

## DIRECTIONS FOR A SIMPLE KUMIHIMO SPIRAL BRAID

### Supplies:

Kumihimo disk & Thread – (anything from embroidery floss to crochet thread to yarn)

### Getting started with a 16 strand (4 color) braid

- Cut 8 strands of thread, 2 of each color, each strand 2 yards long
- Gather all 8 strands together, fold them in half and tie an overhand knot at the folded end, leaving a small loop.
- Put the knotted end through the center of the disk and distribute the threads as shown in the diagram below, pulling the threads tightly across the disk and letting the ends dangle.

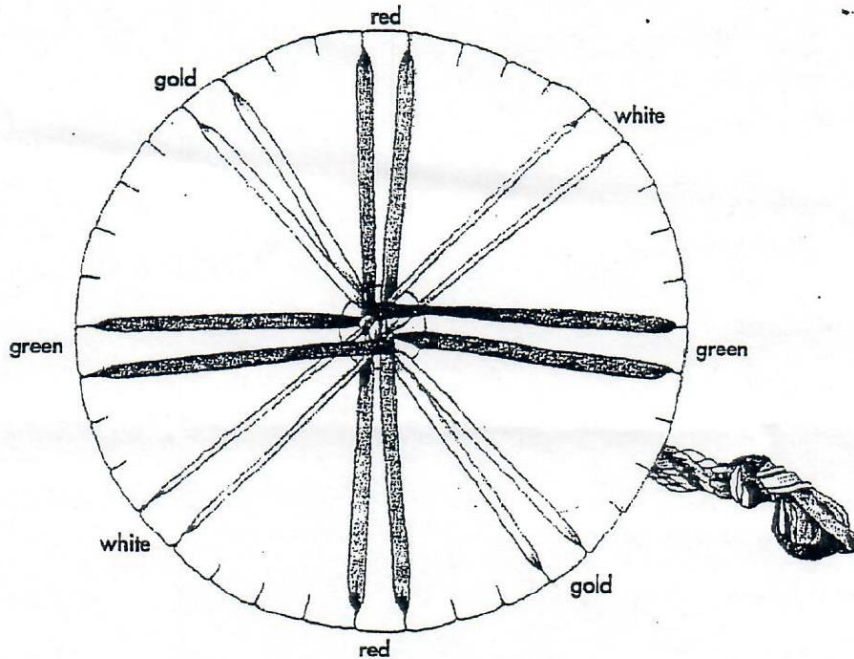


FIGURE 1. To set up a card for the spiral pattern, place pairs of threads across from each other.

Diagram from Handwoven May/June 1999

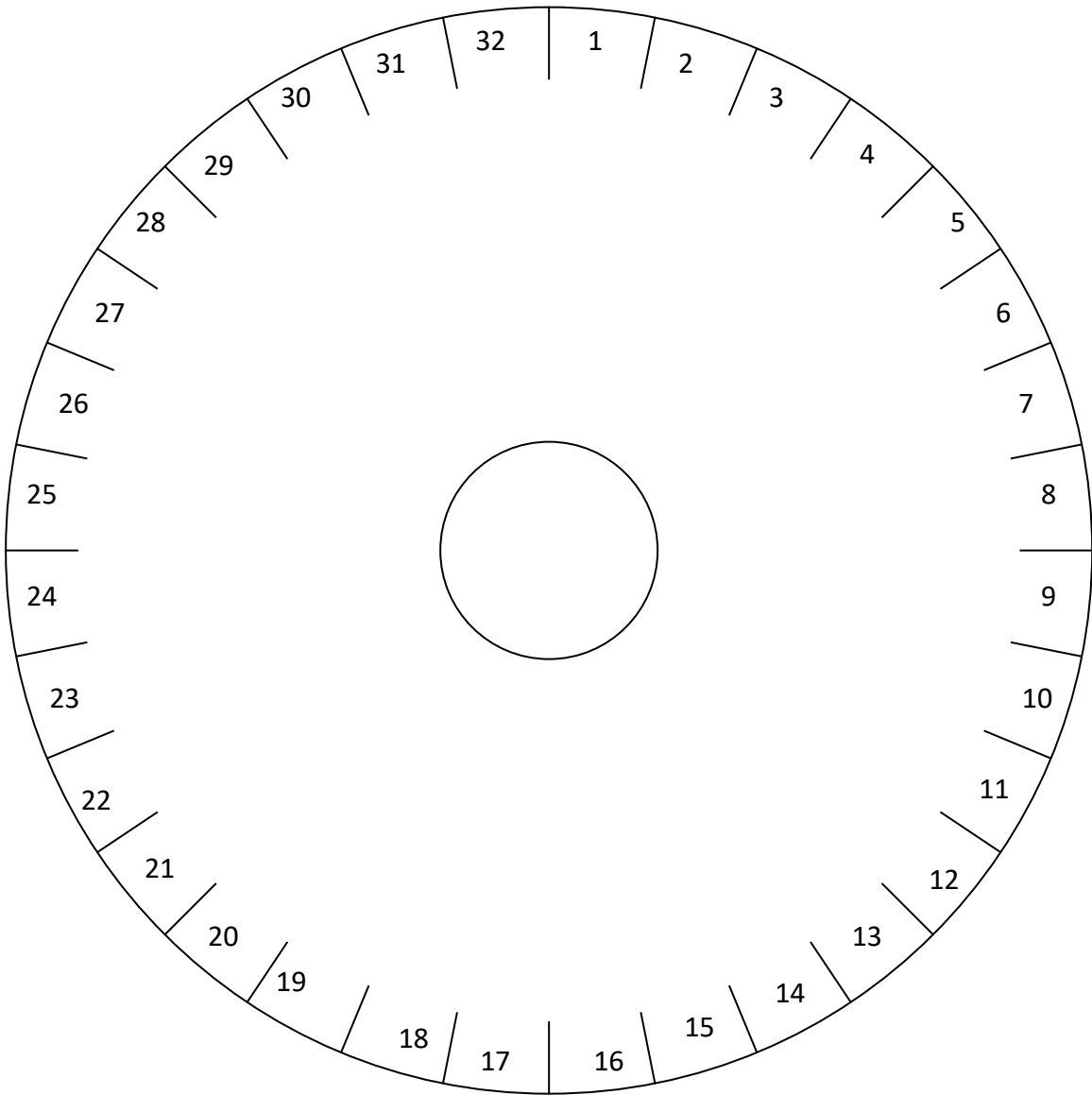
### To braid:

1. Lift the left hand thread at the bottom of the disk and place it into the empty left hand notch straight up at the top, keeping the thread tight across the disk. You will have 3 strands at the top now.
2. Lift the right hand thread at the top of the disk and move it to the empty right hand notch at the bottom of the disk.
3. Rotate the disk clockwise so that the next set of colors is at the top and bottom.
4. Repeat steps 1-3 until the braid is the desired length. Finish by tying the end of the braid with an overhand knot.

### Hints:

- If you stop mid-braiding, leave it with the 3 strands at the top so you know where you left off.
- Draw an arrow on your disk to remind you which way to rotate it.
- You can wind threads on bobbins so they don't get tangled while you work
- 3" of thread will produce about 1" of braid

Use the template below to create your own disk made of stiff cardboard or plastic.



For more information about the Pacific Northwest Needle Arts Guild (PNNAG), visit our web site ([www.pnnag.org](http://www.pnnag.org)) or use this QR code:

