



# **Hemp Jewelry**

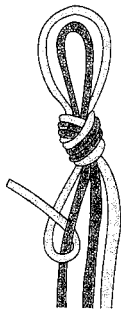
**Maryann Shovestul  
Service Unit 45  
Fall School 2006**

# Knots

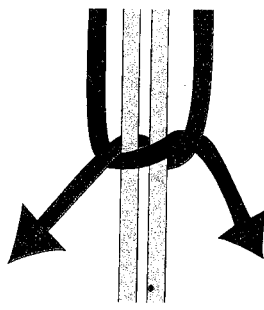
Here are the knots that will become your mainstay! Some of these are so important, that you will use them in every project. Some you will use less often but you will find them equally valuable.



Overhand Knot



Friendship Knot



Half Knot - *Twist*

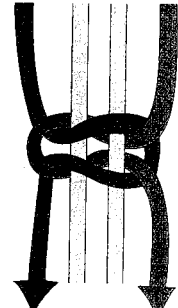
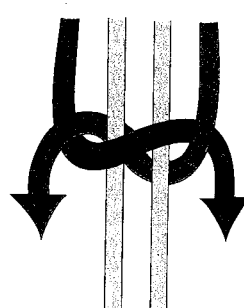
Overhand Knot..... Pages 4 - 6  
 Friendship Knot..... Page 7  
 Half Knot - Twist..... Pages 8 - 9  
 Half Hitch - Twist Knot..... Page 10  
 Half Hitch - Double & Flat..... Pages 10 - 11  
 Square Knot..... Pages 12 - 14  
 Alternating Square Knot..... Page 15 - 16  
 Josephine Knot..... Pages 17  
 Bauble Knot..... Page 18  
 Knotted Cross..... Page 18 - 19



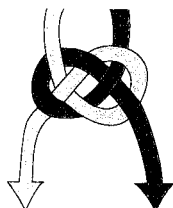
Half Hitch - *Twist Knot*



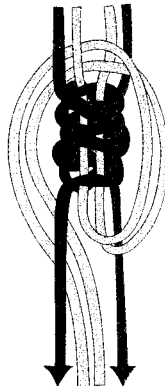
Half Hitch - *Double Knot*



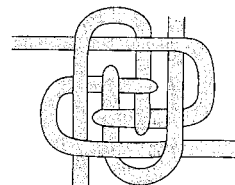
Square Knot - *part 1 and part 2*



Josephine Knot



Bauble Knot



Knotted Cross

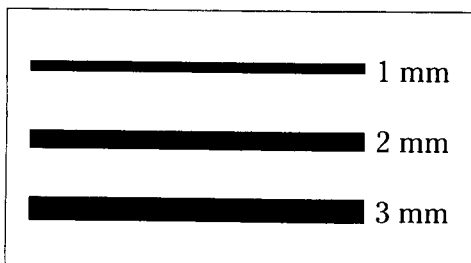
Hemp is preferred to other cords for jewelry because it knots easily and holds knots without glue.

## Size of Hemp Cord

1/2 to 1 mm - 20#

1 to 2 mm - 48#


3 mm - 170#





**Bead Size** - Any size bead you want to wear is fine. You must be sure the hemp cord you are using will go through the hole easily. Also, beads are often added onto two cords.


The 5 Strand Bracelet on page 14 shows a technique for using a bead that only one cord will pass through.


## Meaning of Bead Colors

**YELLOW** - "I gaze at you as a flower gazes at the sun." 

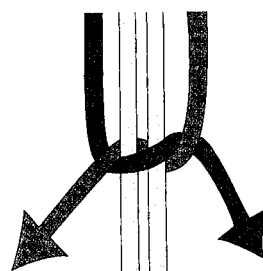
**GREEN** - "Like a new blade of grass, my love for you is green and growing." 

