



PolyPediaOnline Express Tutorial

Micro Macrame 101!

“INKredible Macrame” Master Class
By Iris Mishly

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1



I have always loved mix media art, especially when combined with polymer clay. Macrame was popular in the 70s to create bags, wall décor, plant hangers and many more. Micro Macrame is a more delicate and refined version of the 70s macramé using a smaller diameter of cord and beads.

Tie one cord to another and make a knot.

This is the basis of macramé.

We are all doing this every day in our daily routines.

You can tie a knot after another, one cord or several, limitless variety of patterns are possible.

No need for special tools or materials – cords, and beads!

Micro Macramé may appear complicated at first but actually, once you understood 3-4 basic macramé knots – larks head knot, square knot, double half hitch knot, and their vertical versions, you will see how these can create any pattern you can imagine.

This handcraft passed through generations all over the world and can be found in home accessories, jewelry, fashion and many more!

Getting started – Type of cords

You can use any cord you choose whether natural or synthetic - any string, threads or cords, which can be tied into knots.

It can be hemp, polyester, silk, cotton, which are the most popular ones. The final look of your piece depends on your cords – hemp will create a more natural look while polyester will look more refined.

I'm using 0.8 mm waxed cord (by "Linhasita") which is a polyester cord treated with a wax finish. When knotted, this cords creating strong knots.

When not using polyester cords you can use nylon cords (c-lon or Superlon) which come in 4 sizes – standard bead cord (0.5 mm), tex 400 (0.9 mm), fine and micro.

You are welcome to check the inventory in your local store or buy online –

My recommended online board, pins & cords shops –

<https://www.beadsmith.com>

<https://www.etsy.com/shop/ColorSupply>

<https://www.etsy.com/shop/Beckinka>

<http://www.store.jewelsinfiber.com>

My recommended online small beads shops –

<https://www.etsy.com/shop/brasslady supplies>

<https://www.etsy.com/shop/KJewelryMetal>

2

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Tools –

1. **Board** - a pin-able knotting board is very much recommended to attach your cords while working. I'm working with a self-healing foam by BeadSmith (with notches around to hold your cords as well as grid lines)

You can work with Styrofoam board, cork tile, balsa wood, clip board, or bulletin board material.

Some artists use binder clipboard to hold their work tightly. If you are not using a knotting board you may want to use adhesive tape to secure cords to your work surface.


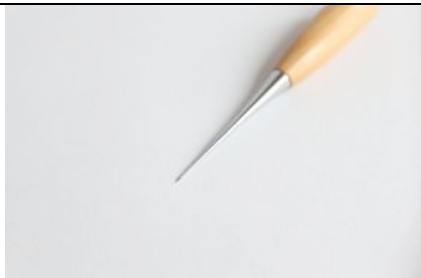


However, do not be tempted to tie your cords around your thigh or tie when your body is bended over. The overload on your neck and back will be noticeable within a short period. (Trust me, I tried that)




2. **Pins** – Push (round) pins or T pins are great to secure your work to your board.





<p>3. Measurement tools / ruler – Use to measure your words, lengths and dimensions.</p>	
<p>4. Scissors – Use a sharp pair of scissors – large or small, whatever you find comfortable.</p>	
<p>5. Awl tool / Round nose pliers – Help un tie cords, loosening or tightening cords.</p>	
<p>6. Large eye sewing needle – For weaving cords ends</p>	
<p>7. Lighter (for waxed cords); Glue (for un waxed cords) I am using a lighter to melt the cords ends and secure them from re-opening. If you do not use waxed cords you may want to use glue to secure final knots or prevent fraying. (hypo-cement or Fray check glues). How to apply the glue? Tie the last knots, place the glue and after it is dry clip the cord edges and if necessary dip them again in the glue. Note that some cords would change their color lightly due to the heat/glue so test your cords before you seal them. I try to</p>	

<p>“force” my melting edges towards the back of the work but some cords do change their color a bit.</p>	
<p>8. Jewelry tools (finalize your jewelry)</p>	
<p>9. Beads – polymer clay, seed beads, others</p>	

Sitting position –

The best position for your knotting is sitting straight when your board is leaning on your legs and the table in a 45 degrees angle.

