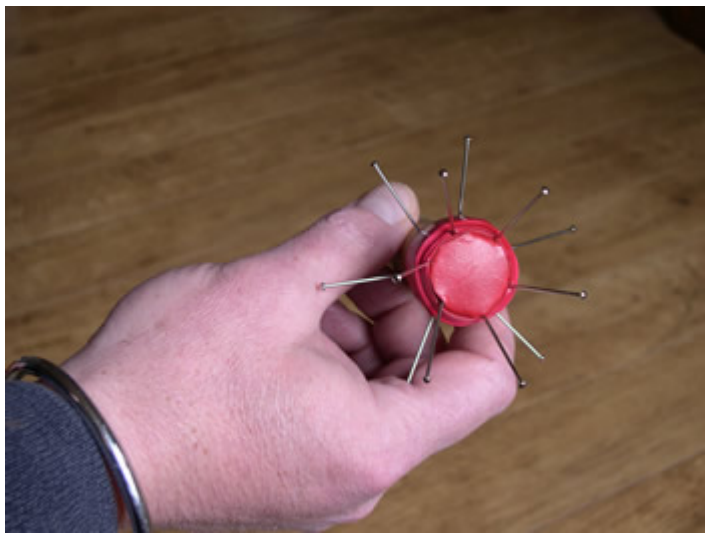
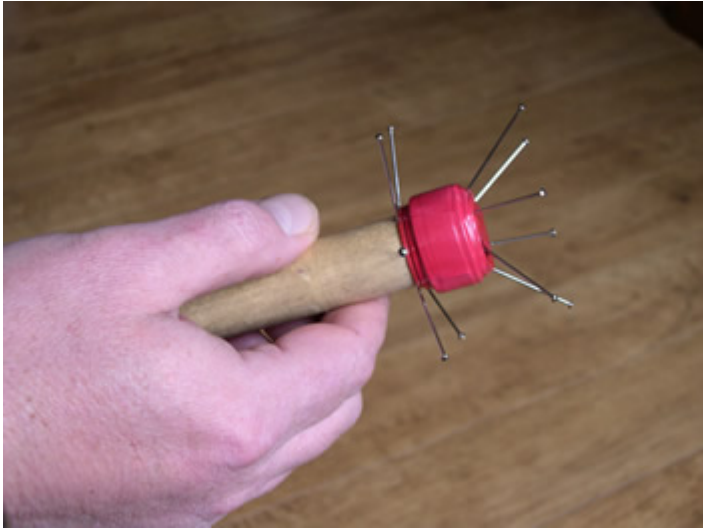


# ESSENTIA WHIPS



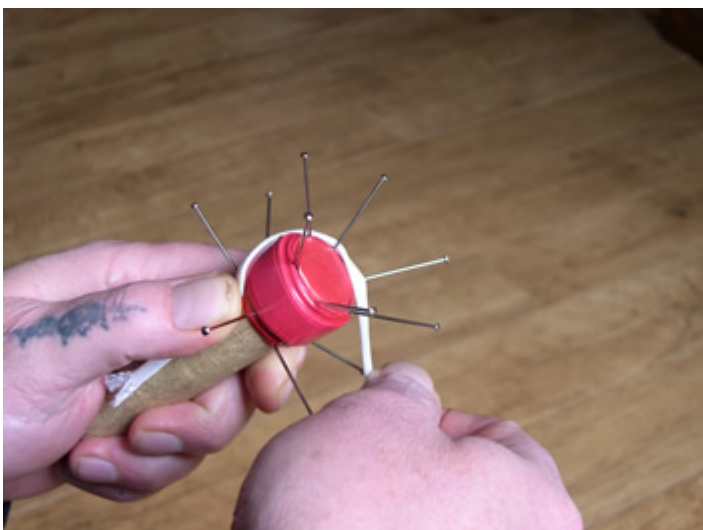
You can see here 6 pins spaced evenly round the top of the knot formation, the 6 below are off set ie:- inbetween the 6 above



