



**Instructions:  
Quick-Deploy  
“Survival” Style  
Paracord Bracelet**



We will begin by making a stop knot; this knot is used to put the bracelet on. Use your right hand and pick up the cord approximately 3" from an end.



Take the end and twist clockwise and place in front of the cord to create a loop. The short tail should be the length of your fingertip.



Now take the loop into your left hand. Take the cord at the base of the loop, and place it through the loop.



With your right hand grab onto the small loop that was created then grab onto the tail with your left hand; gently pull in the opposite direction.

The short tail should be 1 ½" – 2" long.

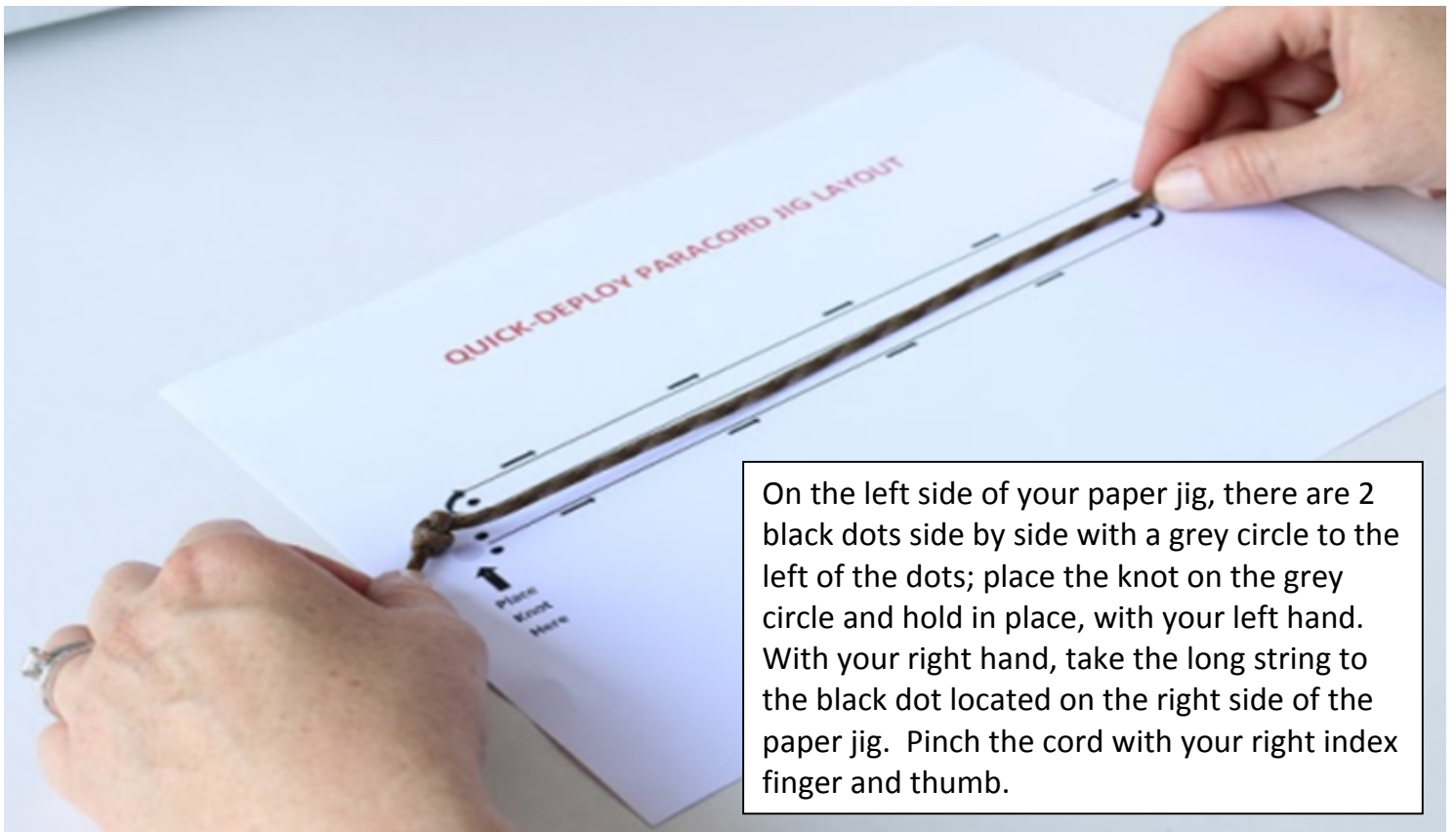
**Note:** From your fingertip to your knuckle.