Do not be tempted to work long hours on a flat table, or leaning forward, stretching your shoulders & back by securing your cords to your thigh. Believe me, in time it will be painful.



TIPS & Troubleshooting for successful knotting

1. How much cord do I need?

The length of a cord required for a project will differ depending on the kind of knots used, their arrangement, tightness and tension of your work.

In my tutorials I will give you an approx. measurement but a necklace size/bracelet length is really up to the person preferences or size.

If you are planning to improvise or changing the pattern it's better to have a bit extra than too little. There is always a use for excess cords in other projects.

The rule of thumb is each working cord length is **5 times the final piece plus 8"**. That means that you should cut the cord **10X + 16" the length of your finished project** in case you will be folding the cord in half when mounting it.



Determine the Finished Length -

You need to know the finished length before you start the calculations.

Make sure you include any fringe, if exist.

In this "Flamenco" bracelet, the final length to wrap around my wrist was 15 cm (6 inches) without the fringe.

The length of **each cord** mounted initially on the central cabochon cord was $10 \times 15 \text{ cm} = 1.5 \text{ meters}$ for each cord (which was folded in half) + 16 inches (40 cm).

So, each cord was ~1.9 meters. (After folded in half it was 80 cm)

I had some leftovers but they were quite short, I always prefer to have leftovers than to work on the last 2 mm cord and torture my fingers ;)



Please visit this link for further math calculation on cords width & length -
<http://www.free-macrame-patterns.com/cord-measurements.html>

2. What happens when I found I made a mistake?

Even though it happens to everyone, try and check your work constantly while you knot – flip to the other side, count your cords in symmetric designs.

This will be more needed with your first projects. After you become more experienced you will notice your mistakes faster and more easily.
You can un-do all the knotting until you get back to the mistake, correct it and re-do the portion you un-tied. While you un-tie your work be careful not to fray the cord plies.



3. Running out of cords in the middle of work – there are a several ways to add more cords in the middle of your work. No matter which you use, be sure to leave long tails of cords at the join for securing later with a large eye needle in the back side. See diagram page # 3 for more details.

VIDEO

LINK TO YOUR VIDEO

INKredible Macrame - Basic Macrame Knots

Access password - macrame1613

<https://vimeo.com/135248192>

All my projects include a special benefit **100% online customer support**. You can email me with any question to: imishly@gmail.com and I will assist you in any way I can.

The file and video contains lots or information. I recommend reading/viewing all of it, at least once, before you start creating your wonderful designs ☺



Micro Macrame Knots

Larks Head Knot - LHK(also known as mounting knot)

The larks head knot is the simplest knot. It is made by folding a cord in half and threading the loose ends of the cord through the loop formed by the fold.

These knots are used a lot to mount cords onto another cord, rings, holes or any other "mount-able" object to start a micro macramé project.



Step 1: You need one or more **holding cords**, secured to your board **horizontally**.

Fold a **working cord** and place it under the holding cords. The folded area should be at the bottom and the ends at the top.



Step 2: Bring both ends over the holding cords, heading downward. Pass them under the folded area, pulling them firmly.



When tightened, the Larks Head knot has a horizontal segment made by the fold, resting just below the holding cords.

That portion is called the **head**, and some Macrame patterns refer to that area when describing the direction it will face.



Reverse Larks Head Knot (RLHK)

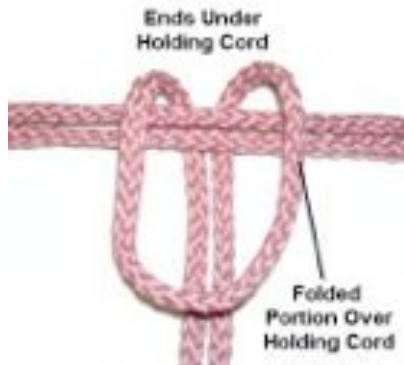
The reverse larks head knot is basically the opposite of the larks head knot. If you tie a larks head knot and flip it over, the look is slightly different.

The "head" is facing backwards.

Larks Head Knot



Reverse Larks Head



Step 1: Secure one or more **holding cords** to your board **horizontally**. The **working cord** should be placed over the holding cords (**on top**). Bring the ends down, under the holding cords.



