



Step 1

Start with 2 strands of twine, 2 different colors, 4 yds. each of #21, or 6 yds. each of #36. Find the middle of both. Make a joining knot (this will be an OF knot), by wrapping both strands of twine around finger twice, front to back, like a standard knot.



Step 2

While holding the loops in place, insert the ends from the loop through the back of the loops and pull through the front. Hold loops while tightening and pulling strands through.



Step 3

Strand colors should alternate in color when tightening. When you have the knot in the desired position, tighten as much as possible.



Step 4

Choose a color, and make a basic 3-loop knot (shown here in royal) by wrapping the twine around your finger three times moving the twine from finger tip toward the palm.



Step 5

Insert the end of the [royal] twine from the back of the loops, and pull all the way through the front of the loops. Do not tighten knot yet!



Step 6

Insert the end of the opposite color twine (shown here in yellow) through the front of the [royal] loops and pull out from the back, holding the loops in place. Do not pull tight yet! Leave a little slack in the [yellow] strand while tightening the [royal] knot.



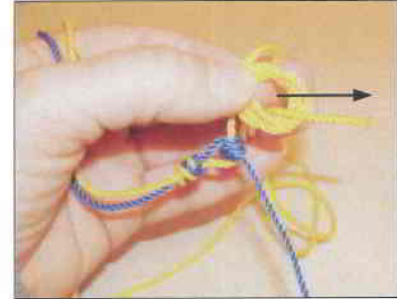
Step 7

Just before tightening the [royal] knot, slowly pull the [yellow] strand all the way through. When the [yellow] strand is completely pulled through, gently tighten the [royal] knot.



Step 8

This is what your first completed ladder knot should look like. It is not necessary to tighten the knots too tight. Adjust your knot as necessary for desired look and feel.



Step 9

To start the second knot, use the alternate color (shown here in yellow). Make the loops as shown in step 4. Insert the end of the [yellow] twine from the back of the loops, and pull all the way through the front of the loops. Do not tighten knot yet!



Step 10

Insert the end of the opposite color twine (shown here in royal) through the front of the [yellow] loops and pull out from the back, holding the loops in place. Do not pull tight yet! Leave a little slack in the [royal] strand while tightening the [yellow] knot.



Step 11

Just before tightening the [yellow] knot, slowly pull the [royal] strand all the way through. When the [royal] strand is completely pulled through, gently tighten the [yellow] knot.



Step 12

This is what your second completed ladder knot should look like. Again, it is not necessary to tighten the knots too tight, and adjust your knot as necessary for desired look and feel. Continue to alternate colors until 10 knots are made.



Step 13

To finish off your decade of knots, make a joining knot as explained in steps 1, 2, and 3.



Step 14

Pull ends through from the back...



Step 15

Position knot and tighten.

Continue...

Complete another decade in same direction without adding a joining knot at the end. Reverse your work, and do three more decades, omitting last joining knot. Join both sets of ends and make a joining knot using 1 set of loops.

Finish...

Using only 1 set of twine from the joined ends, make a joining knot for the OF, and three ladder knots for the HM's. For the final OF knot, make the loops for a joining knot, pull the ends from back through front, thread ends through the o-ring of a crucifix, and re-insert the ends through the front of the joining knot. Very carefully, pull the ends almost all the way through the knot, tightening it as you go. Leave a small loop for the crucifix to loosely hang. Trim and lightly burn off all ends.

