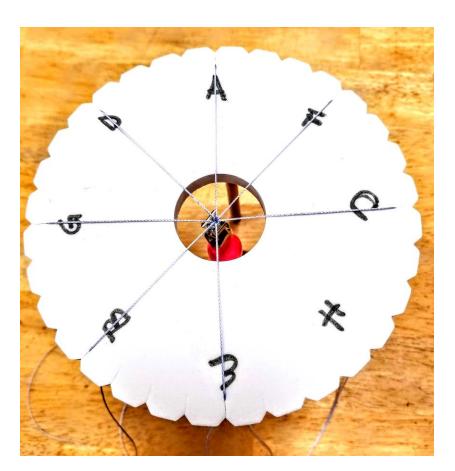


Preparing the Disk & Cords

Flip your disk over and use a Sharpie marker to write the letters A through H on the back as shown in the picture at the right. There will be 3 empty slots between each letter.

Basic 7 Cord Progression $A \dots \rightarrow H (empty slot)$ $B \dots \rightarrow A$ $C \dots \rightarrow B$ $D \dots \rightarrow C$ $E \dots \rightarrow D$ $F \dots \rightarrow E$ $G \dots \rightarrow F$ $H \dots \rightarrow G$



And now the H slot is empty again. This constitutes one round of braiding. As you can see, there's no need to rotate your disk with this method.

The beauty of this technique is its simplicity. Each time you move a cord you create an empty slot to move your next cord into - hence the nickname "Fill The Gap" that this technique is known by.

This technique is great for a "bead soup" bracelet – use whatever you have left over from other projects!!