

**1. Fold your string in half, and then fold again. (Your tails will be much longer in a real project.)**



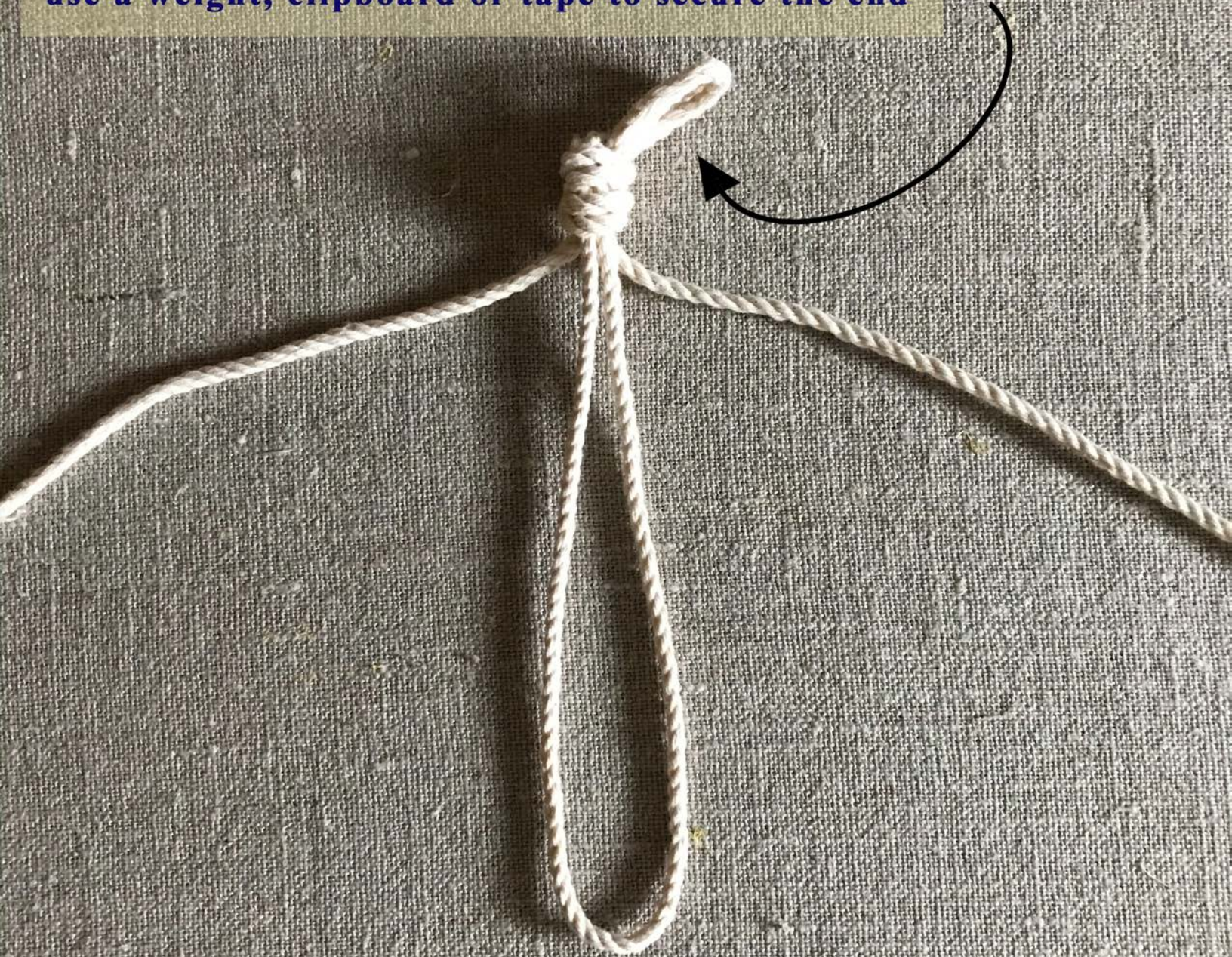
**the lazy part**

**the tails, or working part**

**2. Tie a knot at the looped