



Rio Arriba 4-H Presents:

**Tell Us About
it Tuesdays!**

Beginning Braiding & Knotting Unit I

Unit I teaches the basics of braiding using three and four plait Braids, including terms and tools needed as well as preparation techniques for nylon and leather braiding. Braiding is an art form that is enjoyed by many both as a hobby and as a way to make practical and useful items. Braiding has been around for thousands of years.

Some of the Project Activities include:

- **Learn 3 and 4 strand braiding, make useful articles, and create a sample.**
- **Learn to finish ends and how to keep even tension throughout the braid.**
- **Create a braiding board and exhibit it in the fair.**
- **Share what you have learned by giving a demonstration at a club meeting.**

Complete the following activities, share your results, and earn points!

Watch these videos about Braiding and Knotting:

Why Knot?: <https://youtu.be/zNffZ3UcARs>

Mechanics of knots: <https://youtu.be/R6cdTxpNB6Y>

Scavenger Hunt: *Walk around your house, how many knots can you find and if you can identify them? How are they used? Are they used to keep items together? Are they used to hold something in place?*

Try your hand at braiding by constructing a bracelet, share your results.

Resources for braiding and knotting: <https://youtu.be/vdvugjyP6ZI>

Send a picture of your bracelets and knot tally to:

marctala@nmsu.edu or hannah99@nmsu.edu

Earn points for your participation and receive Pizza Gift cards!

Have Questions Contact: 575-588-7423

Marcella, Extension 4-H Agent, at marctala@nmsu.edu

Hannah, Extension Program Assistant, at hannah99@nmsu.edu



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**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Rio Arriba County Extension Office

Bracelet

What you will need:

2 Strands of nylon cord, 40" long (length will vary depending on size of wrist. Smaller wrists will require less cord).

GETTING STARTED: Begin by taking the two strands and doubling them in half. Twist the strands together about 5-6 times (just big enough for a wall knot to fit through).



MAKING THE ITEM: To get ready to braid, cross the middle strands with each other, and begin braiding using the flat braid on page 12.



FINISHING: Finish the braid by tying a wall knot. You can choose to either leave the ends loose, or burn them down flush against the wall knot.



VARIATION

Braid a bracelet using the 4 strand round braid.

Try different ways of fastening the bracelet. Instead of a loop and knot, try a snap or a buckle.

3 Plait Braid

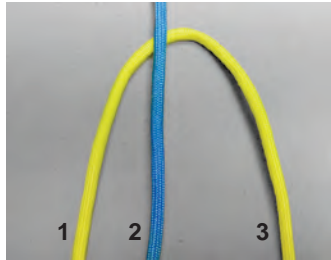
What you will need:

- 1 strand cut 2 feet
- 1 strand cut 1 foot

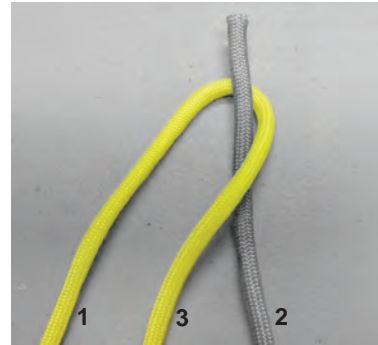
NOTI

The strands below are braided loosely for demonstration. You will want to pull your tension much tighter.

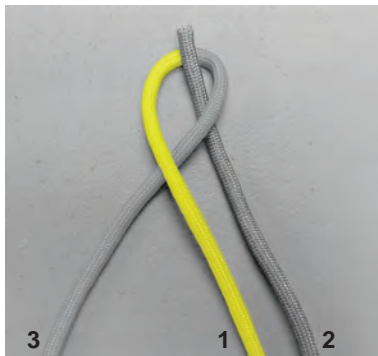
STEP 1: Prepare your strands for braiding. Fold the 2 foot strand in half. Lay the 1 foot strand between and on top of the folded strand, forming three strands as shown here.



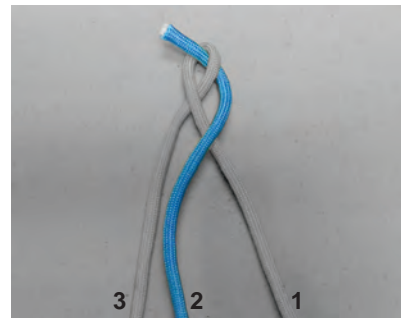
STEP 2: Beginning on the right side with strand 3. take it over the middle (strand 2).



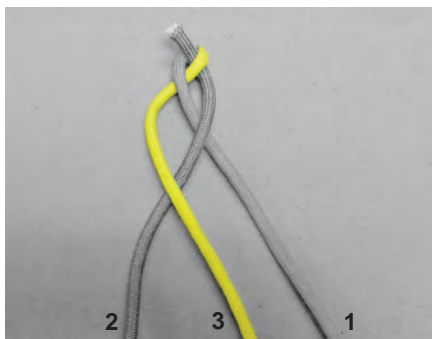
STEP 3: Moving to the left side take strand 1 over the middle strand (strand 3).



