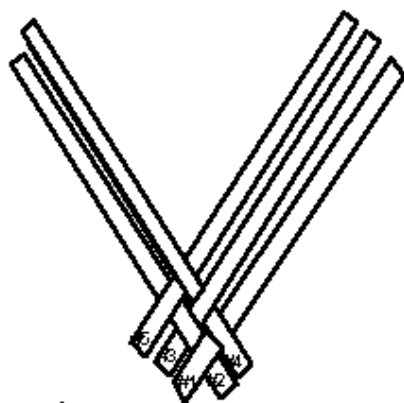
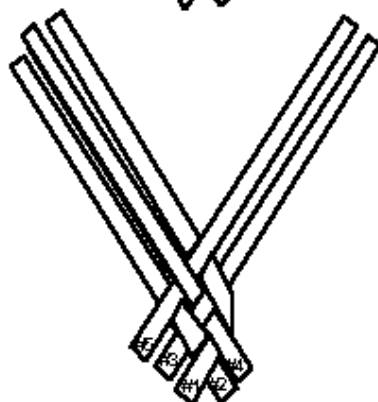


Instructions for the Five-Strand Braid

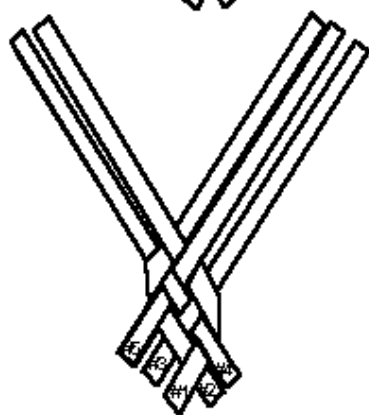
an excerpt from Crafts of My People copyright 1996 by Anita Cheek Moon



Lay strips 1, 3, & 5 side by side on a flat surface. Weave strip 2 at a right angle to the first three strips first under strip 1, over strip 3, and under strip 5. Weave strip 4 parallel to strip 2, first over strip 1, under strip 3, and over strip 5. Keep strips 2 and 4 close together side by side and strips 1, 3, & 5 close together side by side.



Tape the ends of the strips or use a clothespin to hold them in place. Fold strip 1 over strip 3 to run parallel with strips 2 & 4. Continue to weave strip 1 under strip 5.



Starting on the left side of the braid, fold strip 2 over strip 4 to run parallel with strips 5 & 3. Continue weaving strip 2 under strip 1. Continue in the same fashion always weaving from the outside in and always alternating sides. When you run out of a strip splice a new one in by inserting it under the old and braiding with the two as one unit until the first runs completely out.