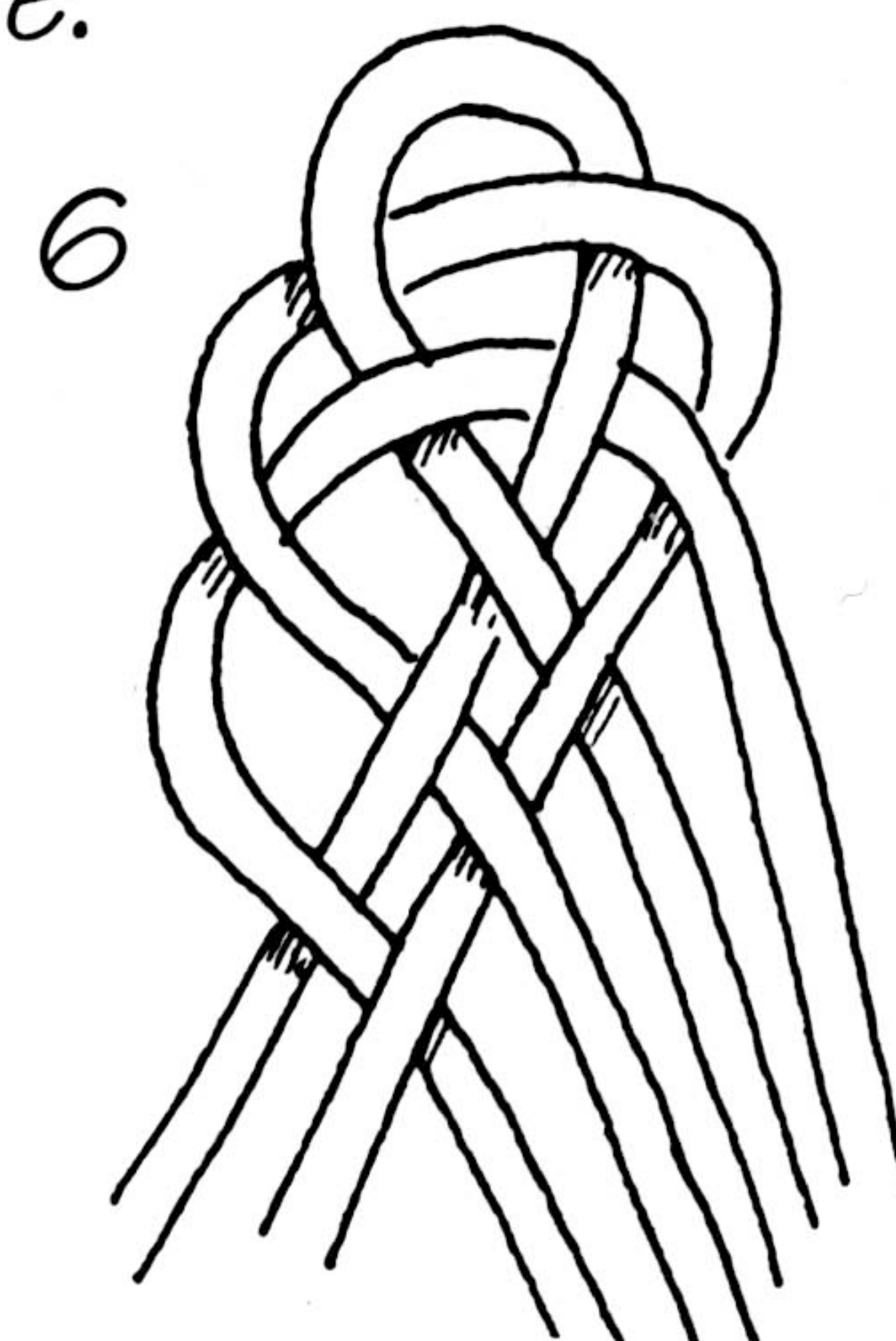


1 Make a loop in the middle of one of the lengths, with the left strand crossing