

Macramé a Hemp Bracelet

From: www.rings-things.com/Projects/68002-10.htm

Suggested Parts:

100"	61-200	1mm hemp cord
5-8	23-286	Glass Roller Beads (or any beads with at least a 2mm hole)
1	82-240	10mm Wood Pony Bead (or any 10mm bead with about a 3mm hole)

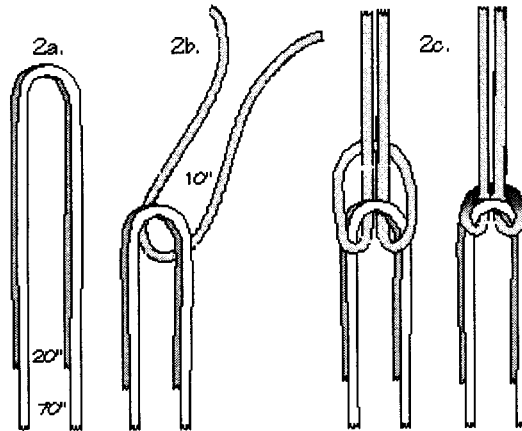
****Hint**** A general guide to cord length for macramé projects... Start with about 10 times the finished length of the project. For example: This project is about 8 inches long. We estimated another 2 inches for knots, so our base measurement is 10 inches. 10 inches x 10 = 100 inches (total cord needed). We're using a double central (filler) cord, so double the base measurement (2 x 10 inches) to give us a 20 inch center (filler) cord. Also needed is a 10" piece for the adjustable clasp. This leaves 70 inches, plenty for the remaining (knotting) cord. The more knots in a project, the more cord used; the more beads used, the less cord needed.

Tools:

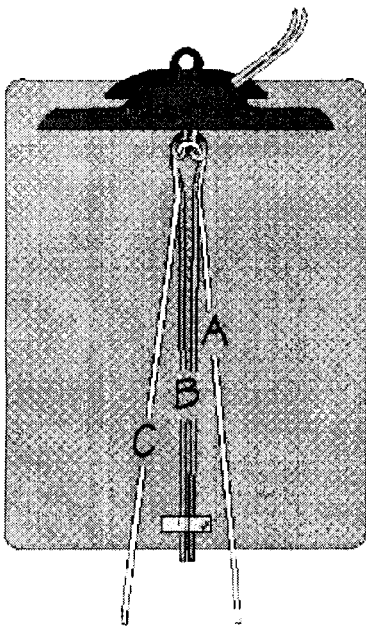
Scissors or clippers, and Tape (masking tape works well). A clipboard makes your project portable.

Instructions:

1. **Cut cord** into the following pieces:
One 10 inch piece
One 20 inch piece
This leaves a remaining piece about 70 inches.
2. **Connect cords.**
 1. Find centers of the 20 inch and 70 inch pieces of cord. Place the 2 centers (or loops) of each cord on top of one another and leave all 4 ends dangling free.
 2. Find center of the 10 inch piece of cord.
 3. String the centers (loops) of the 2 cords into the the center of the 10 inch piece. Bring all 4 loose ends back through the center loops and pull tight. This knot is a half hitch.



4. Make sure cording is even and all ends still match up.
3. **Anchor the project.** This helps keep track of what step to do next, and secures the project in place. A clipboard works well and allows for movement and storage of an unfinished piece. Secure the 10 inch piece of cord under the clip and let the long pieces of cording dangle. Tape the short pieces at the bottom of the board. Taping the whole project to a table will do the same thing as a clipboard, but is not as convenient if you want to move your project.

