



MACRAME
SKILL LEVEL: **EASY**



Featuring Anchor® Embroidery Floss spools
Create this bracelet with linked hearts for your sweetheart or your best friend. The pattern gives two colorways to try or you can choose your own palette from 450 shades of Anchor® floss.

MATERIALS

Anchor® Embroidery Floss Spools: 1 of each color



0094 0054 0304 0311 0403

Masking or transparent tape. Optional: Clip board

Note: Basic knot instructions and how to make a sliding closure are on pages 3, 4 and 5.

MEASUREMENT

Finished bracelet is $\frac{3}{4}$ " (2cm) wide.

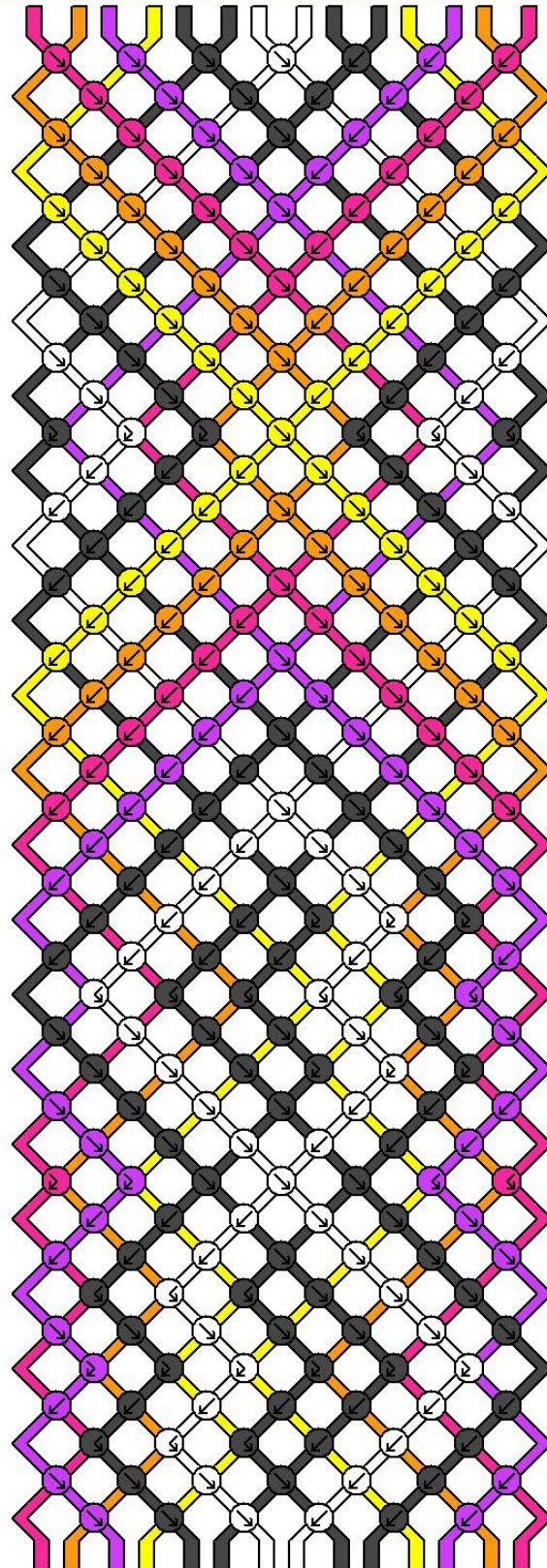
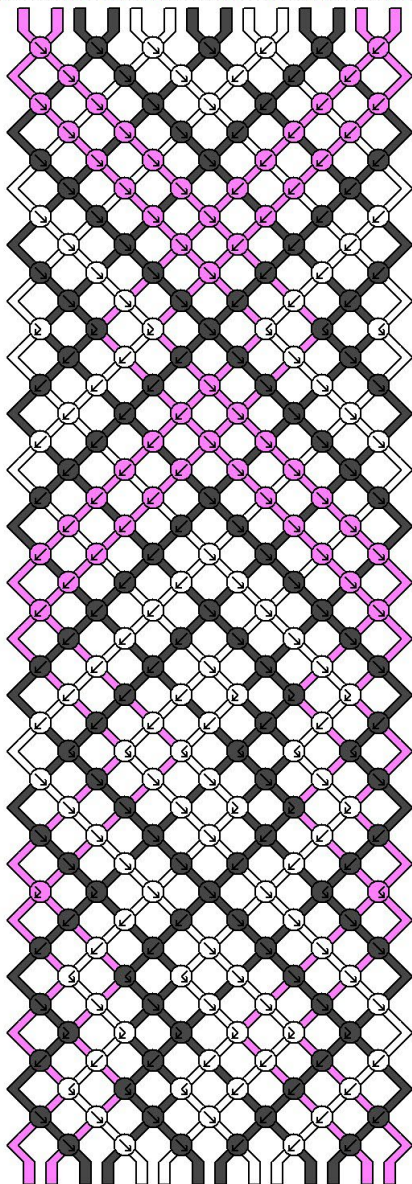
INSTRUCTIONS

