

MACRAME



KNOT GUIDE



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ACADEMY

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HELLO & WELCOME!

There are literally dozens of knots that can be used to create macramé, but to keep things simple, we've only included instructions for some of the most popular the knots you will use to create a large majority of macrame projects. We'll learn these knots together by making them, so if you're feeling a little intimidated right now, remember that we all started somewhere, and with practice comes proficiency. Now, let's get started!



Knots are centuries old creative technologies that have utilitarian and decorative uses. This combination of function and flair makes macrame a really exciting medium to be working in--so if your journey is just beginning, let us give you a very warm welcome.

Throughout this guide, we'll be covering the knots listed below. And the fibre we're working with is our 3mm triple strand recycled cotton cord in terracotta. 3mm and 4mm triple strand make excellent beginner-friendly choices for burgeoning knotters.

Lark's Head Knot
Reverse Lark's Head Knot
Square Knot
Spiral Square Knot
Alternating Square Knot
Square Picot Knot
Square Berry Knot
Double Horizontal Clove Hitch Knot
Vertical Clove Hitch Knot
Wrap Knot

LARK'S HEAD KNOT

Most macrame enthusiasts learn the lark's head knot first, because it is used to attach strands of rope to an anchor piece (such as driftwood, dowel, or our metal frames) at the beginning of a project.



STEP 1

Fold the entire length of rope in half so it looks like an upside down 'U' shape, then fold it over your anchor point so the two rope ends are on the same side of the anchor point as you are.



STEP 2

Thread the two rope ends through the loop you've created.



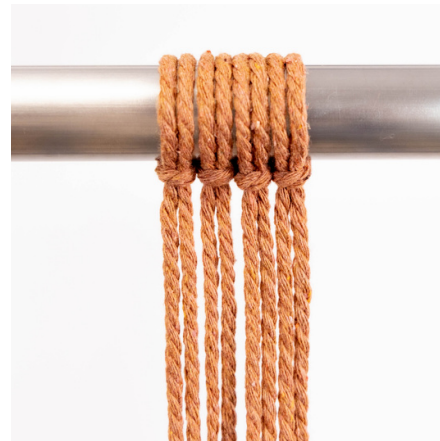
STEP 3

Pull the two rope ends you have threaded through the loop. You should be able to see the looped rope on the side you are working on, not on the back.



STEP 4

Pull the two rope ends downwards, tightly closing the loop.



STEP 5

Add as many lark's head knots to your anchor as you require for your project, keeping them fairly tight together.

REVERSE LARK'S HEAD KNOT

Now that you can tie a lark's head knot, it's time to learn the reverse. This knot is used in macrame projects when it is necessary to hide that little loop!



STEP 1

Fold the entire length of rope in half so it looks like an upside down 'U' shape, then fold it over your anchor point so the two rope ends are on the opposite side of the anchor point from you.



STEP 2

Thread the two rope ends through the loop.



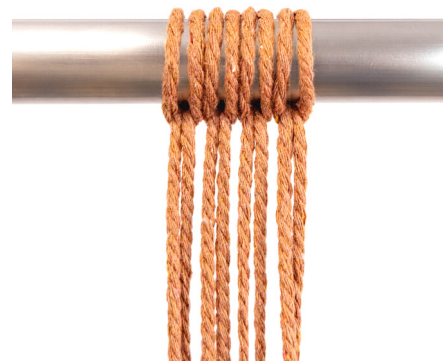
STEP 3

Pull the two rope ends you have threaded through the loop. The looped rope should be visible on the backside of the knot, not the front.



STEP 4

Pull the two rope ends downwards, tightly closing the loop.



STEP 5

Add as many reverse lark's head knots to your anchor as you require for your project, keeping them fairly tight together.

SQUARE KNOT

The square knot is considered an essential knot in any macrame toolbox because it has so many uses and applications in our fibre work. This classic knot has been seen in crafting for many moons, and will continue to be seen in macrame designs for centuries to come.



STEP 1

Tie two lark's head knots around an anchor point, then take the first piece of rope on the left and make an 'L' shape by crossing it over the 2 middle filler strands.



STEP 2

Next, position the fourth strand on the right on top of the 'L', then run it behind the 2 centre filler ropes and toward the left. Pull it through the loop on the left formed by the first strand in step 1.



STEP 3

Tighten the knot you've started to create, moving it up toward the 2 lark's heads knots.



STEP 4

Once step 3 is complete, you will finish the square knot. Use the fourth rope on the far right to make a backwards 'L' across the top of the two middle filler ropes and place it behind the first strand on the left,



STEP 5

Next, run the first strand on the left behind the filler ropes and through the loop on the right. Tighten it to complete one full square knot.