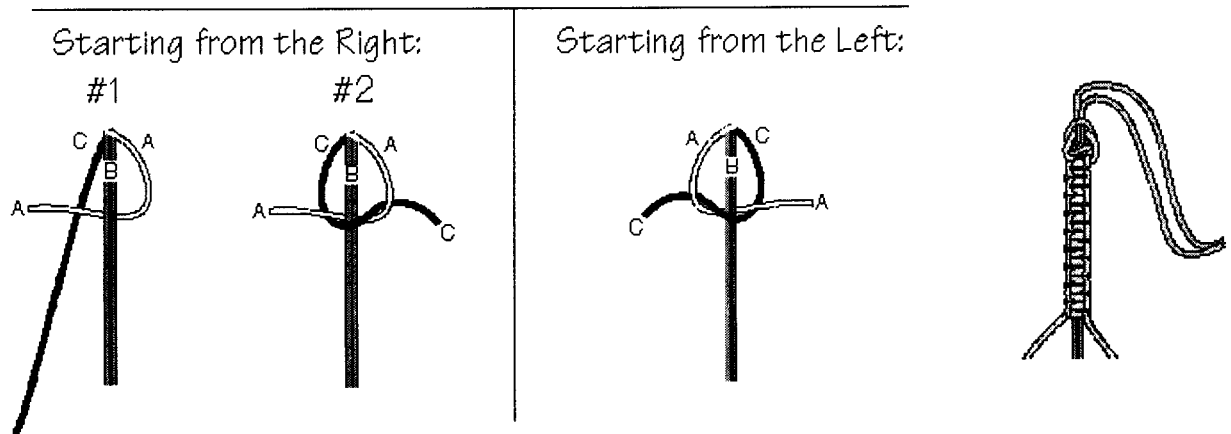


4. **Knotting**

This bracelet uses one basic knot: the Half Knot. The long (Knotting) piece of cord on the right side will be Cord A, the 2 short (Filler) ones in the middle will be Cords B, and the long (Knotting) piece on the left side will be Cord C.

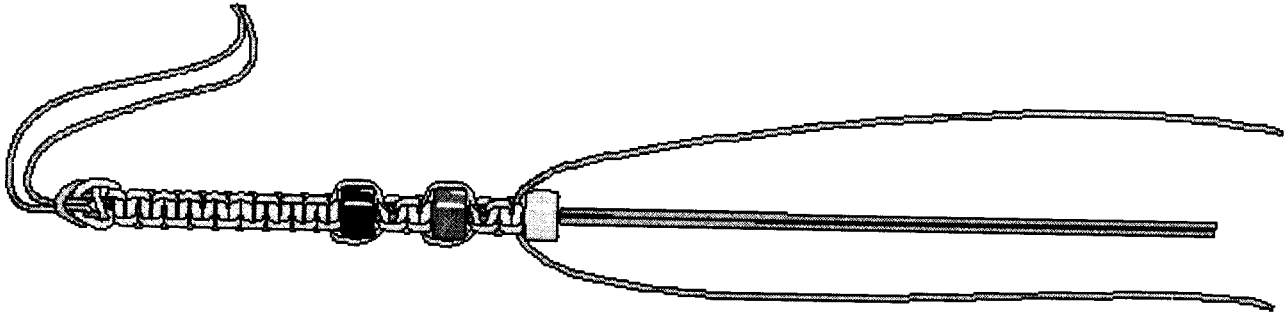
1. Start with Cord A and bring behind Cords B, forming a loop with the A cord (about the size of a 50 cent piece) out to the right side.
2. Now bring Cord C behind the long length of A (now on the left side) and over Cords B. Pull through the loop of Cord A.
3. Pull tight. ****Hint**** The tighter the cord is pulled, the smaller the knot will be. Find the desired size and pull at that tightness through the whole project for consistency.
4. Repeat step 4, but start on the left side instead of the right.

Step 4, Knotting:



5. **Alternate sides** (one knot starting from the left, the next knot starting from the right) for approx. 20 knots. Be sure it is an even number of knots. Pull knots fairly snug. ****Hint**** Keep track of which side you are working on. After a knot is pulled tight, notice that the side to be worked on next is the side with the cord facing forward, not the cord facing the back.

