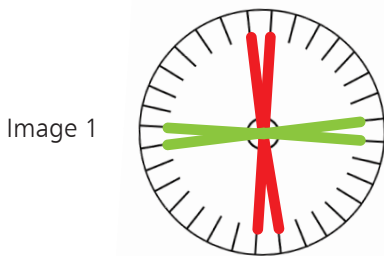


Kumihimo, meaning intersecting threads, is an ancient Japanese braiding technique dating back to 645 A.D. That's more than 1,300 years ago!

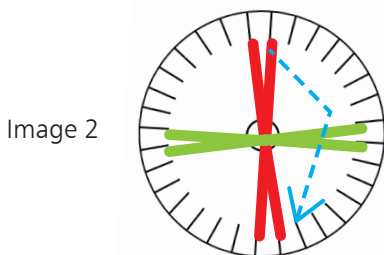
In 1333-1573 A.D. during the Muromachi Period, samurai used kumihimo to tie together their iron armor, which required approximately 900 feet of braid! It was also used for binding swords, horse harnesses, and horse armor.

Today, kumihimo is commonly used to accessorize outfits and secure clothing, used as decor, and more. There are many different kinds of kumihimo braids and tools to create them. Your foam disk will help you create a spiral-like pattern made out of yarn.



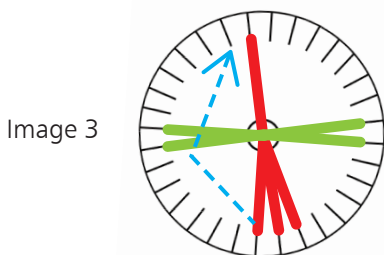
STEP 1

Pick out two strands of two different colors, four strands in total. Each strand should be about 4" long. Lay all strands together evenly and fold in half. Tie a knot 1" away from where they fold. You should now have 8 threads coming out from the knot.



STEP 2

Separate your threads according to Image 1: Two colors next to each other on the top. Same two colored threads go next to each other on the bottom. Two of the other colors go next to each other on the left side and the remaining strands go on the right side. All threads should be tight with the knot in the center.

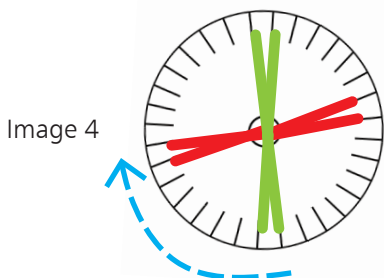


STEP 3

Take your top right thread and bring it down, skipping over the opposite color and put it in the slot just right of the threads of the same color. Shown in Image 2.

STEP 4

The color you just worked with should now look like a chicken's foot. Now take the left most of the three threads on the bottom and bring it to the top slot, just left of its matching color. Shown in Image 3.



STEP 5

Rotate your disc 90 degrees clockwise, so the opposite color is now at the bottom. Shown in Image 4.

STEP 6

Repeat steps 3-6 until you reach your desired length.

TO FINISH

Once you've braided to the length you desire, remove the threads and tie a knot where the braid stops. Trim remaining thread. To wear, simply place the yarns loops through the opening of the clasp and hook to your jacket, backpack, or other item.

TIPS

If your threads are out of place, just adjust them to be in the right slots.

If you lose your place look at the center of your disc, whatever color is on top of the other is the last color that you've done.