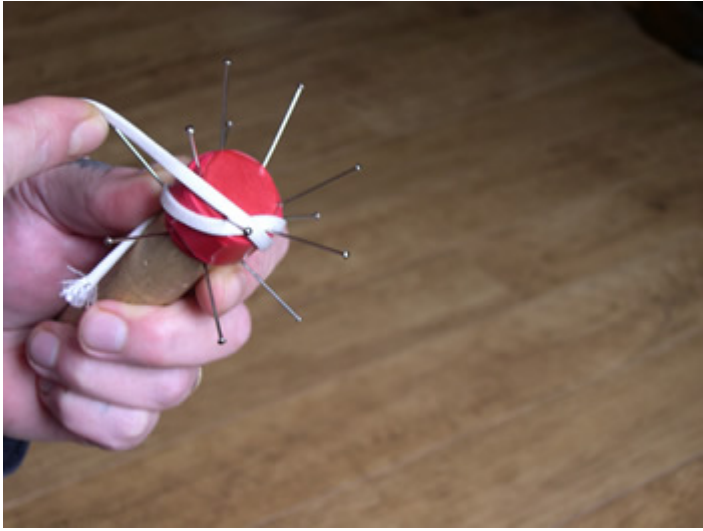
Just a different angle



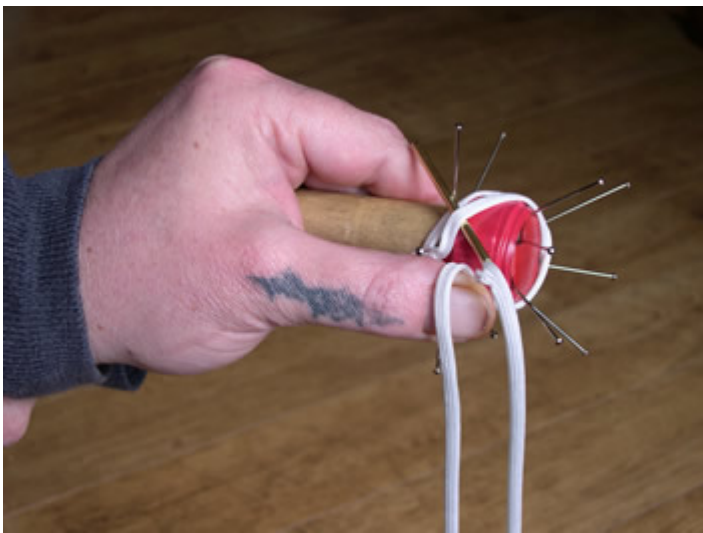
the string beneath my thumb is called the standing end, my finger is pointing to the pin it's directly below



take the string off to the left and around the pin opposite your thumb to the rear then bring it round, over the standing end and around the pin next to your thumb



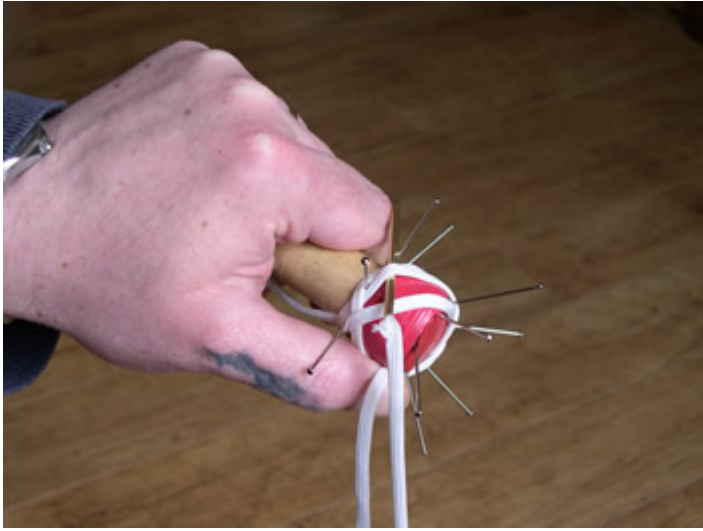
take it again off to the left and over the pin next to the first one you went round