**BLACK** - "Your absence deprives the noonday of light." 

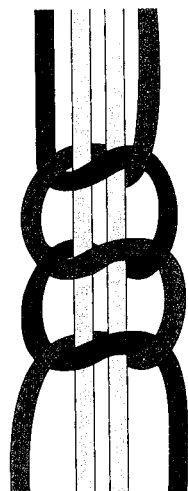
**BLUE** - "Our love is serene as the cloudless sky when the storm has passed." 

**ORANGE** - "I bask in your radiance as a sunflower warms to the sun." 

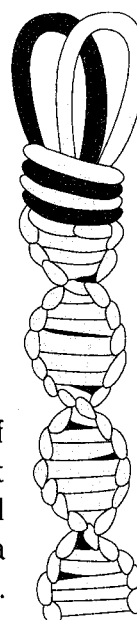
## Half Knot - Twist



Begin



Repeat



The Half Knot repeated forms a twist.



### Arrowhead Charm Choker

#### MATERIALS:

- One 180" piece of 1mm Natural hemp for knotting cord
- One 45" piece of 1mm Natural hemp for filler cord
- Two 5/8" Turquoise beads
- One Silver Arrowhead Charm
- Two large end clamps
- One clasp set
- Three jump rings

#### INSTRUCTIONS:

**1** Fold cords in half; attach an end clamp.

**2** Tie Half Knots for 7"; add a bead. Tie Half Knots for 1"; add a bead. Tie Half Knots for 7".

**3** Bundle the cords, dot with glue. Attach an end clamp around these cords. Attach a clasp set to the end clamps with jump rings. Attach an Arrowhead charm to the center of the choker with a jump ring.



# Flower Power KM301

## Flower Power Choker (11 Flowers)

### Materials:

*Hemp:* One 1-yard strand and one 4 - yard strand of hemp.

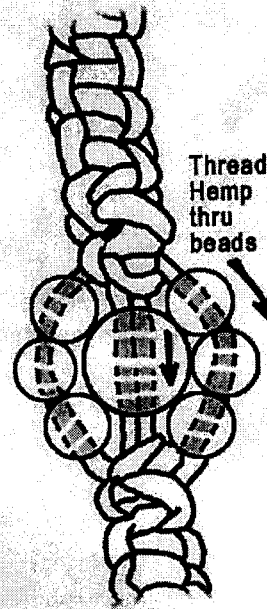
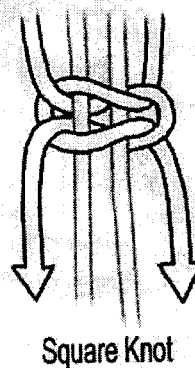
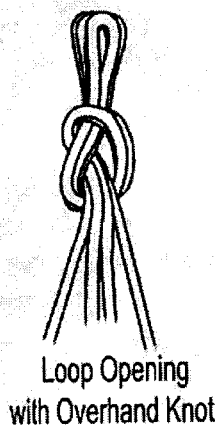
*Beads:* Twelve 6mm natural wood beads and 66 round semiprecious beads.

### Instructions:

1. Fold each strand of hemp in half and find centers. Put the two centers together and drop down 1/2" and tie an overhand knot to create a loop opening. Arrange strands so the two shorter ends are in the center and the two longer ones are on the outside.

**NOTE: Use the longer strands for tying knots.**

2. **Pattern:** Square knots for 3", make 11 flowers with each flower separated by two square knots. To make a flower simply string on three semiprecious beads to each long strand and one 6mm wood bead to two center strands. See diagram.
3. After the last flower do 3" more of square knots and measure around neck. Add a 6mm wood bead to the two center strands and tie the end with an overhand knot. To close: slip the end knot through the beginning loop.



Flower diagram

# Bracelet

## Materials:

*Hemp:* One 1-yard strand and one 2 1/2 yard strand of hemp.

