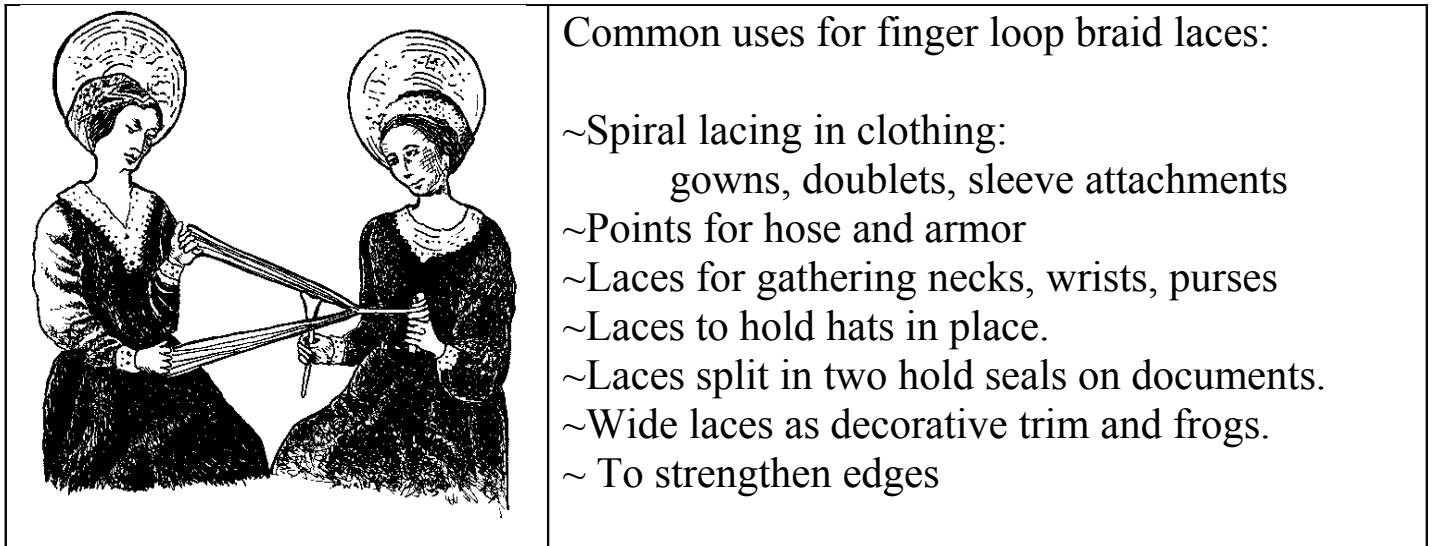


Making Finger Loop Braids With Meisterin Felicity

From Fingerloop Braids by Mistress Rhiannon y Bwa & Mistress Azza al-Shirazi:
“The earliest mention of "las" in the Middle English Dictionary is circa 1230 CE in the *Ancrene riwle*, an anchorite's handbook.”

I HIGHLY recommend these fine ladies website: fingerloop.org for more patterns.
Braided laces are found in European as well as Eastern cultures. Appropriate materials for creating laces are silk, leather, linen/flax (although little extant remains), and wool.



Each of the patterns below call for a certain number of loops, which need to be tied off together and secured to achieve proper tension. This can be done by having a friend hold the end, pinning to something solid, or (my favorite) tying to your toe. Each stitch needs to be tightened to achieve an even braid. This can be done by a friend, as in the picture above, or by using your toe.

Abbreviations:

- A – Index finger**
- B – Middle Finger**
- C – Ring Finger**
- D – Pinkie Finger**
- R – Right Hand**
- L – Left Hand**

Three Loop Round Braid

- Place two loops on AB L and one loop A R.
- B R travels through B L, pulls A L.
- Walk loop up L.
- B L travels through B R, pulls A R.
- Walk loop up R.

Five Loop Round Braid

Place three loops on ABD L and two loops on AB R.

C R travels through CB L, pulls A L.

Walk loops up L.

C L travels through CB R, pulls A R.

Walk loops up R.

Four Loop Spiral Round Braid

Place two loops on AB L (color 1) and two loops on AB R (color 2)

Switch A R with B L.

Switch B R with A L.

Six Loop Spiral Round Braid

Place three loops on ABC L (color 1) and three loops on ABC R (color 2)

Switch A R with C L.

Switch B R with B L.

Switch C R with A L.

Five Loop Flat Braid

Place three loops on ABC L (color 1) and two loops on BC R

A R travels through BC R, pulls C L.

Walk loops down L.

A L travels through BC L, pulls C R.

Walk loops down R.

Six Loop Flat Braid

Four loops color 1, two loops color 2, place as follows:

A L – color 1, B L – color 2, C L – color 2

B R – color 2, C R – color 2, D R – color 1

A R travels through BC R, pulls C L.

Walk loop from B L to C L.

B L travels through C L, pulls C R.

Walk loops down R.

Switch D R with A L.