

5

Count "one, two, three" strands toward you

Point the empty slot toward you

BRAID!

Get it?

Video instructions at makylie.com/kumihimo

1st Your NEW CHANT:
One, two, three,
back to me

Take the third strand and move it to the empty slot - "back to me"

Rotate the disk so the new empty slot is facing you

Repeat!

4

SET IT UP

Tie your 7 strands together with a knot. Stick the knot through the center hole of the disk.

Put one strand in each slot - leave one empty.

How long? 2-3x the length you want the braid to be. I usually pull a length from one hand to the opposite shoulder and call it good.

You can use seven different colors or just two.

What kind of string can you use? Literally anything.

Yarn? Great. Embroidery floss? Perfect. Random scraps of cord? Go for it.

You can use seven different colors or just two.

3

MAKING THE DISK

1 Cut a circle or an octagon out of thick craft foam or cardboard. I like 1/2" from an Amazon box also works!

2 Poke a hole in the center. This is a challenge with scissors or an exacto knife but it doesn't need to be perfect - just there!

3 Cut 8 evenly spaced notches - like compass points

4 Poke a hole in the center. This is a challenge with scissors or an exacto knife but it doesn't need to be perfect - just there!

2

You can use whatever you have on hand. It's a "make it work" - friendly craft.

You'll need:

- A foam or cardboard disk (see the next page!)
- Scissors or something to poke a hole
- 7 strands of yarn, cord, or thread

Kumihimo is a Japanese braiding technique. It's super relaxing, portable, and totally addictive. "Youmat is Kumihimo? Supplies +"

TIPS AND TROUBLESHOOTING

1 You won't see progress right away. After 5 minutes or so, you'll see your braid poking through the bottom of the disk.

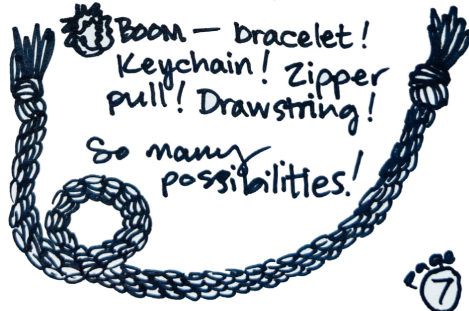
2 Loose strands getting wild? Comb them gently with your fingers. The twisty action on top is mirrored below, so they can tangle if ignored.

3 Clockwise or counterclockwise doesn't matter - just pick a direction and stick with it.

4 Lost your place? Just find the empty slot, point it to you, and start the chant again.

FINISHING THE BRAID

- Braid until you run out of strand length - or you're happy with the length
- Pull the strands out of the slots
- Tie an overhand knot to secure the end
- Trim the strand ends to even them out.



MORE RESOURCES

Obsessed now? same. There's more to explore, of course!

I've put together an ever-evolving selection of resources for you here:

makylie.com/kumihimo



See you there!
♥ Sarah

LET'S MAKE KUMIHIMO

A QUICK AND EASY GUIDE TO BRAIDING WITH A HOMEMADE DISK

No fancy tools required. Just yarn and vibes