

Instructions to create the Contour Beaded Bracelet using Traditional Czech seed beads

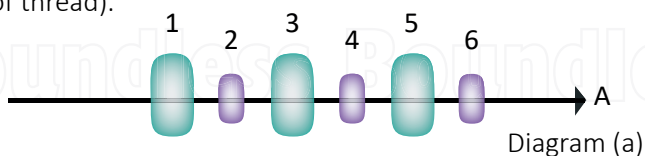
Use size 5/0 and size 9/0 seed beads or alternatively size 5/0, size 9/0 and size 11/0 seed beads for this project.

The exact quantity of beads required will depend on your size of wrist but, 1 x 15 gram pack of size 5/0 seed beads, 1 x 12 gram pack of size 9/0 seed beads and if using 1 x 10 gram pack of size 11/0 seed beads will be suffice.

The size 11/0 seed bead can be used as an alternative to the size 9/0 centre colour.

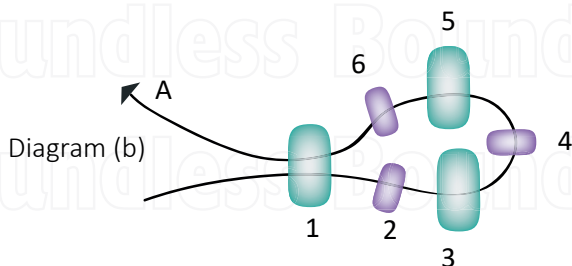
1. Cut 150cm of the clear stretchy thread.
2. Pick up:
 - 1x size 5/0 seed bead.
 - 1x size 9/0 or size 11/0 seed bead (centre colour).
 - 1x size 5/0 seed bead.
 - 1x size 9/0 seed bead (outside colour).
 - 1x size 5/0 seed bead.
 - 1x size 9/0 or size 11/0 seed bead (centre colour).

Diagram (a)

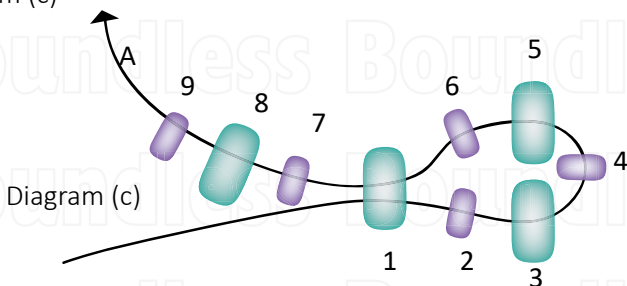


Place your beads centrally; work from the centre but when one side of the thread shortens use the opposite thread (this helps when working with long lengths of thread).

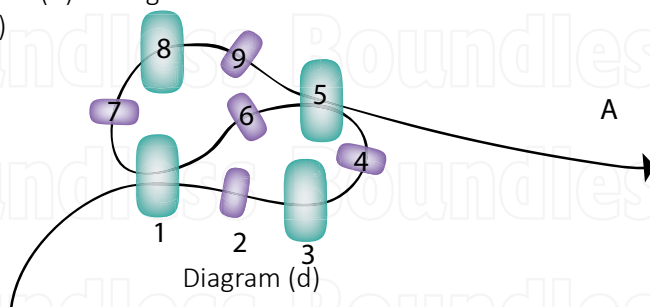
3. Pass thread (A) through bead 1, Diagram (b)



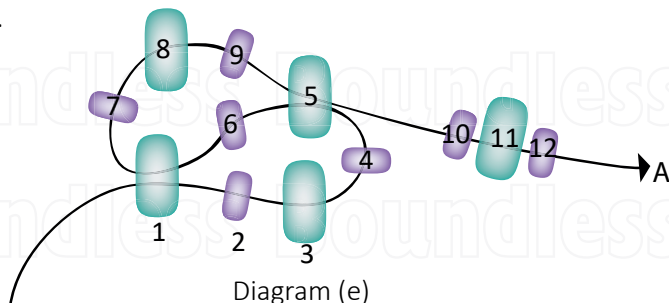
4. Pick up onto thread (A):
 1x size 9/0 seed bead, (outside colour).
 1x size 5/0 seed bead.
 1x size 9/0 or size 11/0 seed bead, (centre colour).
 Diagram (c)



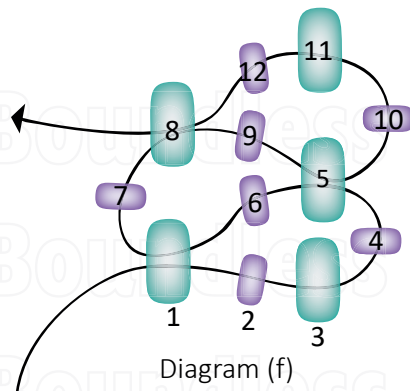
5. Pass thread (A) through bead 5.
 Diagram (d)



6. Pick up onto thread (A):
 1x size 9/0 seed bead (outside colour).
 1x size 5/0 seed bead.
 1x size 9/0 or size 11/0 seed bead (centre colour).
 Diagram (e).