over the right.

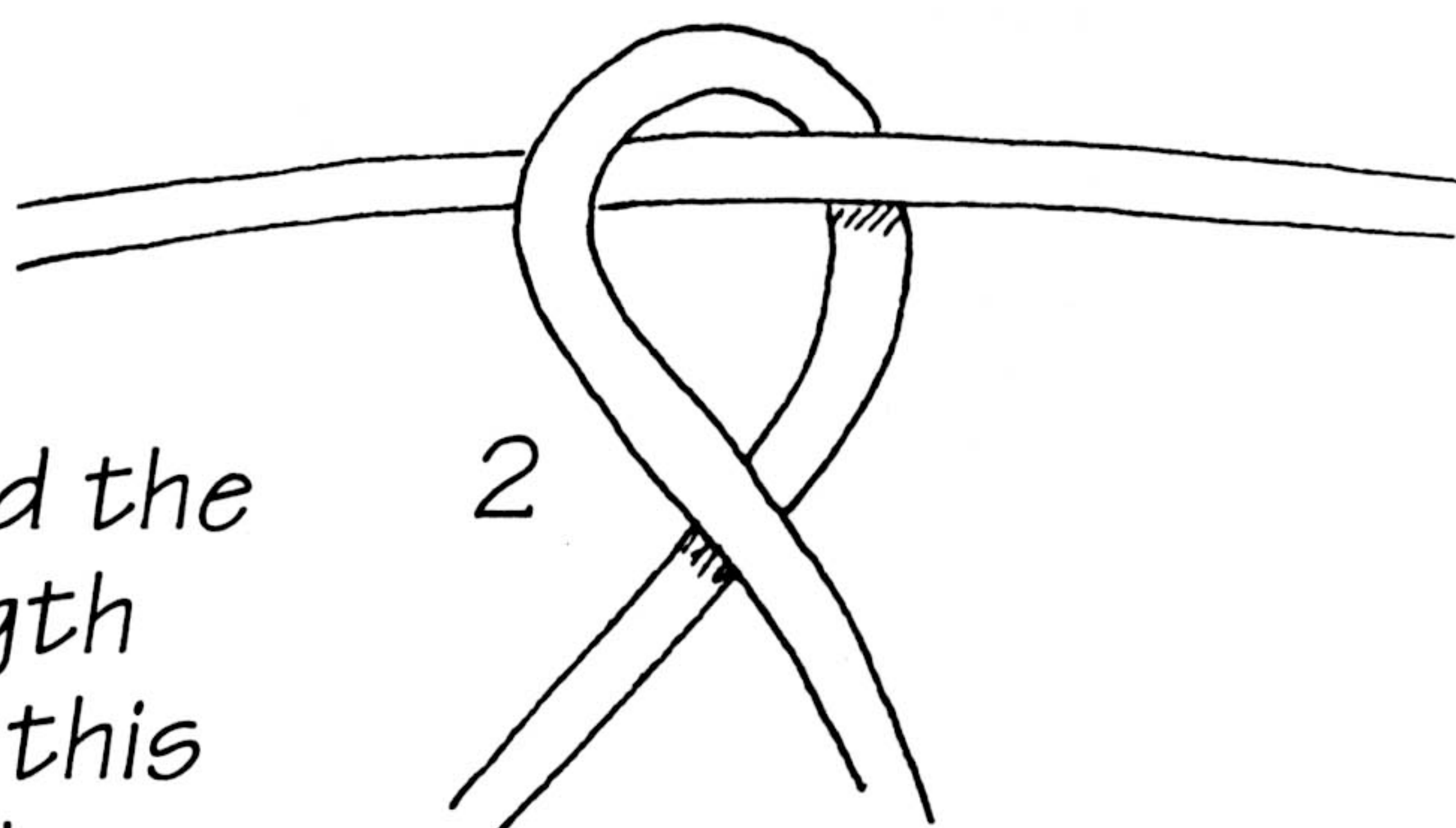
4 Take the outside left over then under to the centre.