Step B: Bring the ends towards you, passing over the folded area.

Reverse Larks Head



Vertical Larks Head Knot – VLHK (Right of Left)

Same as the larks head knot only facing right/left (see video for more details)





Slip Knot

The slip knot is usually used for temporarily secure cords to a board, then un-tying when you no longer need it.



Step 1: Make a loop in the center/side of a cord. Cross the left end over the right.



Step 2: Make a bight with the left end, which is now on the right.

Push it through the center of the first loop under - over (from below), heading right to left.

Tighten the loop by pulling on the bight. To adjust the size of the bight, pull on the working end.



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(Full) Square / Flat Knot (SK)

The square knot is always made around inner cords similar to half knots. There is not limit of the number of cords involved in this knotting; usually there are 2 inner cords and 2 outer cords (one on each side).

To make a flat square knot start by making a half knot,

To make half knot place your right hand cord in front of the filler (inner) cord, then thread the left hand cord over the right hand cord, behind the filler cord and back up over the right hand cord. Pull those outer cords up against the inner cords.

Now repeat this step to the other side.

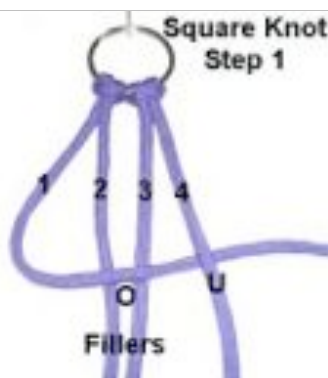
Place your left hand cord in front of the filler (inner) cord, then thread the right hand cord over the left hand cord, behind the filler cord and back up over the left hand cord. Pull those outer cords up against the inner cords.



LEFT Square Knot

Step 1: To practice a SK (square knot) with the head facing left, secure 2 folded cords to a project board, ring or other item.





Mentally number them 1 - 4.



Move the left working cord (1) over inner cords 2 and 3, heading right.

Pass it under the right working cord (4).



	<p>Step 2: Move the right working cord (4) <u>under</u> the two inner cords and <u>over</u> cord 1, as you pull it out on the left. <u>Pull</u> on both ends to tighten the knot.</p> <p>Hold the inner as you tighten.</p> <p>The first half of the knot is finished, which is also called a "Half Knot".</p>
	<p>Step 3: The working cords have now switched places, so the second half is <u>tied in the opposite direction</u>.</p> <p>Move the working cord on the right (1) <u>over</u> the inner and <u>under</u> the left working cord (4).</p>
	<p>Step 4: Move cord 4 <u>under</u> the inner and <u>over</u> cord 1, as you pull it out on the right.</p> <p>Tighten the second half of the Square Knot.</p>
<p>RIGHT Square Knot</p>	<p>The tying process for the Right SK is the exact opposite of the left Square knot described above.</p>
 <p>Fillers</p>	<p>Step 1: Mentally number the 4 cords.</p> <p>Move the right working cord (4) <u>over</u> both inner, heading left. Pass it <u>under</u> the left working cord (1).</p>



Step 2: Move the left working cord (1) under the inners, and over the right working cord (4), as you pull it to the right.

Pull both ends to tighten the first half of the knot.

The ends of the working cords have switched places.



Step 3: Move the working cord now on the left (4) over the inners and under the right working cord.



Step 4: Move the working cord on the right (1) under the inners and over the left working cord (4).

Tighten the second half of the SK.

Half Square Knot (HS)

A half knot is one half of the (full) square knot (also called flat knot). When you tie a continuous line of half knots they will start to twist around their center cords creating a spiral.

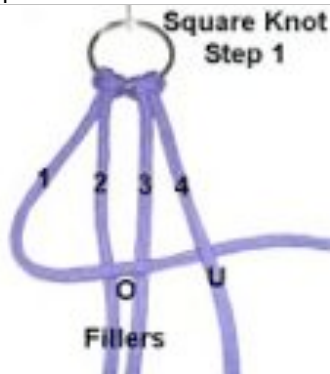
To make half knot place your right hand cord in front of the filler (inner) cord, then thread the left hand cord over the right hand cord, behind the filler cord and back up over the right hand cord. Pull those outer cords up against the inner cords. This is one half knot. Repeat this sequence and you have another half knot.

