

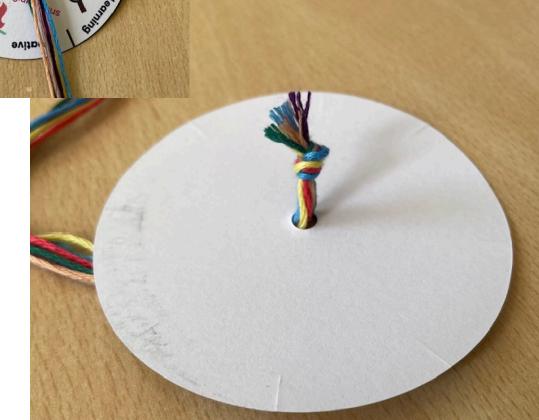
1. Cut out your circle template, as well as the notches round the edge, and the hole in the middle



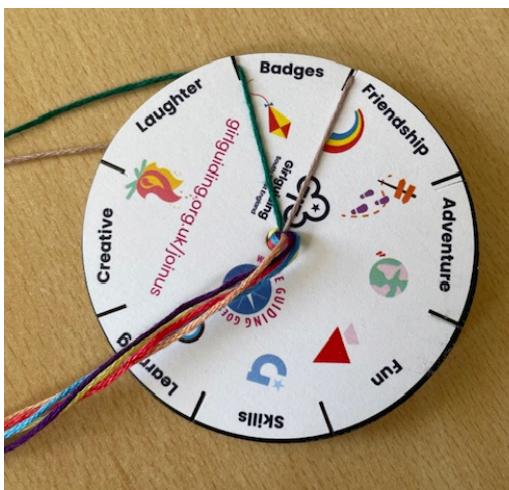
2. Tie 7 strands of different coloured embroidery thread together, about 40cm in length



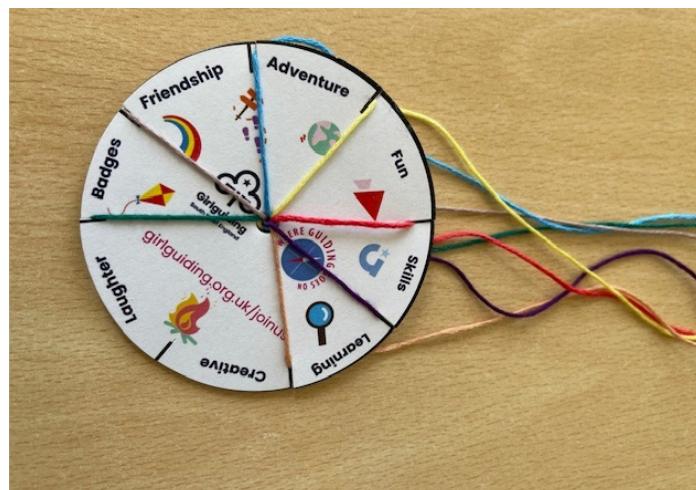
3. Poke the knot through the hole in the middle



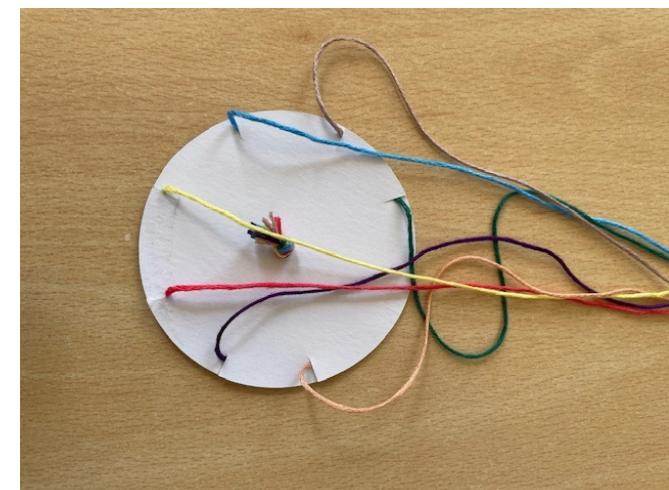
4. Pull each thread into its own notch and round to the back



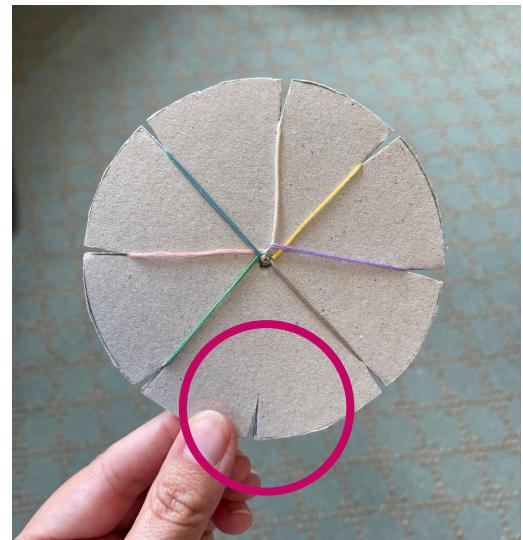
5. The front should look like this, with one notch spare



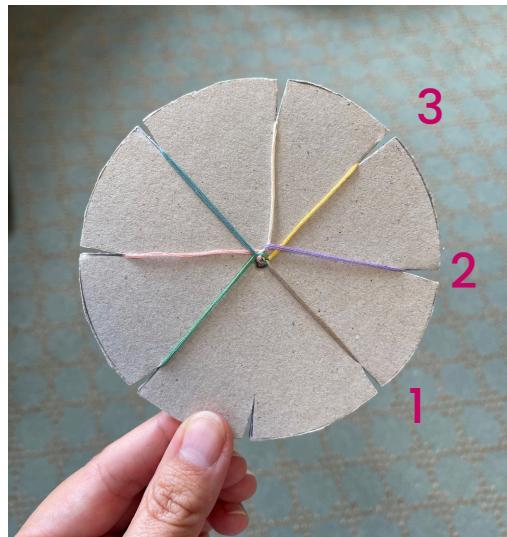
6. and the back should look like this:



7. Hold the circle with the empty notch at the bottom (6 o' clock)



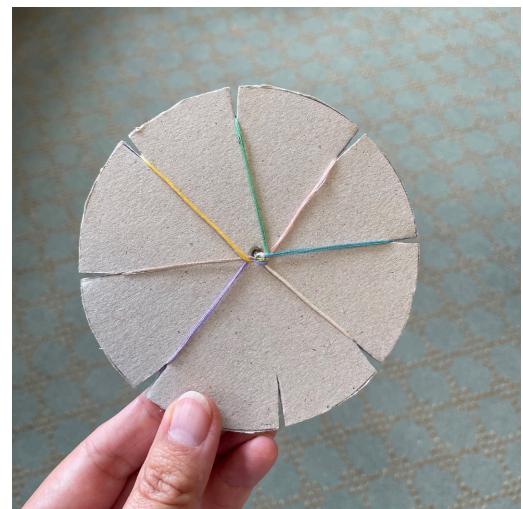
8. Count three threads back, and pull this one from its notch and insert in the empty space



9. It should now look like this:



10. Rotate the circle so that the empty notch is at the bottom again



11. Count back 3 threads and pull the third over to the empty notch. Keep repeating this process



12. This is how it looks on the back. Stop when you get to about 10cm from the end of the threads, remove from the circle and tie in a knot! Trim the ends to neaten.