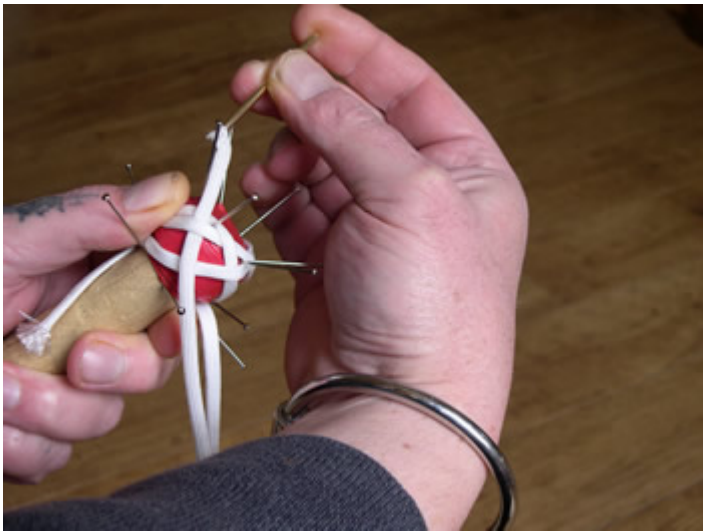
your now heading to the pin on the bottom to the left of the first pin you went round, before you do that go under one string over the next then round the pin



now do the same again upwards from round the bottom pin head towards the pin next to the last one you went round and go under one over one round the pin



coming back down heading again towards the pin left of the last one you went round go over 1 under 1 over 1 and around the pin



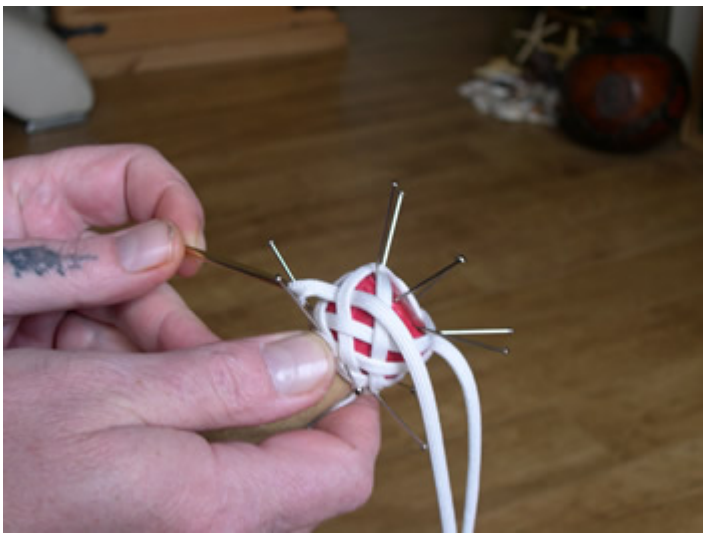
going upwards heading for the pin next to the last one you went round over 1 under 1 over 1 round the pin



coming down again heading for the pin to the left of the last one you went round go under 1 over 1 under 1 over 1 round the pin



upwards same moves heading again for the  
pin next to the last one you went round go  
under 1 over 1 under 1 over 1 round the pin



coming down heading for the pin next to the  
last one you went round over 1 under 1 over  
1 under 1 over 1 round the pin



