1. Take one 120cm length of Paracord, Slide a keyring to the middle of the cord.



2. 9cm from the keyring, make a loop with the left piece of cord and cross over the top



3. Fold the right cord over the top of the left



4. Tuck the right cord under and through the loop on the left



5. Pull the knot tight



6. make a loop with the right piece of cord and cross over the top



7. Fold the left cord over the top of the right



8. Tuck the left cord under and through the loop on the right



9. Pull the knot tight



10. Repeat steps 2 – 9 Hint – one cord always stays on top and the other stays behind.



11. Cut the two ends close to the knot and melt the ends to secure