If you start a half-knot on the right hand side

Here shown with 4 cords but can be don't with 3 cords as well (2 outer cords, one middle cord)



make all your knots on the same side to get the spiral effect.



Move the left working cord (1) over inner cords 2 and 3, heading right.

Pass it under the right working cord (4).



Step 2: Move the right working cord (4) under the two inner cords and over cord 1, as you pull it out on the left. Pull on both ends to tighten the knot.

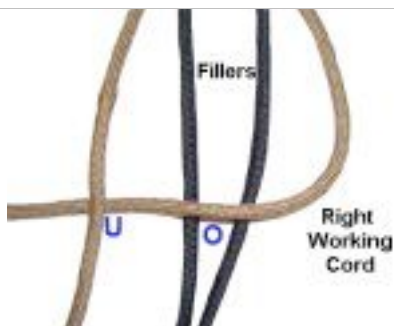
Hold the inners as you tighten.

This is a first half of a square knot also called a "**Half Knot**".

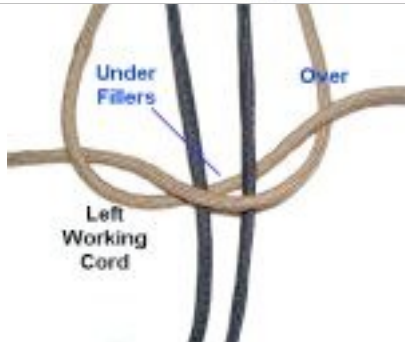
Spiral Knot

The spiral knot is made with Half Knots, which is 1/2 of a Square Knot.

In the images the fillers are **black**. The working cords are **brown**.



Step 1: Move the right working cord to the left, passing over the inner cords and under the left working cord.



Step 2: Move the left working cord to the right, passing under the inner cords, and over the right working cord.

Both steps = one Half Knot.



Step 3: Repeat steps 1 and 2 at least 10 more times, to create the rest of the knotting

Make sure you tighten the knots so they are close to each other.



So tie 5 knots, and then deliberately rotate the knotting, so the ends switch places (1/2 turn).

Tie 5 more knots, and rotate again. Continue on in this fashion as you progress.

Double Half Hitch Knot - DHH (also known as clove knot)

This is maybe the most popular knot in Micro Macrame. A sequence of double half hitch knots (DHH) can be vertical, horizontal or diagonal.

By tying a series of Half Hitches with several cords, a **raised bar** will form. You can construct the bars in any direction, and even form elaborate shapes.

You will find Macrame projects where the direction of the bar varies to form a particular design, such as diamonds, leaves and angles.





Its technique sometimes takes time to understand but once you mastered it you can do a lot with it!

In this knot we have a "holding cord" and a "working cord" which is wrapped around the holding cord.

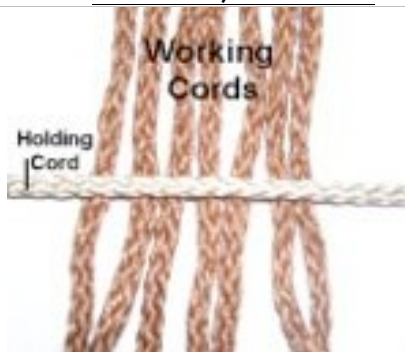
2 steps for this knot –

From under the holding cord, wrap the "working cord" up and around the "holding cord", threading the cord end through the loop and pull tight. Now wrap the same cord around the "holding cords" again and thread the end through the loop your created.

These 2 wraps equal one DHH (Double Half Hitch).

The key is to keep tension on the "holding cord" when wrapping cords around.

Don't be discouraged id this knot isn't easy to make; it takes some practice to get evenly DHH. **Practice, Practice!**



Step 1: To practice the Double Half Hitch, secure least 3 working cords to your project board with pins, after folding them in half.

They should be vertical.

Place a separate piece of material on top of the vertical cords.

This is the holding cord, and it should be horizontal.

It should be straight and have plenty of tension.