STEP 6

Create a single line of continuous square knots by following steps 1-5 until you have reached the desired length.

SPIRAL SQUARE KNOT

Made famous through decades of being used for plant hangers, the spiral square knot is still a show-stopper. Learning it is a natural next step from the traditional square knot, and once perfected, can the spiral knot can be beautifully integrated into our fibre work. Plant babies around the world have lived in these wonderful knots, and will inevitably continue to do so for years to come!



STEP 1

Tie two lark's head knots around an anchor point, then take the first piece of rope on the left and make an 'L' shape by crossing it over the 2 middle filler strands.



STEP 2

Next, position the fourth strand on the right on top of the 'L', then run it behind the 2 centre filler ropes and toward the left. Pull it through the loop on the left formed by the first strand in step 1.



STEP 3

Begin to tighten the knot you've started to create, moving it up toward the 2 lark's heads knots.



STEP 4

When fully tightened, the first spiral square knot will sit up against the 2 lark's heads knots.



STEP 5

Repeat steps 1-4, tying the spiral square knots in the same direction. The working ropes will begin to create a spiral effect, which will require you to circle the ropes around the two filler strands.



STEP 6

Create a single line of continuous spiral square knots by following steps 1-5 until you have reached the desired length.

ALTERNATING SQUARE KNOT

Alternating square knots have the look of lattice, and are the basis of so many macrame patterns. Once you master alternating square knots, you will be armed with the skills to create a plethora of tapestries, plant hangers, fruit baskets, hammocks, and so on.



STEP 1

Begin with an even number of lark's head knots that is divisible by 4.



STEP 2

Tie one row of square knots from left to right until all of the rope strands are used.



STEP 3

Leave out the 2 strands on the right, then use the next 4 ropes to begin tying another row of square knots from right to left.



STEP 4

When step 3 is complete, you will have 2 strands remaining on each end when the second row is complete.



STEP 5

Repeat steps 2 and 3 as many times as you wish until you've achieved your desired length of alternating square knots.

SQUARE PICOT KNOT

Named after the small loops that are created along the edges of the square knot sennits, this square knot variety is called the 'picot'. Picots are often used to create textured backgrounds in macramé crafting, and are also utilized to make knotted flowers, trees, and jewelry.



STEP 1

Begin with two lark's head knots tied to an anchor, then tie a square knot approximately 1in down the filler strands.



STEP 2

Use your thumb and forefinger to push this knot up so it sits snugly against the lark's head knots.



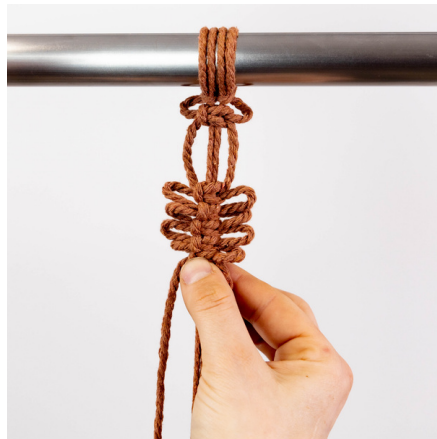
STEP 3

Carry on tying square knots every 1in down along the filler strands.



STEP 4

You can either tie a series of 4-5 square knots then push them all up the filler strands at one time, or push each knot up as you tie it.



STEP 5

If you choose to push more than one knot up the filler strands at once, it may require a bit of elbow grease to get the job done, depending on how tight your square knots have been tied.



STEP 6

Tie as many square knots as are needed to create the picot effect. You can also experiment with the distance between your square knots to increase or decrease the picot sennets - for example - if you want to create a tree, gradually leave more space between the knots as you work downward.

SQUARE BERRY KNOT

Square berry knots are quit simple to make but can pack a lot of 3D texture punch in your macra-work.



STEP 1
Tie a 3 square knots in a vertical row.



STEP 2
leave a 1/2in vertical gap, then tie 3 more square knots.



STEP 3
Gather the 2 filler ropes in one hand and open the gap you left between the square knot groupings.



STEP 4
Thread the 2 filler ropes through the hole from front to back.



STEP 5
Pull the filler strands tightly through the gap. You will see the second grouping of square knots form a ball.



STEP 6
Use the 2 outside ropes to secure the berry knot with another square knot.