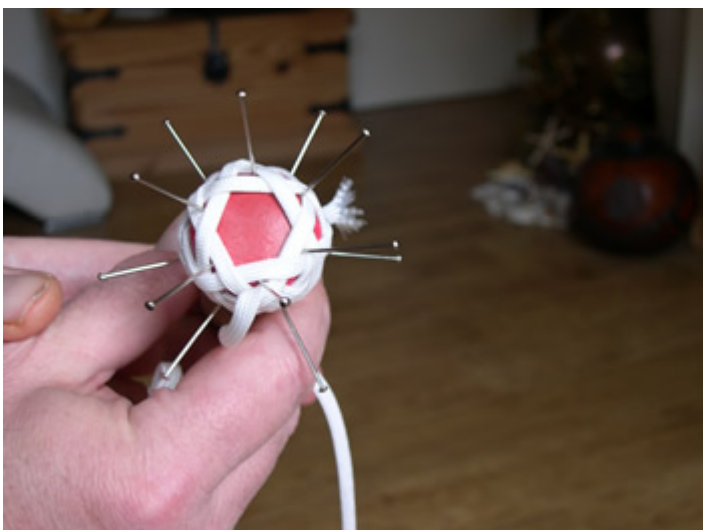
same moves on the way up, head for the last  
pin over 1 under 1 over 1 under 1 over 1  
round the pin



heading down for the last time go under the string immediately next to the pin then over and under till you reach the pin before your standing end which is the last bottom pin



round the last pin then back under next to your standing end, thats the 7 x 6 complete



A view from the top, at this stage go round and even all the strings out



now just take it round again following your leader do exactly the same as the string on your left, starting at your standing end all the way round till you get back to the start for the second time



when your back at the start for the second time go under next to your standing end and take the string under all the way to the top of the knot and cut it off leaving yourself plenty to get hold of when you tighten the knot later



this is a fid through the strings just to show how loose the knot still is, once you've been round twice you can take the pins out, whilst it's still loose it won't slide off now



## THE INTERWEAVE

starting again at the standing end under 2  
going up all you do is follow the 2 strings  
layed side by side to the left



still going up the first picture shows you  
going under 2 so this one over 2 under 2



same picture again clearer

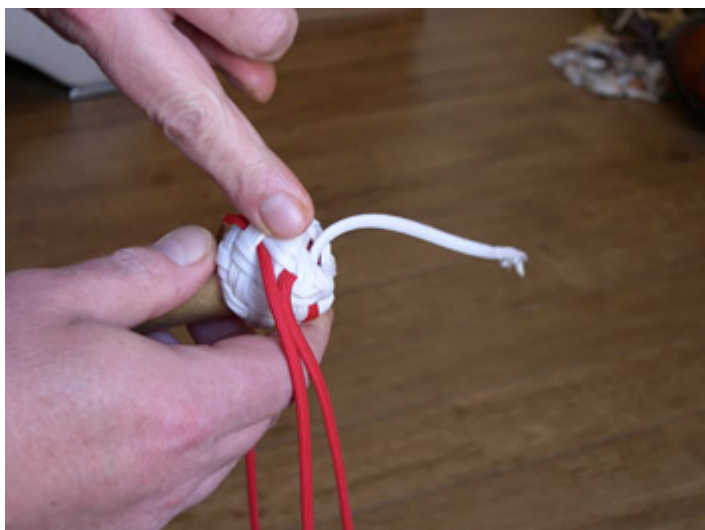


so starting at the standing end you've come under 2 over 2 under 2 you now go over 2 then off to the left and go under 4

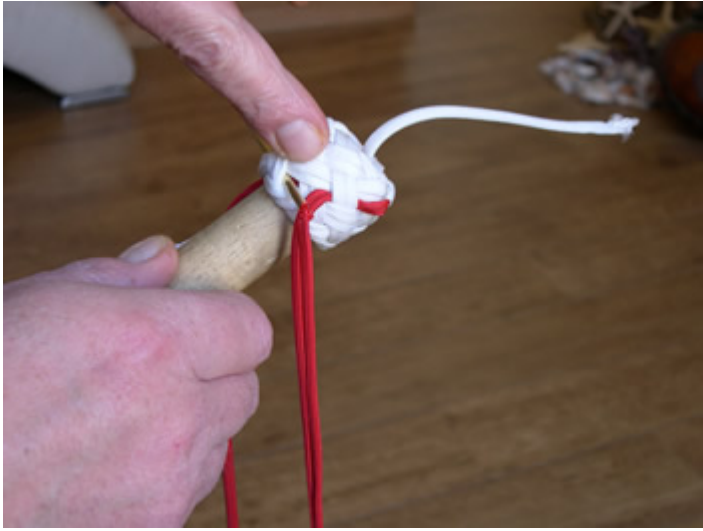
THESE MOVES ARE THE SAME ALL THE WAY ROUND WHEN GOING UP...



turn it over in your hand and you'll now be coming down....



