

Supplies:

- (2) 30" 3mm macrame cord for spiral
- (1) 15" 3mm macrame cord for end wrap
- (1) Keychain ring

Instructions:

Attach Cords to Key Ring

1. Fold each 30" cord in half.
2. Slide the folded end through the key ring, then pull the loose ends through the loop.
3. Repeat with the second cord.
4. You should have 4 strands, 2 outer working cords and 2 inner filler cords.



Start the Spiral

1. Take the left outer cord and cross it under the two center cords, forming a "4" shape.
2. Take the right outer cord, place it under the tail of the left cord, then over the center cords, and pull it up through the loop on the left side.
3. Pull both outer cords, while keeping the inner cords straight, to tighten the knot.
4. Repeat steps 1-3 of part B 14 more times, for a total of 15 knots.

Secure with a Wrap Knot

1. Take the 15" wrap cord and place it behind all strands, leaving a small loop at the bottom, and bringing it back up.
2. Wrap the long end of the cord tightly around all strands 5 times, wrapping downward.
3. Thread the end through the loop at the bottom.
4. Pull the top end of the wrap cord to slide the loop up and lock the knot in place underneath the wraps.
5. Trim excess of the top wrap cord.
6. Finish by trimming all cords evenly, creating a tassel.

Steps to Tie a Bowline Knot

1. Form a small loop (the "rabbit hole") in the rope, a short distance from the end. This loop determines the size of your final fixed loop.
2. Bring the working (free) end up through the loop from below, imagining the "rabbit" coming out of the hole.
3. Wrap the working end around the standing part of the rope (the "tree").
4. Return the working end back down through the loop in the opposite direction—so the "rabbit" goes back into the hole.
5. Tighten the knot by holding both the working end and the loop while pulling the standing part to snug it up