REPEAT STEP 2: Moving back to the right side, take the outside strand (2) and take it over the middle strand (1).



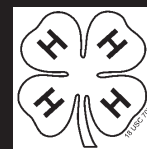
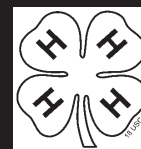
REPEAT STEP 3: Moving back to the left side take the outside strand (3) and take it over the middle strand (2).



HINT

Braiding is a simple right-left procedure where you braid the outside strands in.

Remember: After you have braided about 3 inches, hook your item to an anchor to finish it.



3 Plait Braid (continued)

REPEAT STEPS 2 AND 3: Braiding the outside strand over the middle strand, alternating right then left. Continue until your sample has reached about 5-6 inches in length.



FINISHING: See finishing instructions for burning ends page 16.

HINT

Practice braiding several times until you master the appropriate tension.

4 Plait Flat Braid

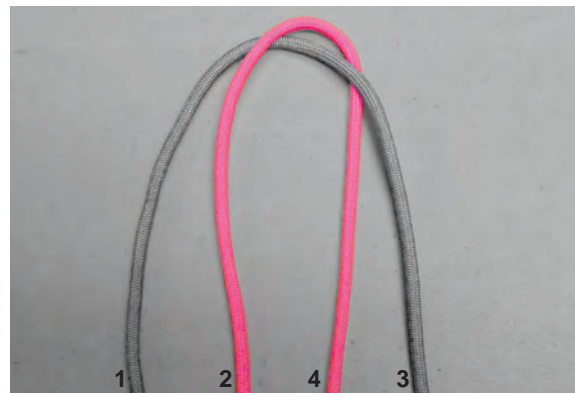
What you will need:

2 strands each 2 feet long

STEP 1: There are several ways to begin your braid. Shown here is one easy method. Prepare your strands for braiding by folding both in half. Lay one strand on top of the other as shown here.



STEP 2: You will braid still using the right then left procedure. Beginning with strand 4, take it under strand 3.

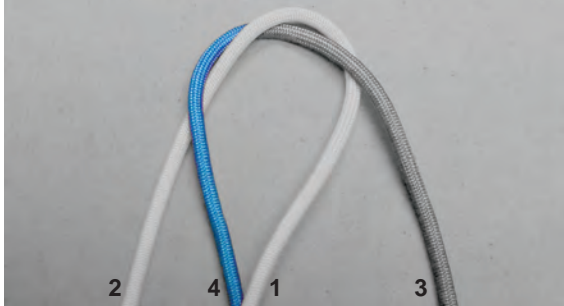


HINT

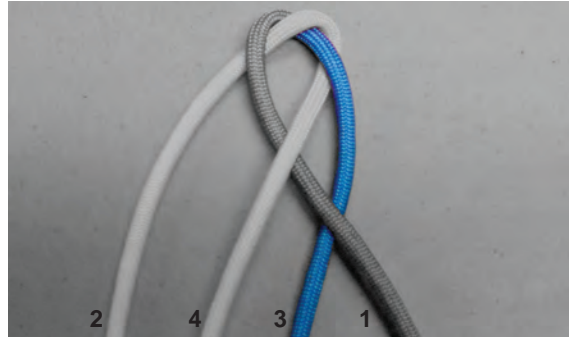
You are encouraged to make several samples of each braid, choosing the best to attach to your braiding board.

4 Plait Flat Braid (continued)

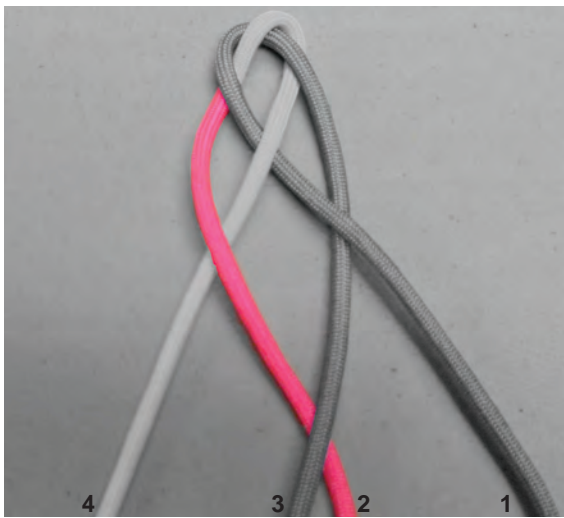
STEP 3: Moving to the left side, strand 1 will go over strand 2, and then under strand 4.



REPEAT STEP 2: Moving back to the right side, take strand 3 under strand 1.



REPEAT STEP 3: Moving back to the left side, strand 2 will go over strand 4, then under strand 3.



REPEAT STEPS 2 AND 3: Remembering that the braid is right side under; left side over, under. Continue until your sample has reached about 5-6 inches in length.



FINISHING: See finishing instructions for burning ends page 16.



HINT

Using masking tape at the end of your braid is a good way to hold your braid in place until you are ready to burn.

HINT

Experiment with different placements of your strands to create different patterns in your braid.