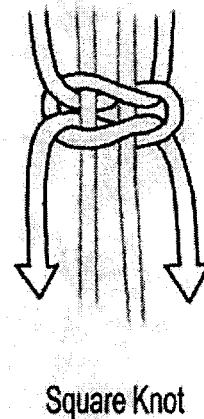
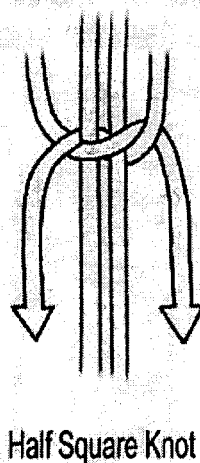
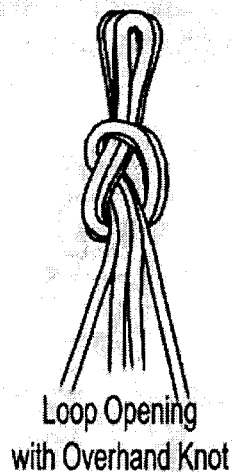
*Beads:* Four 6mm natural wood beads and 18 round semiprecious beads.

## Instructions:

1. Fold each strand of hemp in half and find centers. Put the two centers together and drop down 1/2" and tie an overhand knot to create a loop opening. Arrange strands so the two shorter ends are in the center and the two longer ones are on the outside.

**NOTE:** Use the longer strands for tying knots.

2. **Pattern:** Half square knots for 2 3/4", 3 flowers separated with one square knot, half square knots for 2 3/4".
3. Measure around neck and add a 6mm wood bead to the two center strands and tie the end with an overhand knot. To close: slip the end knot through the beginning loop.



## Anklet

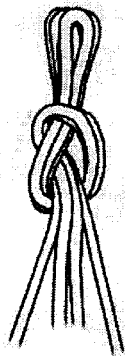
### Materials:

*Hemp:* One 1-yard strand and one 3 - yard strand of hemp.

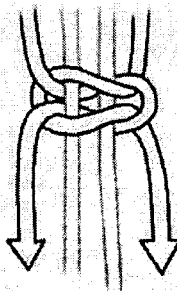
*Beads:* Four 6mm natural wood beads and 18 round semiprecious beads.

### Instructions:

1. Fold each strand of hemp in half and find centers. Put the two centers together and drop down 1/2" and tie an overhand knot to create a loop opening. Arrange strands so the two shorter ends are in the center and the two longer ones are on the outside.  
**NOTE: Use the longer strands for tying knots.**
2. **Pattern:** Square knots for 2 3/4", 3 flowers each separated with two square knots, square knots for 2 3/4".
3. Measure around neck and add a 6mm wood bead to the two center strands and tie the end with an overhand knot. To close: slip the end knot through the beginning loop.



Loop Opening  
with Overhand Knot



Square Knot

# Anklet

## Materials:

*Hemp:* One 1-yard strand and one 3 - yard strand of hemp.

*Beads:* Six natural wood beads.

## Instructions:

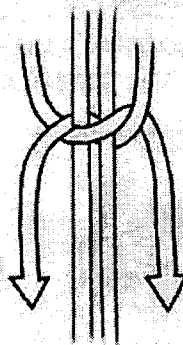
1. Fold each strand of hemp in half and find centers. Put the two centers together and drop down 1/2" and tie an overhand knot to create a loop opening. Arrange strands so the two shorter ends are in the center and the two longer ones are on the outside.

**NOTE: Use the longer strands for tying knots.**

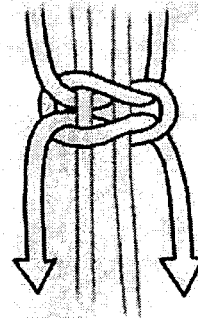
2. **Pattern:** Square knots for 3", insert wood bead onto two center strands, two half square knots, insert bead, two half square knots. Repeat until five beads have been added. Do square knots for 3" and measure around ankle and add a wood bead to the two center strands and tie the end with an overhand knot. To close: slip the end knot through the beginning loop.