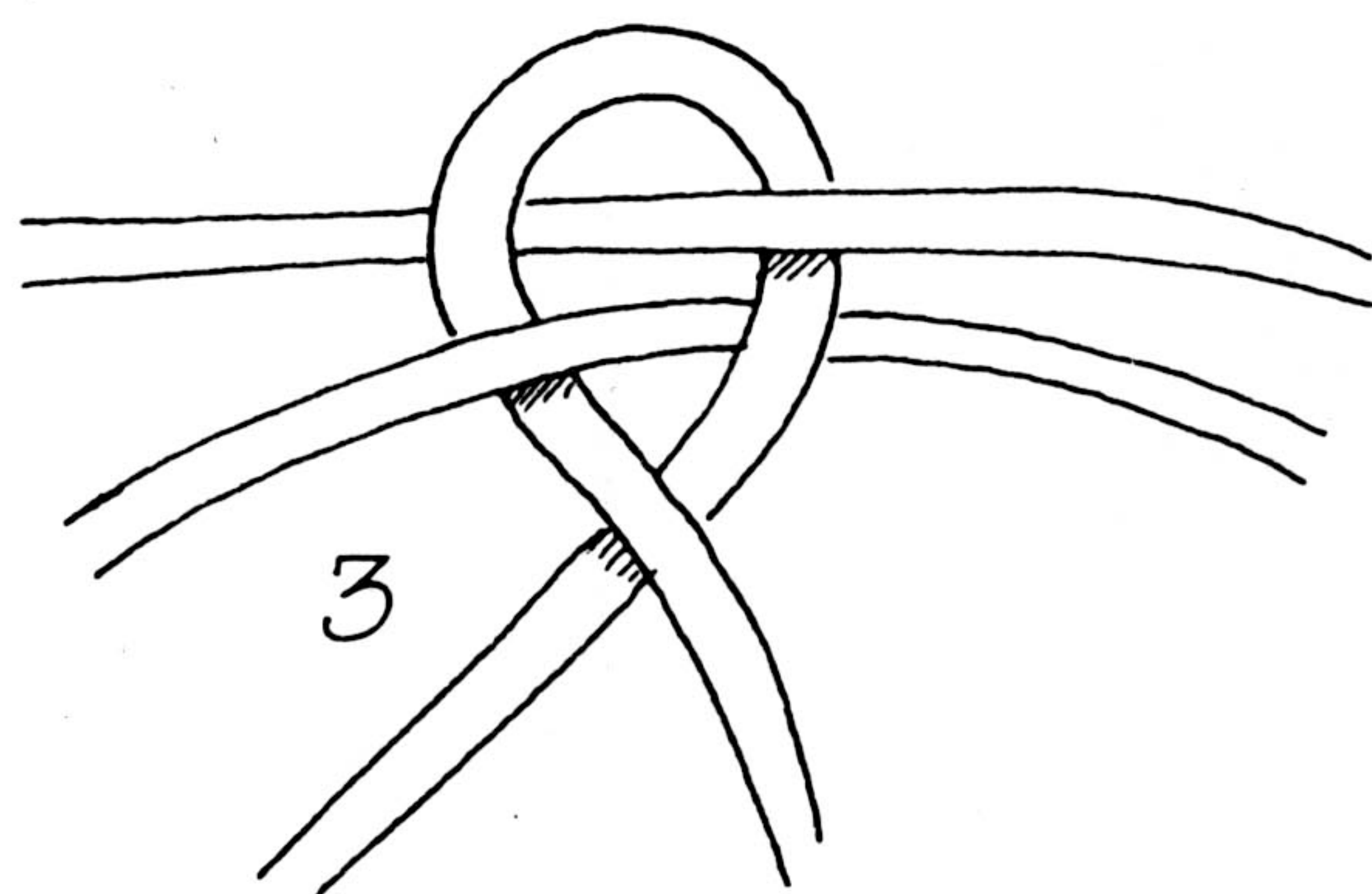
6 Take the outside left over then under to the centre. Tighten a bit more.



