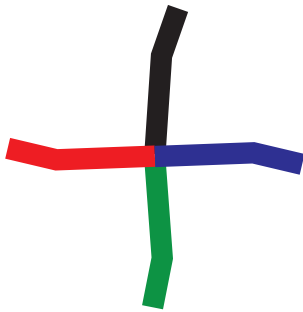


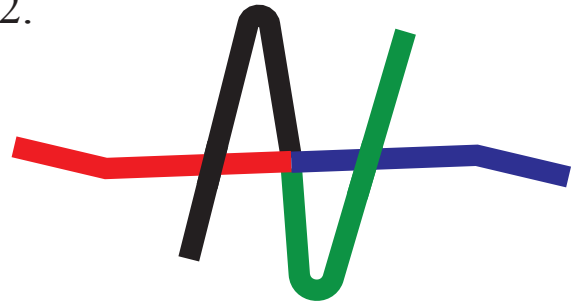
# Spiral Knot

1.



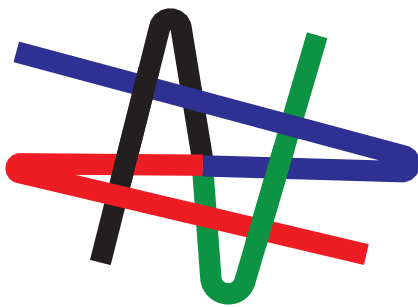
Tie the four strands together and separate in each in different directions.

2.



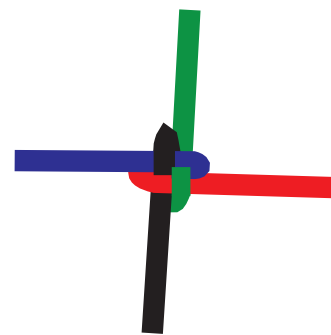
Move the green strand over the blue and the black strand over the red to form a loop.

3.



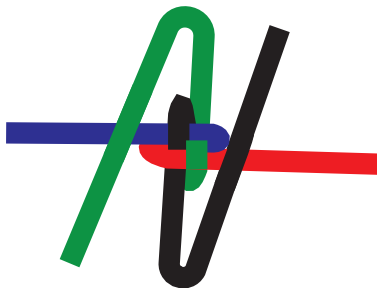
Move the blue over the green and first black strands and under the second black. Move the red over the black and first green strands and under the second green strand.

4.



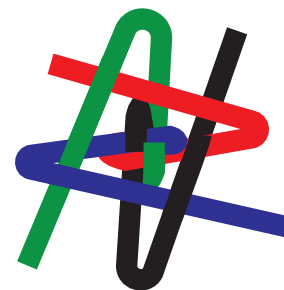
Tighten knot by pulling on each end evenly.

5.



Repeat steps 2 to start a second knot. Strands will always rotate counter-clockwise.

6.



Repeat steps 4 and tighten the second knot on top of the first. Keep repeating the steps until desired length.