



Josephine Knot

1.




Fold the strands in half in two groups.

2.




Create a loop by folding the end of the black strand under itself.

3.




Place the black loop on top of the red strand and the end of the red strand over the black strand.

4.




Pull the red strand under the end of the black strand.

5.




Place the red strand into the black loop.

6.



Weave the red strand under the red strand inside the loop and over the black loop.

7.



Pull the ends of both the red and black strands to tighten the knot.

8.

