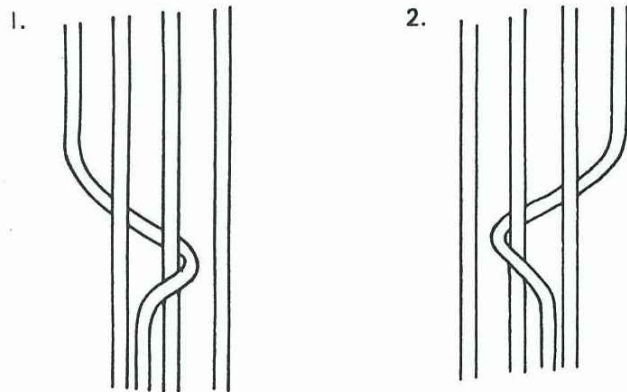


## Lanyards

### a. North, south, east, west plait (easy)

1. Take four pieces of cord and secure/hold them.
2. Start with the outside left strand and take it under two strands and back over one.
3. Then the outside right strand copies this.
4. Continue, alternately using left and right strands.
5. Bind both ends securely to hold the lanyard.

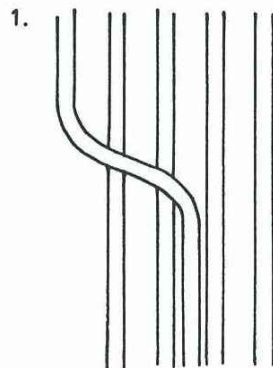
*Chant: 'under two back over one'.*



### b. Flat Sennit (hard)

1. Take five pieces of cord and secure/hold them.
2. Start with the outside left strand and take it over two strands.
3. Then the outside right strand copies this.
4. Continue, alternately using left and right strands.
5. Bind both ends securely to hold the lanyard.

*Chant: 'over two and stop there'.*



**c. Square Sennit**  
(hardest)

1. Take eight pieces of cord and secure/hold them.
2. Start with the outside left strand and take it under five strands and back over two.
3. Then the outside right strand copies this.
4. Continue, alternately using left and right strands—weave this firmly.
5. Bind both ends securely to hold the lanyard.

*Chant: 'left under five, back over two, right under five, back over two'.*