Step 2: Move the first working cord furthest to the left over the holding cord (marked O), and then under it (marked U).

As you pull it down, it should pass over the working cord, so you are making a counter-clockwise loop

This is a single Half Hitch, and you need to pull it tightly before you make the next one.

Important: As you tighten, pull the end slightly to the left.



Step 3: Make a second Half Hitch just like the first one, placing it to the right.

Pull the end straight down, so it rests between the two loops.

Steps 2 + 3 = one Double Half Hitch.




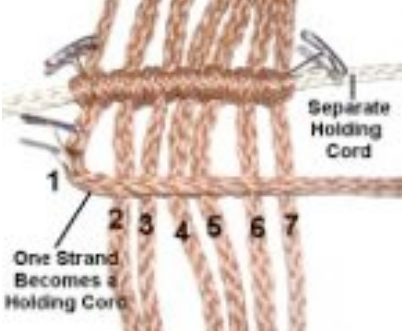
To make this knot in the opposite direction (right to left),



Tie the Half Hitches the same way.

You need to pull the end slightly to the right when you tie the first Half Hitch (clockwise loop).



	<p>The second Half Hitch is placed to the left of the first knot. Pull the end straight down, so it rests between the two loops.</p>
	<p>Step 4: After you tighten the first DHH, use the next cord (2) and tie another one.</p>
	<p>Step 5: Repeat steps 2 - 3 with the other working cords.</p> <p>A raised bar will form, which is exactly what you are aiming for. DHH Patterns are not flat like Square Knots, which is why they are often used to outline other knot patterns.</p>
	<p>For the first row, a separate cord held the knots. Some Macrame patterns require you to use one of the <u>working cords</u> to hold the knots (not using external cords).</p> <p>To practice, <u>curve</u> cord 1 horizontally to the right, across the others. Attach cords 2 - 7 to it with DHH (left to right).</p>



Diagonal Double Half Hitch Knot (DDHH)

The Diagonal Double Half Hitch can be used to form a variety of designs. It's used frequently to make diamond shapes and V designs.



Step 1: To practice this variation of the Double Half Hitch, you will need 6 - 8 cords secured to your board.

They should be arranged vertically.

Mentally number the cords. Use the cord furthest to the left (1) as the holding cord.

Secure it diagonally to the right. Place a pin at both the top and bottom. Make sure it's taut.



Step 2: Tie the first Half Hitch with cord 2, since you progress left to right (like the holding cord).

Bring the end over the front of the holding cord, and then under it, rotating counter-clockwise.

It passes over the working cord at the bottom.

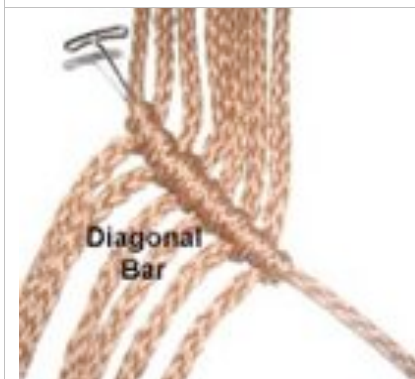


Step 3: Pull the first Half Hitch tightly, and tie another one to make it a Double Half Hitch.

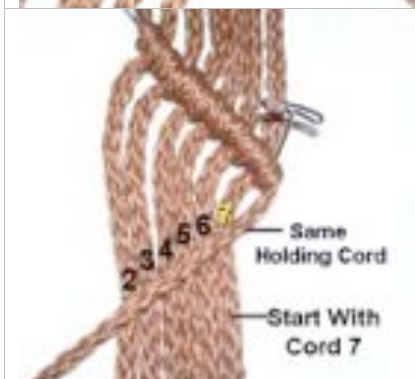


Step 4: Use the remaining cords to complete the row. Each knot will be slightly lower on the holding cord than the one before it.

When you tighten the first Half Hitch, make sure the upper portion of the cord has plenty of tension, so that area is straight.



The row of Double Half Hitches will have a diagonal bar.



Use the same holding cord and position it to the left.

Attach the working cords to it with DHH, starting with cord 7 (right to left).

When you tie these Half Hitches, you must pull the end towards the right as you tighten (clockwise).

