



S10670

Innehavaren

Recommended Yarn

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S10670

V.1/BW/DS

Macramé 

Easy 



Innehavaren

Design: Quail Studio

SIZE

Length: approx. 200 cm

MATERIALS

Schachenmayr Catania Grande, 50 g ball

Approx. 50 g = 63 m

Col. 03105 (natur) 3 balls

Yarn amounts are approximate. Make sure to purchase enough of the same dye lot in order to complete your project. The colour names refer to the German names on the sleeves. The amount of yarn needed can vary from person to person.

2 metal rings, silver, diameter approx. 2,5 cm

BASIC TECHNIQUES MACRAMÉ

Basic terminology:

The cords used in macramé are divided into two categories:

Filler cord: The passive cord that holds the knots and is usually positioned in the middle.

Working cord: The active cord with which you tie the knots. When using thin cords, the working cords can be made up of multiple cords.

To avoid terminological confusion, these instructions use the terms filler strand and working strand.

Gathering knot:

A gathering knot fastens the filler strands and the working strands at the beginning and the end of the work.

Here, the filler strands and the working strands are attached to a ring.

See step-by-step photo tutorial:

Gathering knot steps 1 to 4.

Square knot:

For a square knot, you need 2 working strands (= **A** and **D**) and 2 filler strands (= **B/C**).

The outer working strands **A** and **D** are always knotted around the inner filler strands **B/C**.

Square knot band

Work the two basic knots alternating between basic knot 1 (right to left) and basic knot 2 (left to right) to create a straight band.

Square knot – Square knot band steps 1 to 8.

INSTRUCTIONS

The yoga mat strap is a simple knotted band.

Preparation

First cut the cords:

10 cords, each 16 m long

2 cords, each 1 m long

Attaching to first ring

To attach the cords to the first ring, pull the 10 sixteen metre long cords through the ring to the middle.

Hang the ring at a good working level.

The ends of the cords should hang down as parallel as possible. Using a 1 m long cord (= gathering cord) work the gathering knot with 5 to 6 wrap-arounds.

Tying the band

Now organise the bundle of cords (= 20 cords) into 4 bundles of 5 cords.

Then with these 4 strands (= 2 filler strands and 2 working strands) tie a square knot band.

Total length = 200 cm.

Attaching to the second ring

At the end of the square knot band, attach to the second ring with a gathering knot.

To do this, bundle all the cords together and pull the ends through the second ring.

Push the ring up tightly, approx. 2.5 cm, to the last square knot.

Place the end of the cord bundle along the square knot band.

Using a 1 m long cord, tie a gathering knot with 10 twists to secure the ends. Start directly next to the ring and wrap until the cord is very tight to the last square knot.

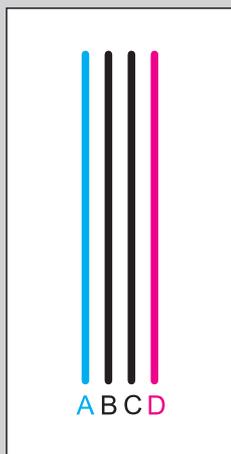
Pull the beginning and the end of the gathering knot tightly and trim all cords.

FINISHING OFF

Pull the band through the rings so that a loop is created at the beginning and the end to hold the yoga mat.



SQUARE KNOT – SQUARE KNOT BAND



Step 1

Step 1: The 4 filler and working strands are arranged parallel, the working strands **A** and **D** are on the outside and the filler strands **B/C** are in the middle.

Step 2: Place **D** from right to left over **B/C** and under **A**.

Step 3: Bring **A** from left to right under **B/C**.

Step 4: Pull **A** from the back to the front through the loop created by **D**.

Step 5: Carefully pull **A** and **D** tightly.

The first basic knot is finished = 1 half square knot.

Step 6: Place **D** from left to right over **B/C** and under **A**.

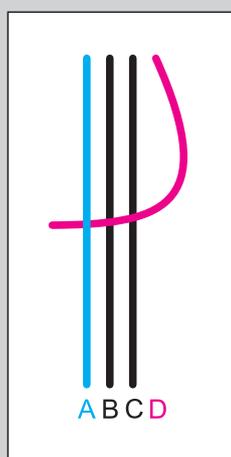
Step 7: Bring **A** from right to left under **B/C**.

Pull **A** from the back to the front through the loop created by **D**.

