

### Parachute Cord Belts

**Materials:**

Makes one 36" long belt

One 84" length piece of Parachute Cord for inner cords

One 32 foot length of Parachute Cord for Working Strands

One 25mm plastic buckle

One 3" plastic yarn needle

Decorations for buckle such as foam flowers, buttons and beads

**Instructions:**

Measure using a double piece of cord around your waist and add 8". This piece will be used as the inner cords.

1. Attach the inner cords to the buckle, by folding cord in half and inserting the loop through the lower opening of one buckle piece from back to front as shown. Bring the cord ends through the loop pull to tighten.
2. Attach the Working Strands by folding cord in half and inserting the loop through the buckle top opening from back to front. Bring all four cords through the front loop.
3. Begin tying Square Knots using the Working Strands. Keep the knots loose.
4. When you are within 6" of the end of the belt, measure around your waist and slip the inner cords through the second half of buckle twice. Turn the project over and continue tying Square Knots over the inner cords.
5. Weave the ends of the Working Strands into the backside of your project using the yarn needle. Trim inner cord ends and fuse if desired.
6. Decorate buckle with foam flowers and buttons and beads if desired.

**Hints:**

1. If you forget which half of the Square Knot is next, look at your work, the side with the "loop" is the side that will begin the Square Knot.
2. Use a yarn needle to weave the ends through the loops.

Makes a 20" belt

50" long length piece of Parachute Cord for inner cords

One 16 foot length of Parachute Cord for Working Strands

One 25mm plastic buckle

## Belt & Bracelet - Square Knotting Technique