end**



**3. Ready to start! This is where you might want to use a weight, clipboard or tape to secure the end**



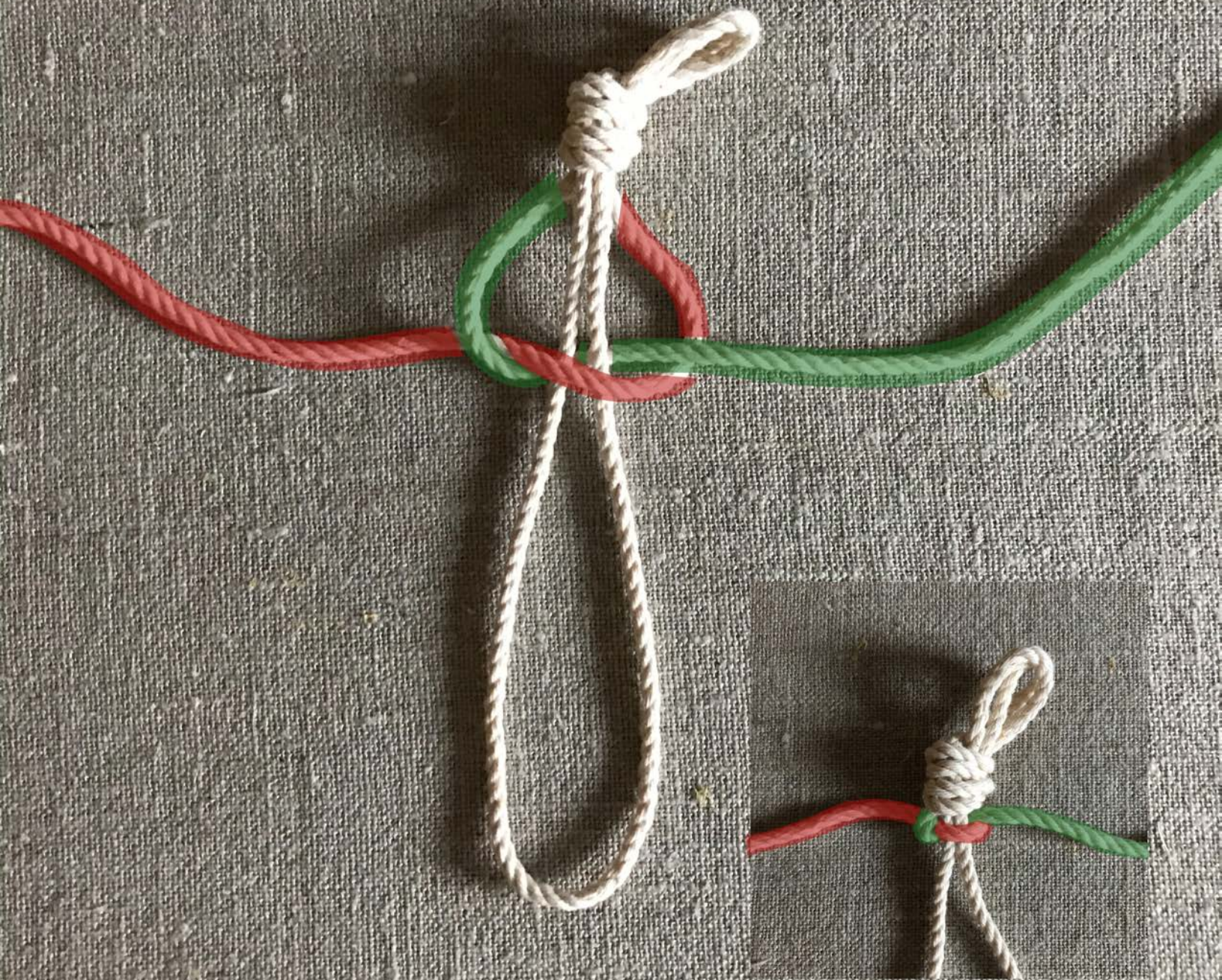
4. Bring your **left strand** under the lazy part and over the right strand



