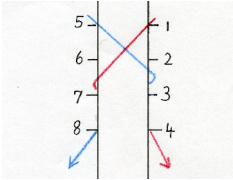
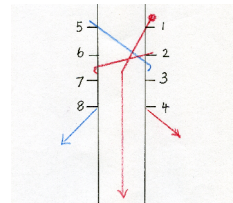
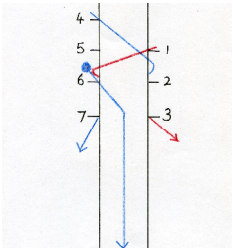
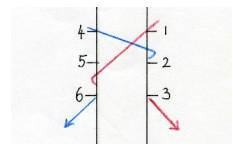


PLAITING PROGRESSION THE 7 FOOT BY 8 PLAIT

The following plaiting and strand dropping sequence is intended to be used in conjunction with the DVD supplied

To begin select the top right hand strand, followed by the top left hand strand continue this same right hand left hand rotation until the plaiting of the whip is completed

	<p style="text-align: center;">Diagram 1</p> <p>Displaying 8 strands in the plait being 4 of the same colour strands in each hand</p> <p>To start the plait select strand No1 right hand and plait between strand No 6 and 7 Then select strand No 5 left hand and plait between strand No 2 and 3 continue on until 4'9" in the plait is reached as per diagram</p>
	<p style="text-align: center;">Diagram 2</p> <p>At 4'9"select the shortest strand on the right hand side bring the short strand to position 1 and fold strand No 1 into the belly as per the diagram</p> <p>Then with strand No 2 on the right hand side plait between strands 6 & 7 on the left hand side</p> <p>Now with 3 strands right hand and 4 strands left hand plait on until 5'</p>
	<p style="text-align: center;">Diagram 3</p> <p>At 5' select the shortest strand on the left hand side bring this short strand to position 6 and fold strand No 6 into the belly as per the diagram</p> <p>Then select strand No 1 plait between strands 5 & 7 being the location strand No 6 vacated</p> <p>Then select strand No 4 plait between 1 & 2 on the right hand side as per diagram</p> <p>Then after approx 4" gently pull each stand that has been folded into the belly down so as to look tight just like the rest of the plait</p>
	<p style="text-align: center;">Diagram 4</p> <p>There now being 6 strands remaining in the plait 3 on the right hand and 3 on the left hand continue as per the diagram plait the whip to completion and tie the fall as per the DVD</p> <p style="text-align: center;">Congratulations well done</p>

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