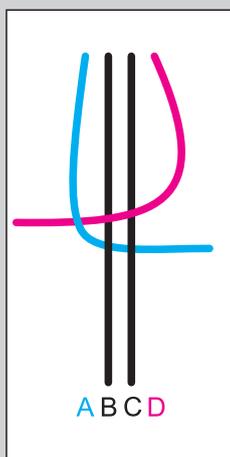
Carefully pull **A** and **D** tightly.

The second basic knot is finished = 1 square knot.

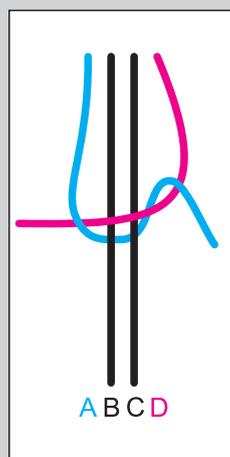
Step 8: Repeat steps 1 to 7 to create a square knot band.



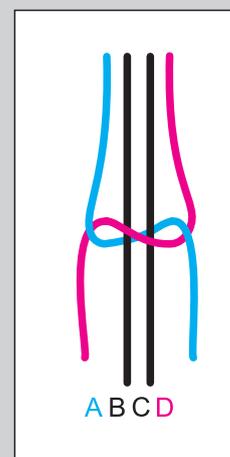
Step 2



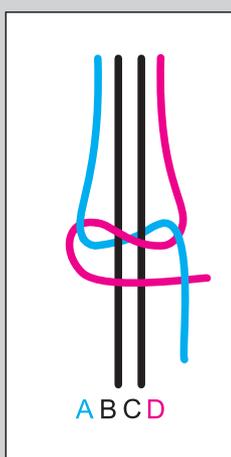
Step 3



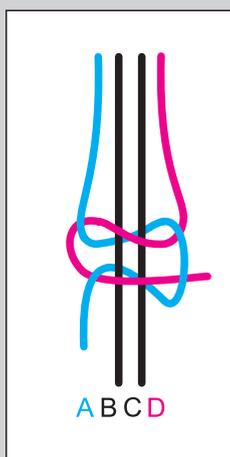
Step 4



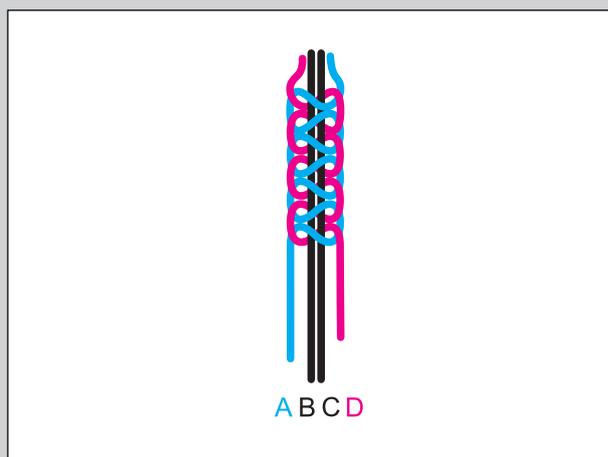
Step 5



Step 6



Step 7



Step 8
Square knot band

GATHERING KNOT

How to



Step 1: The filler cords/strands should be arranged as parallel as possible in a bundle.

Step 2: Take a short cord (= wrapping cord) and create a loop approx. 5 cm long. Place the loop on top of the cord bundle.

Wrap the long end of the wrapping cord around the bundle of threads and the cord's own loop once and pull tightly.

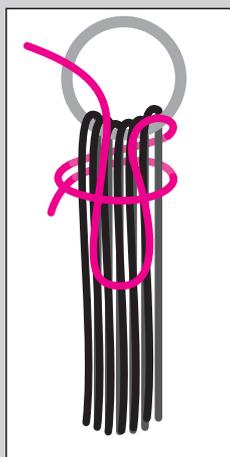
Step 3: Then continue to wrap the wrapping cord from top to bottom until the desired length of the gathering knot is achieved. Make sure that the wraps are close together.

To secure the wrapping cord, bring the end of it through its loop.

Step 4: Carefully tug on the beginning and the end of the wrapping cord until the loop disappears under the wraps. Cut the end of the wrapping cord.



Step 1



Step 2



Step 3



Step 4