DOUBLE HORIZONTAL CLOVE HITCH KNOT

The double horizontal clove hitch knot is crucial for creating line work and alternate shapes (like diamonds) in your macrame projects. It can be a tricky knot to master, but once you've got it you'll never lose it.



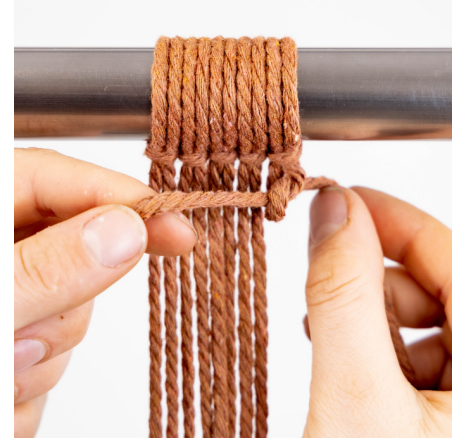
STEP 1

To tie a row of horizontal clove hitch knots from left to right, start with the rope on the far right and hold it straight across the hanging ropes -- this strand will be your filler rope. In the other hand, hold the rope to the right.



STEP 2

Thread the strand on the right side through the loop you made with the filler rope in step 1.



STEP 3

Pull the strand on the right side tight around the filler rope to complete the first half of your horizontal clove hitch knot. Repeat step 3 once more.



STEP 4

Carry on tying double horizontal clove hitch knots using each hanging strand in the row.



STEP 5

To tie a row of double horizontal clove hitch knots from left to right, you will do the exact opposite, starting on the left and knotting toward the right hand side of the hanging strands.



STEP 6

This pattern can go back and forth until you have reached your desired length.

VERTICAL CLOVE HITCH KNOT

The vertical clove hitch knot is a very versatile knot that is the basis of many illustrated new school macrame tapestries. Tension is important when working with these knots, and tension consistency truly comes with experience.



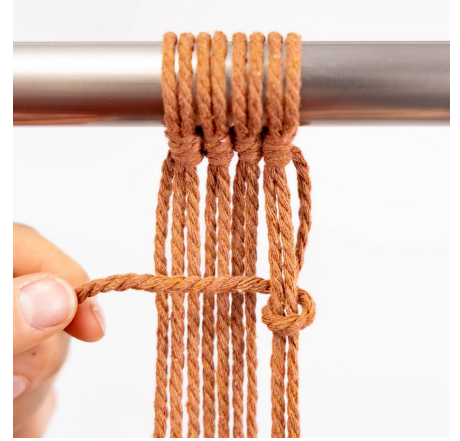
STEP 1

Cut a length of rope, called the working rope. Feed it under the first two strands, called the filler ropes, on the left side of your project. Leaving a 5in tail hanging on the left, loop it around the filler strands and over the shorter length toward the right.



STEP 2

Loop the longer working strand over the filler strands again, then thread it through the loop on the right side. Push both knots up the filler ropes toward the lark's head knots and tighten by pulling each end of the working strand.



STEP 3

Keep tying vertical clove hitch knots until you've reached the end of the filler knots. To tie the next row, thread the working rope behind the last filler strands on the right and loop it around them.



STEP 4

Push the knot you tied in step 3 up against the one in the previous row, and tighten it. Repeat step 3 one more time so you have a complete double vertical clove hitch knot.



STEP 5

Carry on tying vertical clove hitch knots to the left until you've completed the second row. You can then keep tying rows back and forth until you have reached your desired length.

WRAP KNOT

The wrap knot is a super versatile fibre skill to learn, and once mastered, you will find it very useful. While most often used to hold the pots in plant hangers, wrap knots can also be used in various other ways. It is good to note that this technique typically uses more rope than you might think, so overestimating the length of your working strand is a good way to practice this knot until you become more familiar with it.



STEP 1

Cut a 5ft piece of rope and fold it in a 'U' long shape.



STEP 2

Place the 'U' shape against the bundle of ropes, leaving a 2in piece sticking out the top, then begin wrapping the long length on the other side of the 'U' tightly around the bundle, working downwards.



STEP 3

Keep wrapping until you have reached your desired knot length -- at least 4 - 6 times to ensure it stays nice and tight.



STEP 4

Thread the remainder of the longer working rope through the loop at the bottom of the 'U'.



STEP 5

Pull the bit of rope that is left sticking out of the top firmly to close the loop at the bottom. This loop should slide inside the wrap knot slightly to keep the entire knot tight when finished.



STEP 6

You can then snip the short end you pulled at the top of the wrap knot, and the bottom working rope can become a part of your fringe if you wish; otherwise, go ahead and snip it off.

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