2 Thread the next length through this loop, under then over, through till it is in the centre.

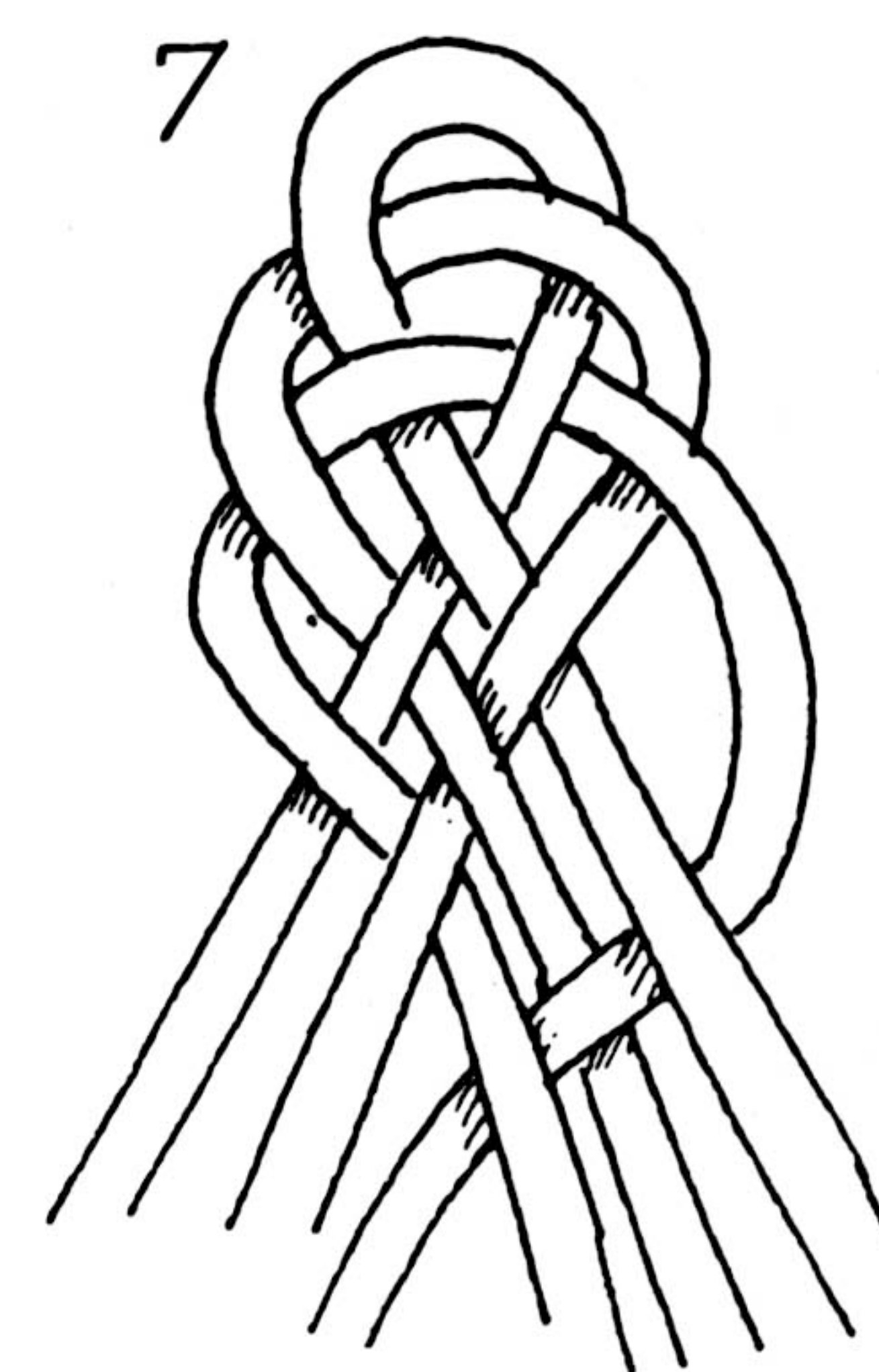
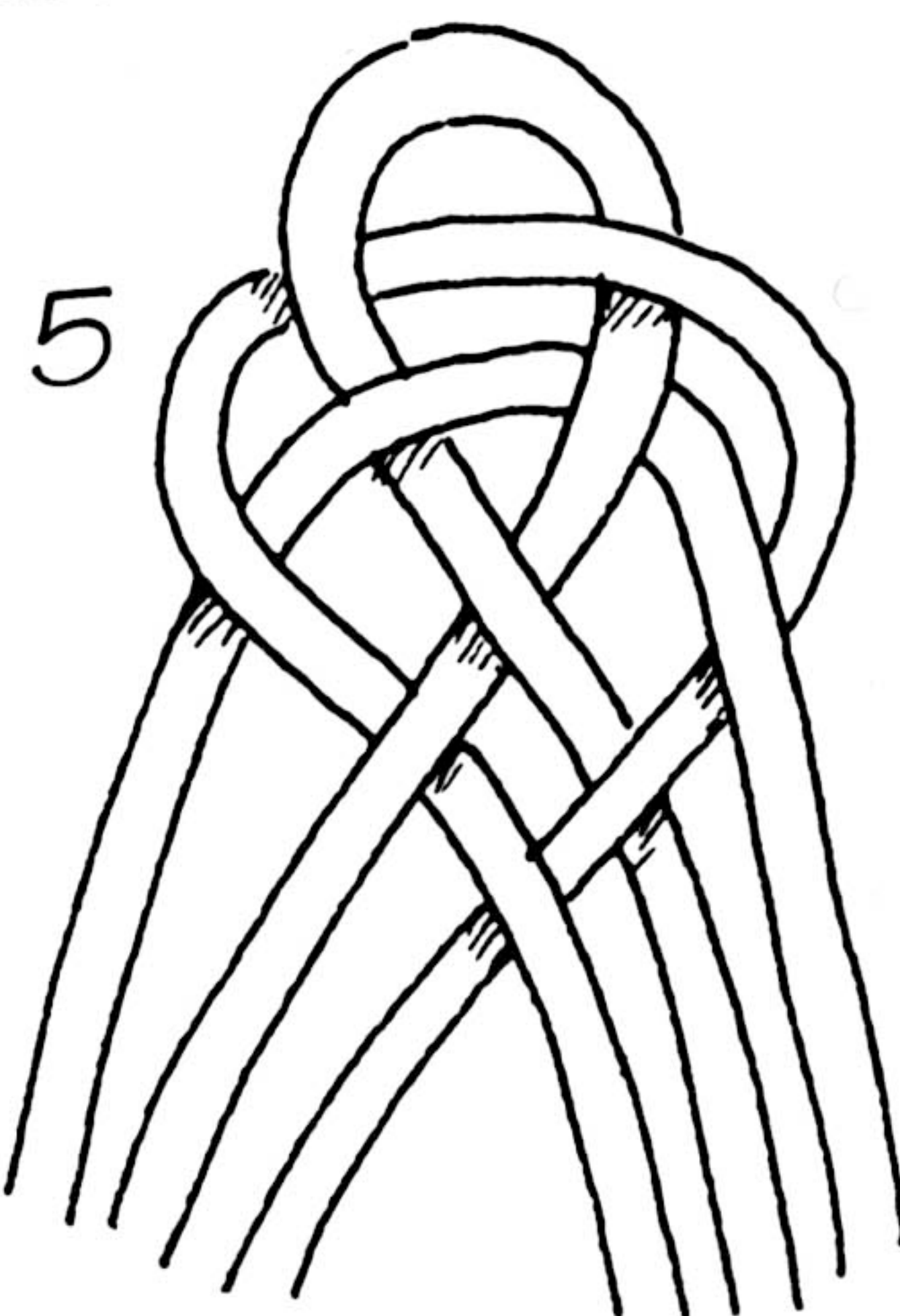


3 Now thread the remaining length through the loop, below the second length - but this time over then under.



Pull up firmly and flatten.

5 Take the outside right under, then over, then under to the centre. Tighten it all up by pulling the cord through a little at a time.



7 Take the outside right under then over to the centre.

8 Keep repeating to the finish, keeping it tight and even