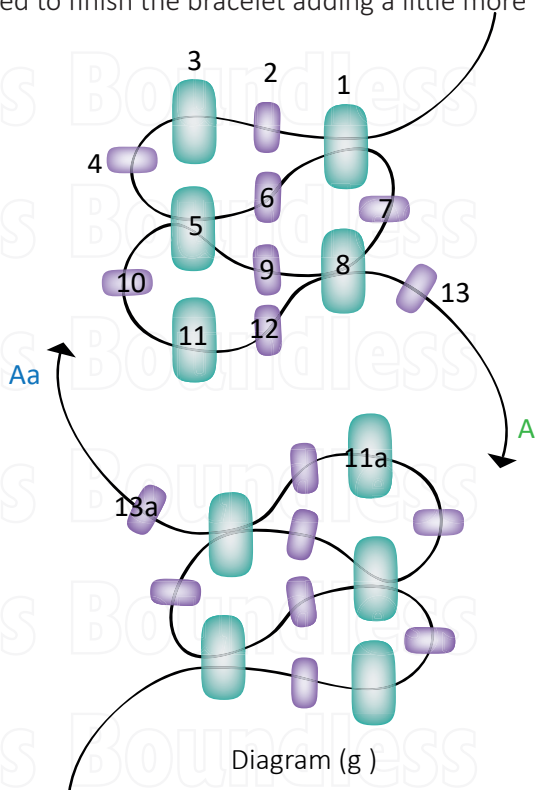
7. Pass thread (A) through bead 8.
Diagram (f)



8. Repeat instruction 4 and 5 the s until the cuff fits around your wrist, the two ends of the bracelet can touch.

Make sure the threads finish on opposite sides as shown in diagram (g). Another three beads will be added to finish the bracelet adding a little more length.

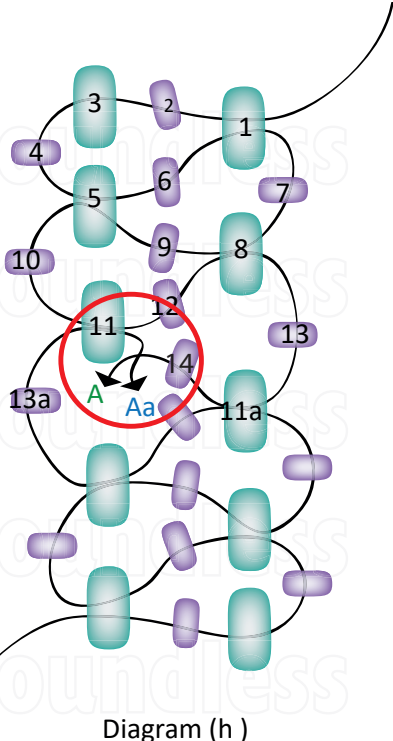
Note: the numbering in diagram (g) does not represent the amount of beads on the bracelet, they are to distinguish between the beginning and the end of the bracelet.



9. Pick up onto thread (A):
1x size 9/0 seed (outside colour)
Pick up onto thread (Aa):
1x size 9/0 seed(outside colour).
Diagram (g)

10 Pass thread (A) through bead (11a).
 Pass thread (Aa) through bead (11).
 Pick up onto thread (A):
 1x size 9/0 or size 11/0 seed bead (inside
 colour), (bead 14).
 Thread (A) and (Aa) are now next to and
 opposite each other This is where the
 finishing knot will be tied.

Diagram (h)



11. To create an overhand knot with the
 stretch cord is a very simple procedure.
 Take your two ends and hold them
 together.

Diagram (i)

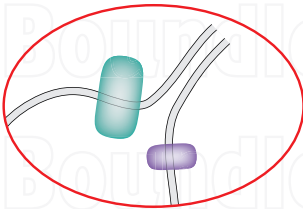


Diagram (i)

12. Take your two
 ends and bring them
 down and over
 themselves to create
 a loop.

Diagram (j)

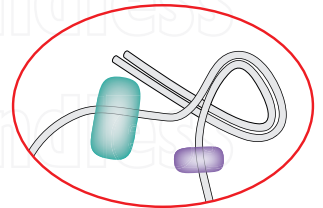


Diagram (j)

13. Simply take the ends
 of the thread inside the
 loop and roughly guide
 your knot to where you
 want. Give a fairly firm
 pull to pull your knot
 tight.

Diagram (k)

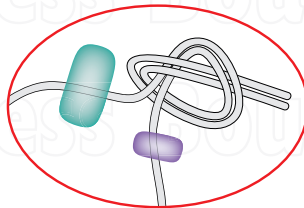


Diagram (k)