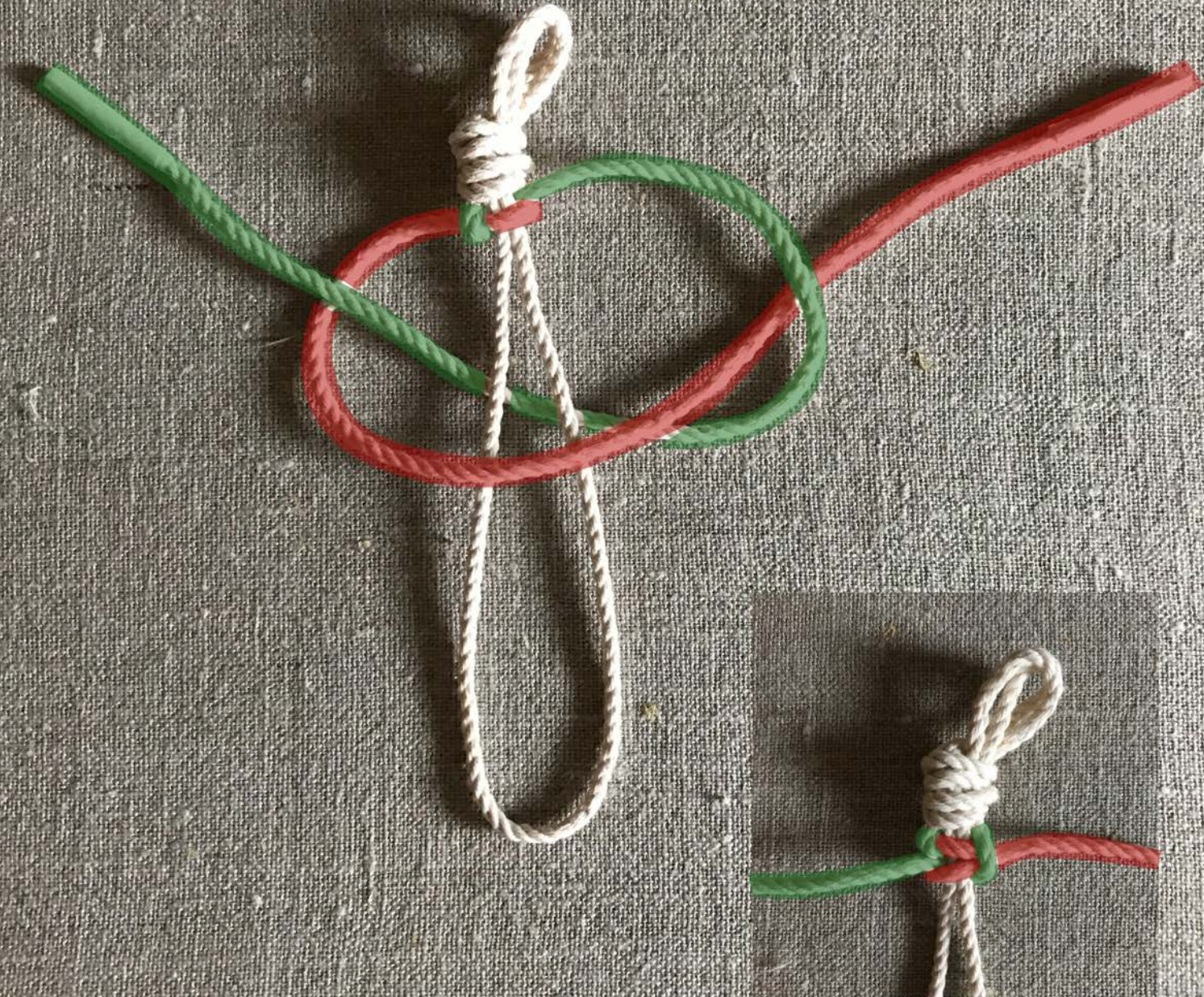
5. Bring the **right strand** over the lazy (middle) part  
and through the **left strand**



**6. Pull both ends tight**



**7. Repeat, but this time start with the green strand (now on the right side) going *under* the lazy strand. Pull both ends tight again.**



**8. Keep going, alternating left and right side over and under to create a strand of flat bars**





**9. Or, instead of alternating left or right, always start going under with the strand on the left to make a spiral pattern**

