

Simple Macrame



knots for beginners - making friendship bracelets

Bracelet One - this is a simple 4 stranded plait

Bracelet Two - This is a square knot

Bracelet Three - These are square knots too!

Bracelet Four - This is a crossover wrap

Bracelet Five - This is a half-hitch spiral

Bracelet Six - This is another crossover wrap

Bracelet Seven - More square knots

These bracelets are decorated with 5-6mm beads with a 8-10mm bead for the clasp but you can use any beads with a reasonable sized hole.

We used C-Lon thread and cotton thong as they are strong and easy to knot but you can use any cord that will fit through your beads - embroidery cotton, string, yarn etc

We mixed and matched a few simple knots, plaits and wraps to make the designs - see what combinations of colour and knot you can do.

Bracelet Eight - These are spiral square knots

Bracelet Nine - This is spiral wrapping

Bracelet Ten - These are alternating half hitches

Bracelet Eleven - Crossover wraps again

Bracelet Twelve - Square knots and wrapping

Bracelet Thirteen - Alternating half hitches again

Bracelet Fourteen - And finally Granny Knots !

Most of these bracelets are made from two colours of thread - You will need approximately 1.5m of each colour for each design (for the crossover wraps you will need just 75cm of the cotton cord).

All of these designs are fasten with a slightly larger bead, but you can add a fancy clasp if you like, or just tie them onto your wrist.

How we Start Off with a Clasp Bead



Pass your threads through the fastener bead and tie them all together with an overhand knot (a granny knot)

about 5mm below the bead - you can then separate out your threads to begin the design.

How we Finish Off to Make an Adjustable Bracelet



Bring the threads together after the last decorative knot or bead and make an overhand knot. Leave just enough space to make a loop that your fastener bead will fit through and make another knot. Repeat to make a second slot so the bracelet can fasten through either loop. Trim the threads.

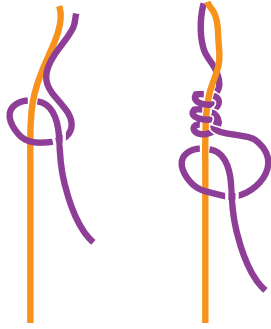
If you want to make a sliding fastener have a look at the

Simple Macrame - Square Knots

download on the website - it shows you how to make Shambala Style Bracelets



Half-Hitch Knot



A is the core thread
B is the knotting thread

Cross thread B over A; underneath A and down through the loop created by B. Pull tightly.

Repeat with B over A down the required length - the knots will spiral around the core.

FOR BRACELET FIVE

Use two C-Lon cords together for the core. Use two C-Lon cords together for the knotting thread.

Thread one bead onto the knotting threads before each knot.

Alternating Half-Hitch Knot



There is no core thread just two knotting threads A and B

Make one half-hitch with A over B and then one half-hitch with B over A. Repeat.

FOR BRACELET THIRTEEN

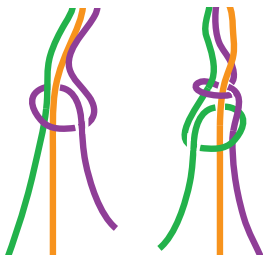
Just two lengths of 1mm cotton thong are used and a bead is threaded onto each cord before they are knotted.

FOR BRACELET TEN

Two core threads of C-Lon and two knotting threads of C-Lon.

The knots are made the same but they also wrap around the core threads - see below.

Thread a bead onto each knotting thread before you make the knot.



Macrame Basics

You will need a selection of thread, a pin board, a few big pins, scissors, nail polish to stiffen the ends of the threads and your beads.

In lots of these knots you will see the words **core thread** and **knotting thread** - the core thread lies straight down the centre of the design and supports the design - the knotting thread does all the fancy stuff.

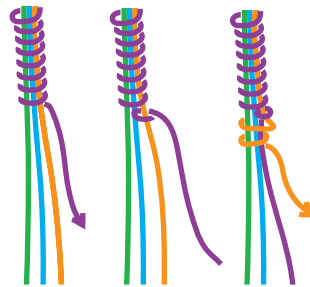
To Start a Bracelet

Cut 2 x 1.5m of your thread. Pass both threads through your clasp bead and knot into the centre of the threads as shown on page one. This will give you four thread ends to work with. Pin the knot to the top of your board.



If you are working with a straight core thread or threads you will find it useful to tie these core threads together at the ends and pin firmly at the bottom of the board so that they lie straight and quite taught.

Spiral Wrapping



You need at least 3 core threads and a wrapping thread.

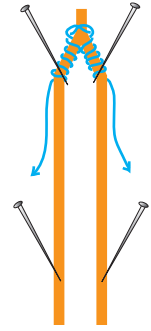
Hold the core threads together and wrap neatly down over the bundle with the wrapping thread - make the wraps right against one another. When you want to change colour knot the wrapping thread around the new colour with a half-hitch. Lay the old wrapping thread in with the core threads. Start the new colour wraps as close as you can to the old colour.

If you want to make SQUARE KNOTS see the

Simple Macrame - Square Knots

free download on the Spellbound website

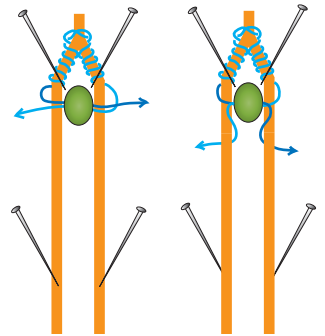
Crossover Wraps



You need two thicker core threads - we used 1mm cotton thong. and a knotting thread - we used 1.5m of C-lon thread

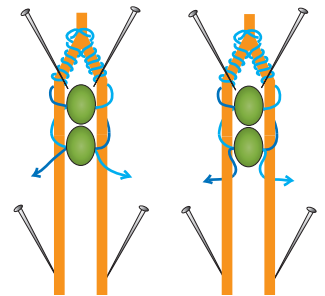
Tie the clasp bead into the centre of a 70cm length of core thread (as on page one) to give you two ends.

See above - Tie the middle of the knotting thread just below the core knot. Make six half-hitches over each of the core threads to separate the cores and pin the cores out as shown above with the gap between the cores equivalent to the width of the first bead.



Pass the knotting threads in opposite directions through the first bead and pull to position the bead between the two core threads - note the hole runs side to side across the bracelet.

Pass the two knotting threads underneath the core threads from the inside to the outside of the bracelet (see above).



Repeat making sure you keep the path of the threads correct - under the cores from inside to out until the bracelet is up to length. Bring the knotting threads together in a V shape with 6 half-hitches (just how you started) and finish off the bracelet with the knotting threads and the core threads together.