

## HOW-TO: FINGERLOOP BRAID

# Pride Cord

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Fingerloop braiding is a way of making cord that became very popular in Medieval Europe. The braids are excellent drawstrings, hair ties, friendship bracelets. This pattern was published in an English manuscript around 1475.

Ready in **1 hour**

Length **12 inches**

Thickness  **$\frac{3}{8}$  inch**

## Materials & Tools

Eight colors of 6-strand embroidery floss (red, orange, yellow, green, blue, purple, brown, and black)

Two hands with four fingers each

Fixed attachment point (table clamp, chair leg, etc.)

Wide-toothed comb (helpful but not required)

## For More Information

<http://arts.piglet.org/index.php/2018/06/07/pride-cord/>

<http://arts.piglet.org/index.php/2017/12/31/Fingerloop-braiding-a-lace-bend-round-of-8-bowes/> (Includes a video of braid technique.)

<https://fingerloop.org/patterns.html#n08>



## Preparation

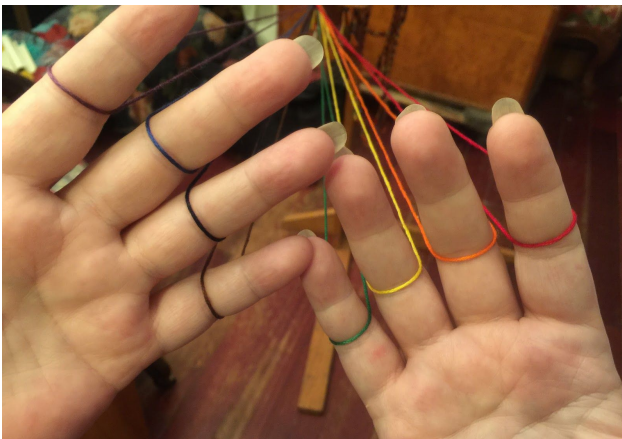
**Measure & cut thread.** Start with about 36" lengths of each color.

**Fold & knot.** Fold cut threads in half. Tie all the cut ends together using one overhand knot.



**Attach knotted end to fixed point,** by tying it to a chair leg using waste yarn, or clamping it to a table.

**Arrange loops in pride flag order,** placing one over each finger. Start with the lighter colors on one hand and the darker ones on the other.



A wide-toothed comb can help to keep the loops in order and tensioned evenly when you distribute them onto your fingers.

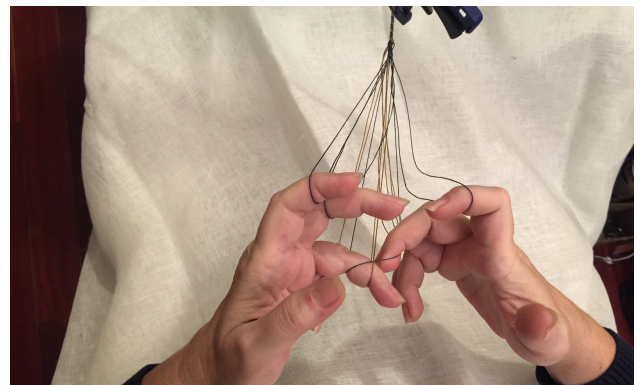
## Braiding

**Braid.** Work the braiding pattern described below until your desired length is reached, or until you can no longer swap loops.

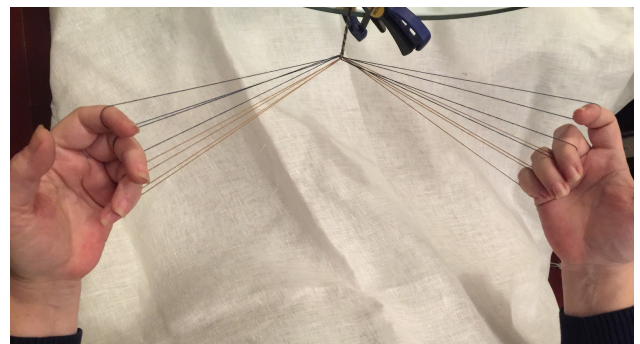
Swap the loops between your right and left hands, proceeding top to bottom on the right hand, bottom to top on the left hand. Exchange the right index / left pinky fingers, the right middle / left ring fingers, the right ring / left middle fingers, and finally the right pinky / left index fingers. Repeat these 4 moves until done.

**To exchange loops,** draw the left loop through the right loop, reversing it as you pick it up.

Breaking it down: place the right loop on your left finger. With your finger still through this loop, reach up and over the loop on your left finger, curling your finger to draw it through.



Separate your hands widely and wiggle your fingers to settle the tension.



## Finishing

**Knot.** Tie loops into an overhand knot. Trim both ends.