

Macrame & Fiber Arts — Workbook

This workbook turns the course into hands-on practice you can keep. Each section maps to one course module, moving from cord selection and cord math through knot drills, wall-hanging design, and load-bearing plant hangers. Use the worksheets and templates to calculate cord lengths, log your knots, and plan complete pieces that hang straight.

Setting Up: Cord, Tools, and Workspace

Choose the right cord, assemble a working kit, and practice the cord-length math that prevents running short.

Checklist: Beginner Kit Acquisition Checklist

- 30 to 40 cm wooden dowel, 1.5 to 2 cm thick, sanded smooth, acquired
- Sharp fabric scissors that cut cord cleanly in one pass acquired
- Clothing rack, wall hooks, or S-hooks to hang work at chest height set up
- Metal wide-tooth comb or slicker brush for fringe acquired
- Single-strand 4mm or 5mm 100 percent cotton cord on hand
- 3-ply or braided cotton cord on hand for plant hangers
- Tape measure and masking tape for sealing ends on hand

Worksheet: Cord Selection Decision Sheet

Before buying cord for a project, complete this sheet to match construction and diameter to the piece. Use it for each new project.

Project type (wall hanging / plant hanger / wearable)

Will it bear weight? (yes/no)

Should ends brush into fringe? (yes/no)

Chosen construction (single-strand / 3-ply / braided)

Chosen diameter (3mm / 4mm / 5mm / 6mm+)

Reason for the choice in your own words

Exercise: Cord Math Calculation Drill

Apply the four-to-eight times rule to three imagined pieces of different densities. Calculate the per-strand length, then double it for folded mounting. Show your work.

- For a 50 cm loose design at 4x, what is the per-strand and cut (doubled) length?

- For a 60 cm medium design at 6x, what cut length will you mount?

- For an 80 cm dense panel at 8x, how much cord per cut strand?

The Core Knot Vocabulary

Drill the four foundational knots and record the settings so you can reproduce each one reliably.

Exercise: Four-Knot Sampler Board

Mount eight cords to a practice dowel and stitch a labeled band of each core knot: lark's head mounting, a block of square knots, a half-knot spiral, and a diagonal double-half-hitch chevron. Keep this sampler as a permanent reference.

- Did your square knots lie flat, or did they start to spiral?

- How many half-knots did it take before your spiral began to turn?

- Was your chevron crisp, and did the holding cord stay taut?

Worksheet: Knot Settings Log

For each knot you practice, record the settings that produced your best result so you can reproduce it on real projects.

Knot name

Cords used (working / filler counts)

Typical use (mounting / fill / line)

Difficulty rating (1 to 5)

Key tip in your own words

Checklist: Square Knot Quality Checklist

- First half tied left-over-right, second half right-over-left
- Knots lie flat rather than twisting (unless a spiral is intended)
- Filler cords stayed still while working cords tied around them
- Tension consistent down the whole column, no tightening drift
- Alternating rows offset correctly to form even mesh

Exercise: Diagonal Double Half Hitch Drill

Lay a holding cord at a 45-degree angle and hitch eight cords onto it twice each to form a clean diagonal ridge. Then mirror it to enclose a diamond and fill the diamond with square knots.

- Did keeping the holding cord taut make the line sharper?

- How even were the two wraps per cord along the ridge?

- When you filled the diamond, did the square knots sit neatly inside it?

Reading Patterns and Building a Wall Hanging

Decode pattern notation, plan a layout map and palette, then knot a complete fringed wall hanging.

Worksheet: Pattern Notation Translation Sheet

Take a written pattern row and translate it into plain steps before knotting. Complete this for the most complex row in your chosen pattern.

Pattern row as written (with abbreviations)

LH / SK / ASK / DHH expanded into full words

Cord numbers this row uses (counted left to right)

Plain-language description of what to do

Cord count check before the row (matches pattern? yes/no)

Exercise: Build Your Layout Map

Sketch your wall hanging and divide it into horizontal bands. Assign a knot pattern and rough row count to each band, then count the cords the widest band needs and apply the cord-length rule to the tallest cord path.

- How many distinct bands does your design have?

- Where did you place open negative space for the eye to rest?

- Which band is your focal feature, and what makes it stand out?

Checklist: Fringed Wall Hanging Project Checklist

- All cords cut to the length the cord-math rule gave
- Cords mounted with lark's head knots, evenly spaced on the dowel
- Upper band worked in alternating square knots
- Diagonal double-half-hitch chevron tied with a taut holding cord
- Open negative-space band left below the feature
- Fringe brushed from the tips up, then trimmed to a clean line
- Piece checked hanging straight at chest height throughout

Plant Hangers, Wearables, and Professional Finishing

Build a level-hanging plant hanger and a wearable, then secure every end to a durable standard.

Exercise: Four-Leg Plant Hanger Build

Using 3-ply or braided cotton and a wooden ring, mount eight cords, bind them with a gathering knot, split into four legs, knot each leg to an identical length, and form the basket. Test it level with a weighted object before using a real pot.

- Did all four legs measure the same length before you formed the basket?

- How tight and even were the turns on your gathering knot?

- Did the hanger sit level when you tested it with a weight?

Worksheet: Plant Hanger Specification Sheet

Plan the hanger before cutting so the legs balance and the cord is strong enough for the pot.
Finished hanger length target (cm)

Cord construction and diameter chosen

Wooden ring size (mm)

Cut length per cord (with buffer)

Knots per leg (to keep all four equal)

Pot weight to support and tested level? (yes/no)

Checklist: Finishing and Care Checklist

- Each end secured as a knot, a wrap, or brushed fringe
- Overhand knots tied tight against the last knot where ends must hold
- Bundles bound with a neat five-to-eight-turn gathering knot
- Fringe brushed and trimmed to a clean straight or angled line
- Piece steamed or misted and reshaped straight
- Worn closures secured with a dot of clear glue
- Piece signed and dated as a maker's mark on a hidden tag or the dowel

Exercise: Square-Knot Bracelet With Sliding Closure

Using 1 to 2mm braided cord, tie a column of square knots to your wrist measurement around two filler cords, then add an adjustable square-knot sliding closure around the loose ends. Secure the closure with clear glue.

- Did the sliding closure expand and tighten smoothly?

- Were your scaled-down knots neat and consistent up close?

- What would you change about cord choice or tension next time?

Your Action Plan

1. Source single-strand and 3-ply cotton cord and hang a dowel at chest height
2. Complete the cord-math drill and write down your go-to multipliers
3. Knot the four-knot sampler board and keep it as a reference
4. Drill diagonal double half hitches until your chevron lines are crisp
5. Sketch a layout map for a wall hanging and calculate its cord lengths
6. Mount cords and knot the wall hanging band by band to the fringe
7. Brush and trim the fringe to a clean, even edge
8. Build a four-leg plant hanger with equal legs and test it level with a weight
9. Tie a square-knot bracelet with an adjustable sliding closure
10. Steam each finished piece straight, secure all ends, and sign your maker's mark