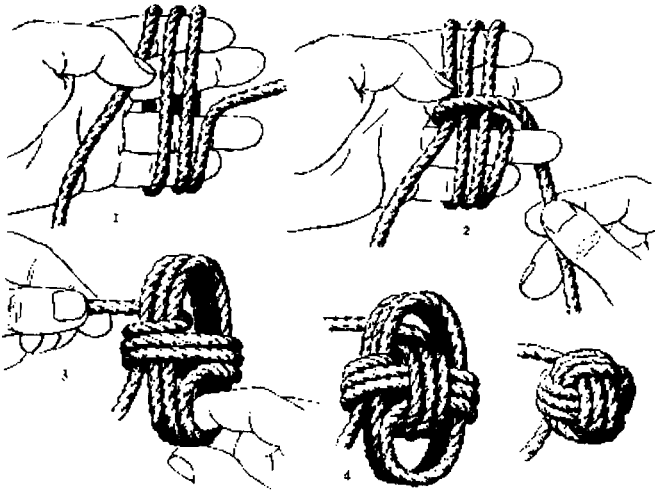
6. Add Beads



1. Slide a bead over the Cords B (the fillers). Push up close to the last knot but don't bunch up the knots. If bead is difficult sliding over cord, try twisting bead as it is pushed on.
2. Go around the beads with Cords A and C. Then make a knot as usual, with Cord A. (starting on the right side, assuming your last knot before adding the bead started on the left)
3. Push knot up to the bottom of the bead.
4. Add 3 more knots (left, right, left).
5. Add at least 2 more beads the same way (adding 4 knots after each bead).
When you add your third bead, test the length (on your wrist or ankle). Does it go about half way around? If yes, then this is the middle - only add 2 more beads. If no, then you can continue adding beads (with 4 knots after each bead). If you add more than 8 beads, your bead pattern will probably be off-center. Don't worry if it seems like the project might not be long enough. That piece of cord hanging back at the beginning makes this project any desired length between 6 inches and 12 inches.
7. After adding your last bead, make about another 20 knots (the same number you made at the beginning).
8. **Make the clasp.**
 1. After design is finished, slide the 10mm pony bead onto all 4 cords. Pull snug and tie a knot. This bead will go through a loop made on the opposite side.
 2. Trim cords and apply a drop of glue to secure the knot.
 3. Measure bracelet on wrist (or anklet on ankle) to find the desired length needed.
 4. On the opposite side of the bracelet (the 10 inch length of cording) tie a knot at desired length. About $\frac{3}{4}$ of an inch past that knot, tie another knot.
 5. Trim excess cord and apply a drop of glue to secure the knots.

The Monkey Fist

From: <http://www.realknots.com/knots/faqknot.htm>



The instruction drawing is made by Hervey Garrett Smith and copied from the dutch translation of his book "The Marlinespike Sailor". I got permission of "International Marine/Ragged Mountain Press" to use the instruction drawing on my site.

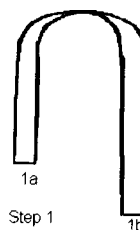
The Monkey Fist is used as an end knot for a heaving line. A heaving line is a line used for throwing from one location to another. This enables a larger line that could not be thrown over the distance to be pulled over. The most common use of a heaving line is at sea, to pull a cable to shore from a ship. A cable is not easily thrown over a distance of 10m [30 ft] or more, so instead one throws a heaving line. The line is tied to the cable and when it has been received the cable can then be pulled over. To make it easier to throw one needs to connect a weight on the end of the line - usually a stone, lead-ball or a small bag of sand is connected to the end. Better still a small rope ball is tied on the end. It is neat, it will endure many tosses last long and it is easily thrown. That is what the monkey fist is was originally used for. Now it is also used as fancy knot for key-rings, necklaces and so on. The knot can be done with or without a central core (i.e. a round stone or ball bearing) to add extra weight but it is recommended to use extra loops depending on the size of the object.

Directions for making the Friendship Knot

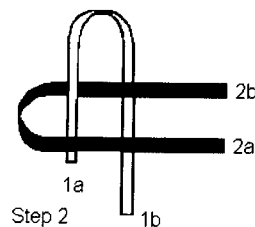
This knot symbolizes the ties which bind the girls and adults who belong to the World Association of Girl Guides and Girl Scouts (WAGGGS) and is a sign of the continuous friendships they share. The four ends of the knot represent the Promise, the Law, the Motto and Service to others. The four squares stand for the four world centers. Wear it with pride!

To make the knot, you will need 4-6 inches of two different colored ribbons. A safety pin can be attached to the back of the knot so that it can be worn. If desired, you can make the knot as part of a necklace; in that case, you'll need about 28 inches of two different colors of thick yarn. You may choose any colors that you wish. However, it holds special significance to use silver and gold in order to tie it to the song, *Make New Friends*. Consider having the girls make a knot and then pin it to another Girl Scout as part of a Thinking Day ceremony.

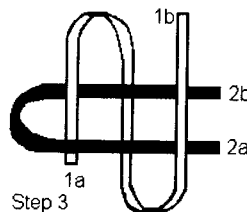
Step 1. With the first ribbon, make a loop with the back end, 1b, longer than the front end.



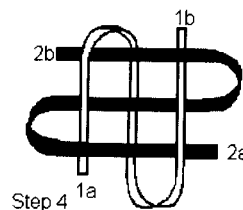
Step 2. Lay the second ribbon across top part, 1a, of first ribbon. Loop end under top part, 1a, and across bottom part, 1b. This end, 2b, should be parallel to and above part 2a.



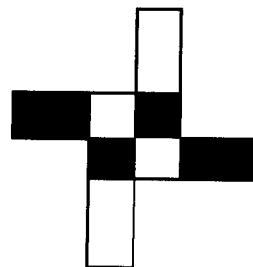
Step 3. Bring end of first ribbon, 1b, up over both parts (2a, 2b) of second ribbon.



Step 4. Bring end 2b back over ribbon 1b and under 1a.



Step 5. Pull ends taut.



From:

www.scoutingweb.com/ScoutingWeb/Program/CraftsSwaps.htm