1. Cut the following lengths of floss (2) Colors 0094, 0054, 0304, 0311, 0001- 48" (120cm) (4) Color 0403 – 48" (120cm)
2. Holding the floss together evenly tie a loose overhand knot approximately 4 inches (10cm) from the cut ends. Tape the knot to a flat surface or secure under clip on clipboard.
3. Place the strands of floss in the order shown at the top of the pattern on Page 2.
4. Tie the first knot on the left with the 2 first strands (remember that each knot is composed of 2 base knots).
5. Tie all the other knots of the row from left to right.
6. For the next row, put the first strand on the left aside, and tie the first knot with the 2nd and 3rd strand.
7. Tie all the other knots of the row from left to right.
8. The first rows may look a little messy at this point, but it will correct itself as you continue to knot the bracelet. Continue following the pattern row by row until the bracelet is long enough.
9. Undo the loose knot from step 1 (this step can be done anytime after you've done at least 4 rows of the bracelet).



10. Braid each end. The total length of the bracelet + both braids should be long enough to slide over your hand to put it on your wrist.
11. Tie on or made a sliding closure.

Here is another color option:
Cut the following lengths of floss:
(4) Colors 0001, 0066 48" (120cm)
(6) Color 0403 48" (120cm)

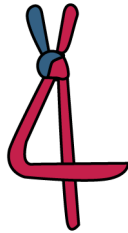


BASE KNOTS

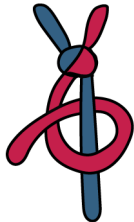
The 4 basic knots that are used in friendship bracelets are composed of these 2 base knots.

Forward knot : Goes from left to right

1. Bend the red string and place it over the blue one to make a 4 shape.



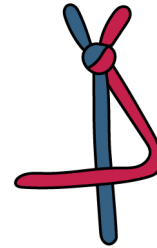
2. The red string goes behind the blue, and in the loop created by the 4 shape.



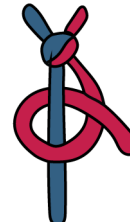
3. Pull the knot all the way up and tighten it.

Backward knot : Goes from right to left

1. Bend the red string and place it over the blue one to make an inverted 4 shape.



2. The red string goes behind the blue, and in the loop created by the inverted 4 shape.

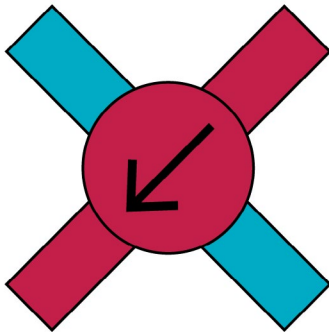


3. Pull the knot all the way up and tighten it.

THE 4 BASIC KNOTS IN FRIENDSHIP BRACELET PATTERNS

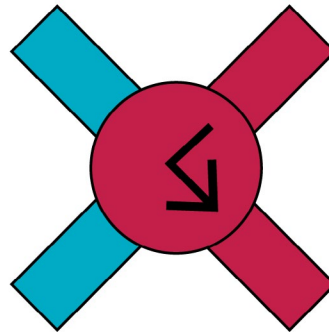
Backward (B) knot:

Backward knot + backward knot



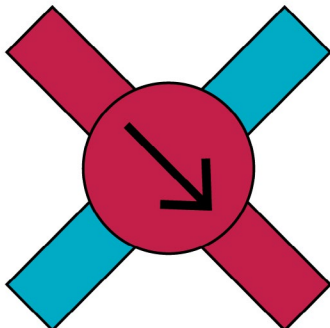
Backward - forward (BF) knot:

Backward knot + forward knot



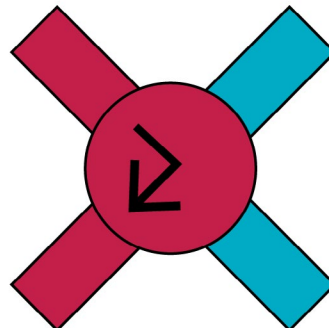
Forward (F) knot:

Forward knot + forward knot



Forward - backward (FB) knot:

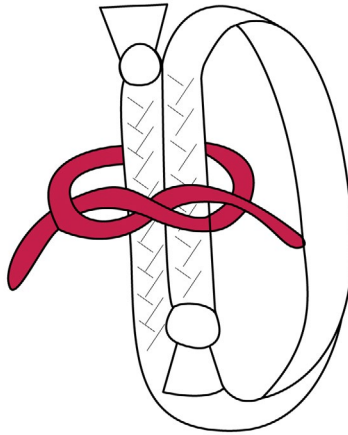
Forward knot + backward knot



SLIDING CLOSURE

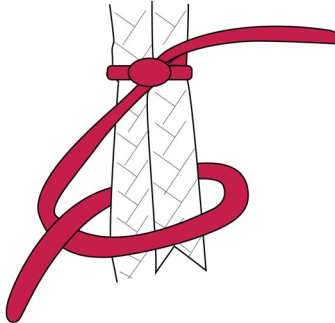
Step 1 : Take a string that is at least 8 inches (20 cm)

Step 2 : Tie a half knot (see picture below) on both braids.



Step 3 : Tie another half knot to secure it.

Step 4 : Tie 3 forward knots over both braids.



Step 5 : Tie 2 half knots to secure the closure.

Step 6 : Cut the extra string, leave approximately ¼ inch (5mm).

Now the closure is done!