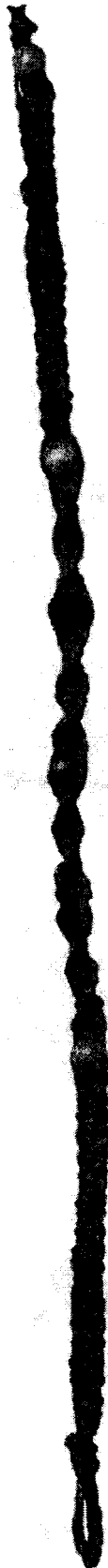
Open Overhand Knot



Half Square Knot



Square Knot



# Double Strand Choker

## Materials:

*Hemp:* Two 1-yard strands and two 4 - yard strands of hemp.

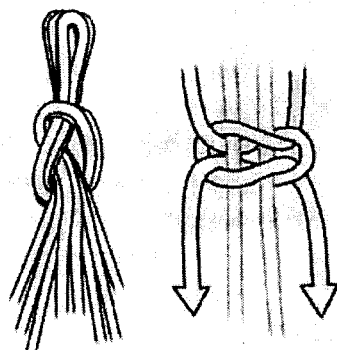
*Beads:* Thirteen natural wood beads.

## Instructions:

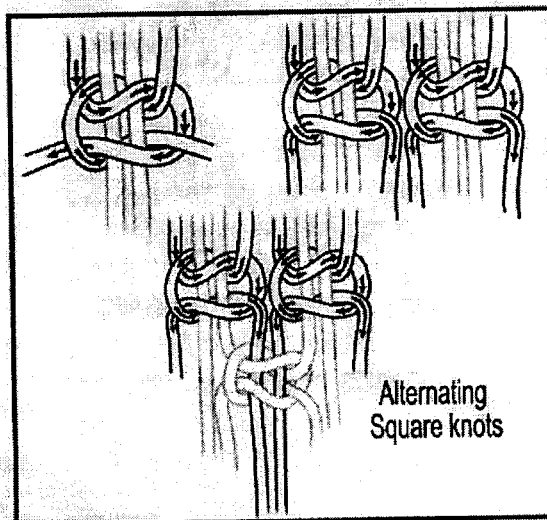
1. Fold each strand of hemp in half and find centers. Put all the above centers together and drop down 1/2" and tie an overhand knot to create a loop opening. Arrange the 8 strands so the four shorter ends are in the center and the four longer ones are on the outside. (Two long strands on left and two long strands on right.)

**NOTE: Use the longer strands for tying knots.**

2. **Pattern:** Using one long strand from the left and one from the right do square knots for 1" around the 4 center short strands. Using the long strands from each side that have not been used, bring down around the center square knots and tie one square knot.
3. Do 3" of Alternating Square Knots by first dividing into two groups. In each group there are two shorter and two longer strands. Tie a square knot with the two longer strands over the two center shorter strands. Bring the two left strands of the right group (this is one long and one short) and the two right strands of the left group to the center, (this is one long and one short). Tie a square knot with the two long strands over the two shorter center strands. This completes one unit. Repeat for 3".
4. For the next 2 1/2" add a wood bead to the center short strands on each side before doing a square knot. Repeat for 6 sets of beads.
5. Do 3" more of alternating square knots, and two 1 inch square knots.
6. Measure around neck and tie an overhand knot on all cords. Finish by inserting a wood bead on two strands if desired and tying another overhand knot. Slip the end knot through the beginning loop.