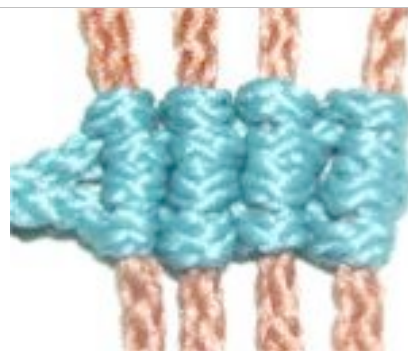
Vertical Double Half Hitch Knot – VDHH

A vertical double half hitch (VDHH) is done by wrapping a “working” cord twice around a vertical “holding cord”.

The two knots are arranged vertically, with the second Half Hitch resting below the first.

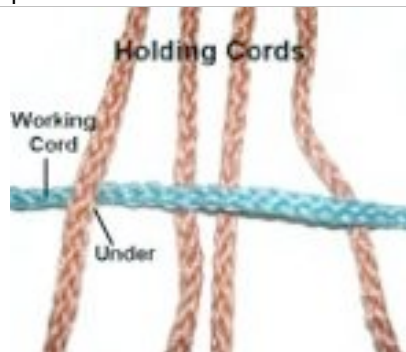
One working cord is used to attach the knots to several holding cords.

(With the regular Double Half Hitch, it's the opposite: There are several working cords and usually one holding cord.)



These knots are usually tied in horizontal rows, as shown above. But they can be tied diagonally, too.

Cavendoli Macrame features this knot. It's combined with the standard Double Half Hitch to create color shifts that form the patterns.



To practice this decorative knot, secure 4 or more holding cords to your board, arranged vertically.

Secure a working cord to the left of the others, arranged horizontally.

Make sure it passes under the first holding cord furthest to the left.



Step 2: To make the first Half Hitch, bring the working cord over - under the holding cord, rotating clockwise.

Pull the end right, passing it over the working cord.

Tighten the knot firmly.



Step 3: Make the second Half Hitch the same way, placing it below the first knot.

Tighten this knot firmly while supporting the first one.



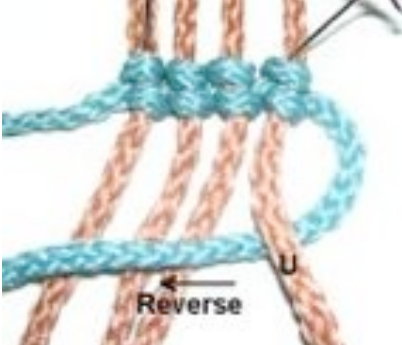


Steps 2 + 3 = One Vertical Half Hitch



Step 4: To make the next knot, move the end of the working cord under the next holding cord (to the right).

Repeat Step 2. Tighten firmly, so there is little space between the knots on the two holding cords (see image below).



	<p>Step 5: Tie the second Half Hitch just <u>below</u> the first, as you did in Step 3.</p>
	<p>Step 6: Tie the Half Hitches onto the next two holding cords, the same way you did in the previous steps.</p>
	<p>Step 7: To reverse the direction (right to left), bring the working cord <u>under</u> the holding cord furthest to the right.</p>
	<p>Step 8: Tie the Half Hitches the same as all the others, over - under. But the knots should be tied rotating counter-clockwise.</p> <p>Make sure the working end is heading towards the left after the knots are tied.</p>
	<p>Continue tying the remainder of the Vertical Half Hitch pattern, until you reach the left edge again.</p> <p>Tighten the knots firmly to make sure both rows are close together.</p>



Over Hand Knot

An overhand knot is formed by making a loop in a cord and passing the end of the cord through that loop and drawing tight.



To tie the knot when only one end is free to move, start by making a clockwise loop with the working end.



Pass the working end through the loop from below, which is under - over.

Congratulations!

You have completed the Micro Macramé basic knots class!

**Be sure to print/read all
3 knots diagram PDF pages
included with your order!**

You can find more basic knots in this website -
<http://www.free-macrame-patterns.com/> by Annette Wright

Please do not hesitate to contact me at imishly@gmail.com if you have any questions. I would also love to hear what you think about this tutorial in my guestbook and see pictures of your creations.

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