As you've come under 4 when your coming down you follow the strings on the right of where you've just come through, see where my finger points

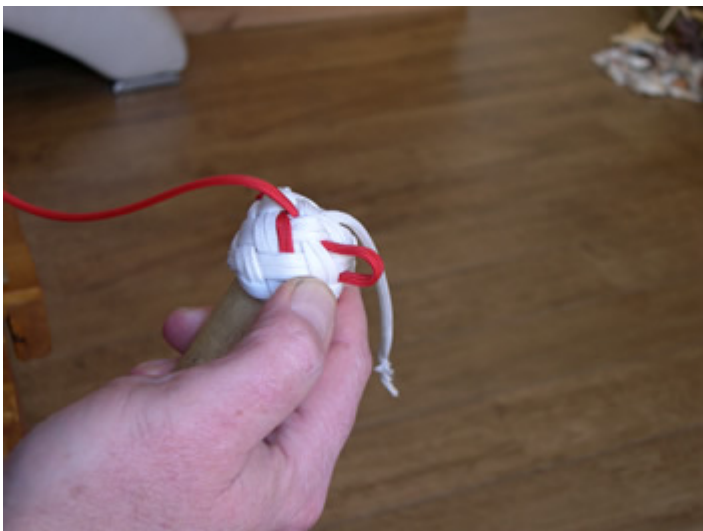


Over 2 under 2 over 2 off to your left under  
4

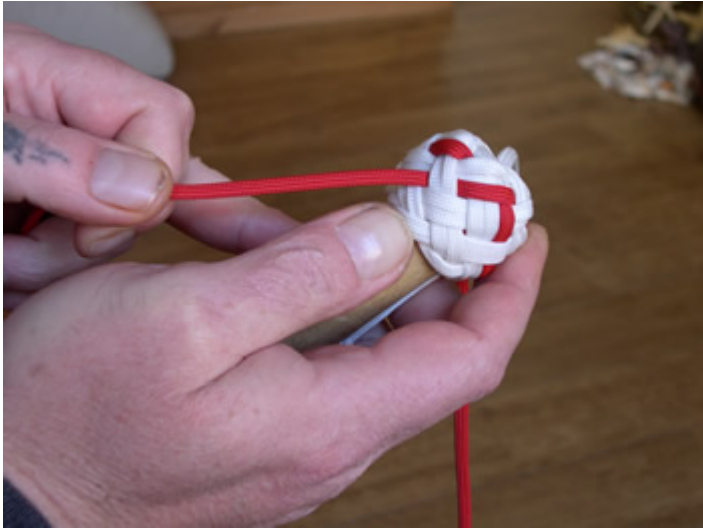
THESE MOVES ARE THE  
SAME ALL THE WAY ROUND  
WHEN COMING DOWN



same picture showing the string pulled  
through and ready to go upwards



Upwards over 2 under 2 over 2 off to the  
left under 4



see the zig zags starting to form?



this picture just shows as your coming round you'll create more strings, the moves up and down stay the same and it'll be obvious where to go under like in this picture the red string lays next to 2 white ones if you were due to go under the 2 white go under the red too



same again at the top, you'll see as you go it really is quite obvious



this is the finish of the interweave take the string under 5 to ensure it'll not work loose.



cut it off leaving yourself enough to get hold of when you tighten the knot



Trap the standing end then with a fid carefully go round the first knot and working your way round the whole not tighten it all up, don't be afraid to tug it hard the tighter the better



this is it once it's finished

NOW GIVE IT A ROLL