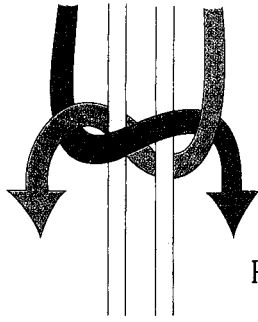


Start Loop Opening Square Knot

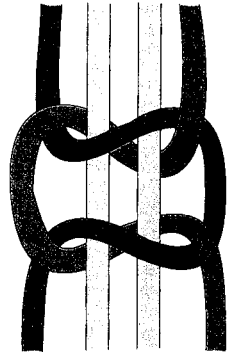


Alternating Square knots

# Square Knot



Part 1



Part 1  
and  
Part 2  
  
Complete  
Square  
Knot



Sinnet  
or  
Series  
of  
Knots



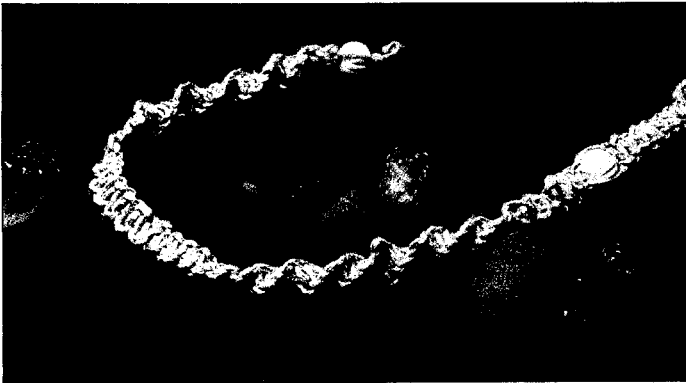
## Square Knot Necklace with a Large Green Bead

### MATERIALS:

- One 160" piece of 2mm Natural hemp for knotting cord
- One 80" piece of 2mm Natural hemp for filler cord
- One large Green Bead 1½"
- Two ⅜" Blue Beads

### INSTRUCTIONS:

- 1** Fold the cords in half; tie an Overhand Knot, leaving a ½" loop. Tie 22 Square Knots.
- 2** Add 1 small bead. Tie 1 Square Knot, add the large bead, tie 1 Square Knot. Add 1 small bead.
- 3** Tie 22 Square Knots. Finish with a Double Overhand Knot (tie a second knot on top of the first knot). Trim the ends.



## Twist & Square Knot Anklet

### MATERIALS:

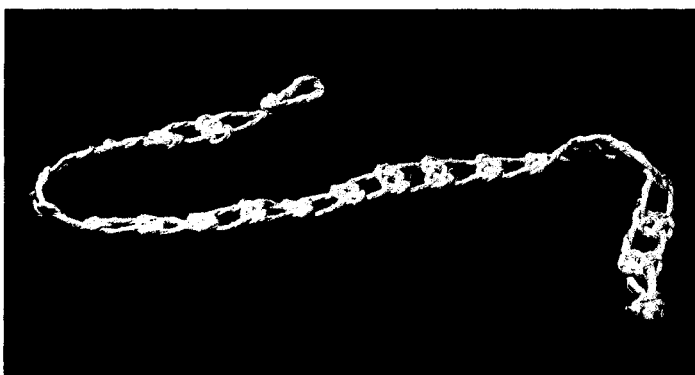
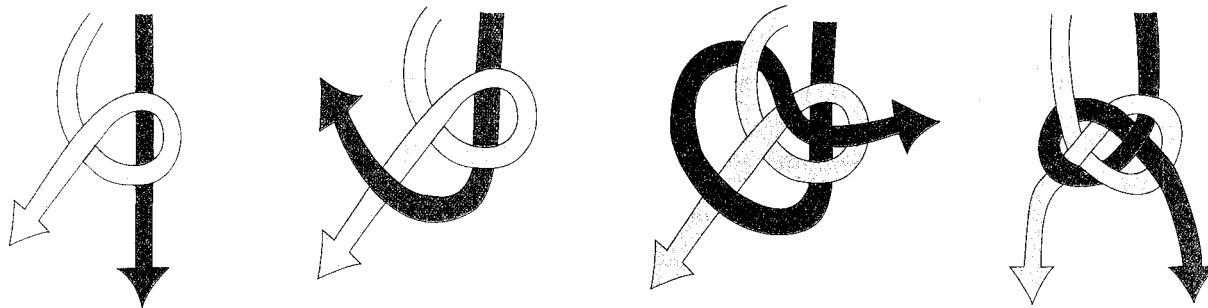
- Two 120" pieces of 1mm Natural hemp for knotting cords
- Two 30" pieces of 1mm Natural hemp for filler cord
- Two small ¼" white beads

### INSTRUCTIONS:

- 1** Fold the cords in half; tie an Overhand Knot, leaving a ½" loop.
- 2** Tie 7 Square Knots; add a bead. Tie 3 Square Knots.
- 3** Tie 3" of Half Knot Twists (see page 8). Tie Square Knots for 2". Tie Half Knot Twists for 3".
- 4** Add a bead, tie off with an Overhand Knot. Trim the ends.



# Josephine Knot



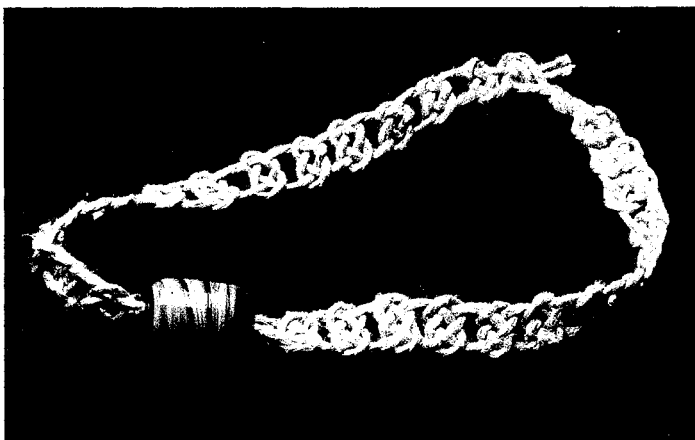
## Simple Josephine Knot Choker

### MATERIALS:

- One 90" piece of 2mm Natural hemp

### INSTRUCTIONS:

- 1** Fold the cord in half; tie an Overhand Knot, leaving a 1/2" loop.
- 2** Tie 21 Josephine Knots, leaving a 1/2" space between each knot.
- 3** Finish with a Double Overhand Knot. Trim the ends.



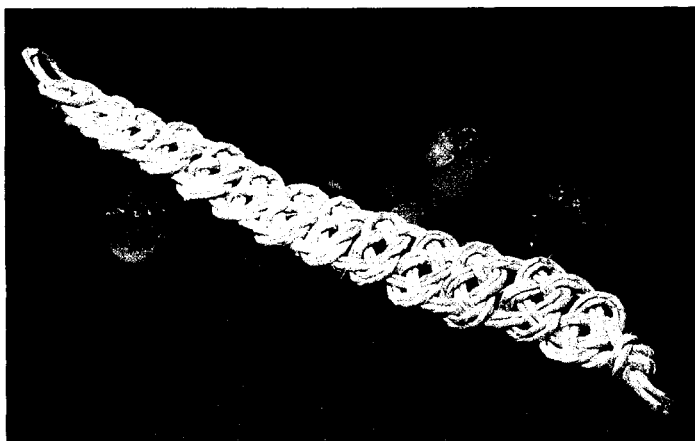
## Josephine Knot Choker with Large Bead

### MATERIALS:

- One 100" piece of 2mm Natural hemp cord
- One large bead

### INSTRUCTIONS:

- 1** Find the center of cord; tie an Overhand knot, leaving a 1/2" loop.
- 2** Tie 13 Josephine Knots, spacing them close together; add a bead onto both cords. Tie 13 Josephine Knots.
- 3** Finish with a Double Overhand Knot. Trim the ends.



## Double Strand Josephine Knot Bracelet

### MATERIALS:

- Two 200" pieces of 2mm Natural hemp cord

### INSTRUCTIONS:

- 1** Fold the cords in half; tie an Overhand Knot, leaving a 1/2" loop.
- 2** Tie 13 Josephine Knots, spacing the knots close together. Treat the two cords as one, keeping them placed side by side as you shape the knot.
- 3** Finish with a Double Overhand Knot. Trim the ends.