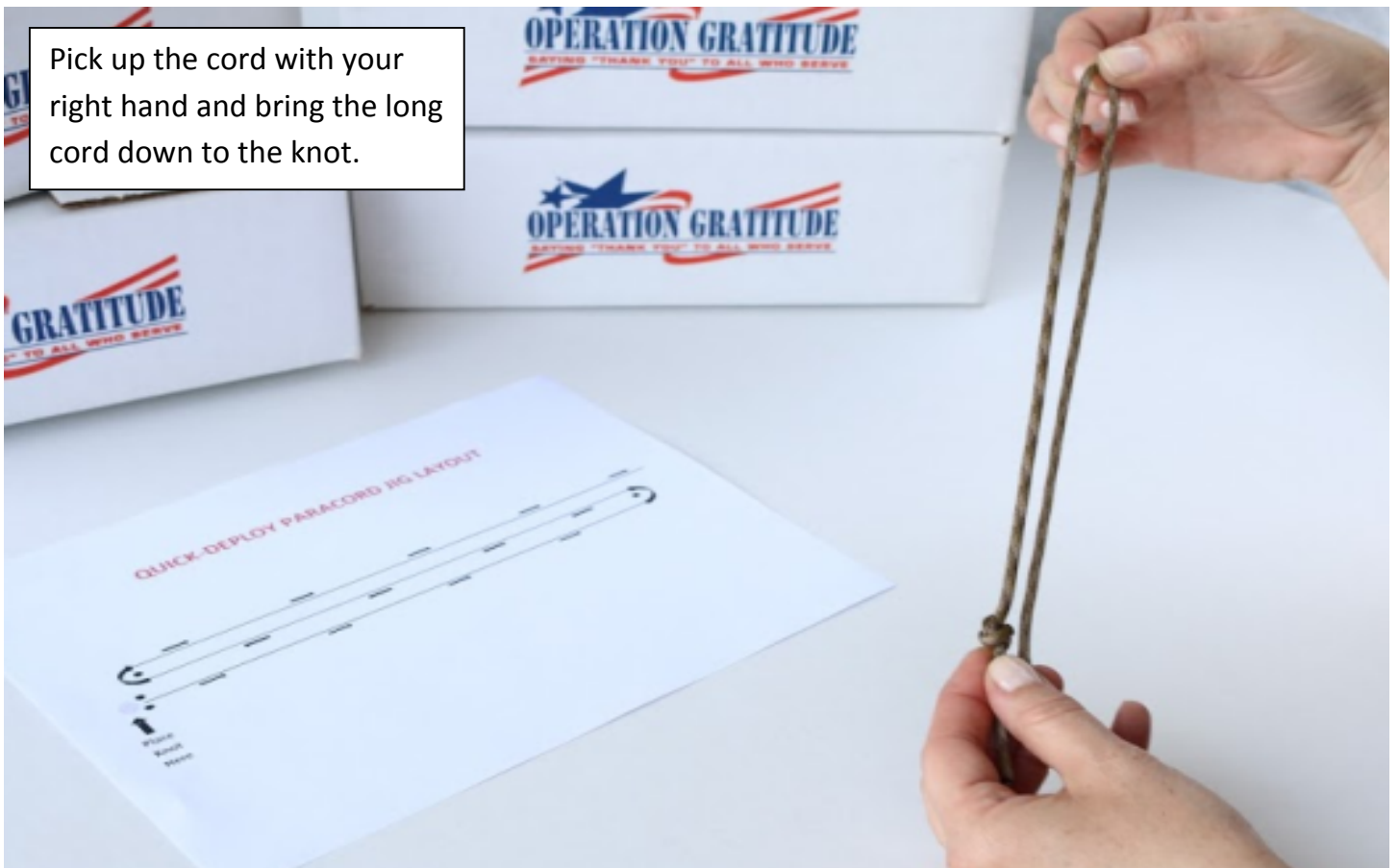
Now take the short tail and insert it through the back of the loop. Gently tighten the knot. Ensure that the short tail is still 1 ½" – 2" long.







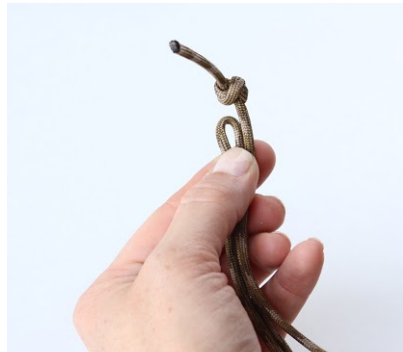
On the left side of your paper jig, there are 2 black dots side by side with a grey circle to the left of the dots; place the knot on the grey circle and hold in place, with your left hand. With your right hand, take the long string to the black dot located on the right side of the paper jig. Pinch the cord with your right index finger and thumb.



Pick up the cord with your right hand and bring the long cord down to the knot.

Flip the cord to where the knot is in your right hand. Take the long cord and turn it at the base of the knot.

**Note:** The loop should not go past the knot.



Your left hand should be holding the knot and the loop. Use your right hand to hold the loop and long cord. Place the long cord over the loop, then pinch with your right index finger and thumb.

Let go of the knot and loop with your left hand. Take your left hand and pinch the loop and long cord 1" away from the end, where your right hand is.



You will need to wrap the long cord counterclockwise – as the long cord is facing you, it will be pulled down and around the backside of your bracelet. Cross the long cord in front, creating a V. You will need to build your bracelet towards the knot to your left.

The 1<sup>st</sup> 4 wraps should be very tight; this will keep the bracelet from slipping off the end of your loop as you make it. Once you lose that loop, you will have to start all over!







Now that the wraps are securely in place, place your left index finger on top of the wrapped cord and use your thumb and middle finger to hold the long cord in place, resting the bracelet between your 3 fingers. Use your ring finger and pinky to hold the loose ends out of the way as you are twisting. Use your right hand to turn your bracelet; it is like using a screwdriver. Begin to turn; your hands will remain close to each other as you turn.

**Please note:** You are not using any pressure to turn your bracelet. Also your left hand fingers are being used to guide the bracelet into place; no pressure is needed. If you are grabbing your bracelet tight, this will loosen your bracelet as you turn and will need to be adjusted.



Continue to twist your bracelet until you are just below the knot.

**Please note:** Once you reach close to the top of the loop, below the knot, you will see your extra cord. All of this will need to fit into your bracelet.

Pinch the bracelet with your left index finger and thumb, holding below the knot, the loop and the long cord tightly as you make your adjustments or else your bracelet will unwind. The inner loop must stay below the knot.





You will start your adjustment 2" from the bottom of your bracelet, where your 4 tight wraps are located. Pull down the wraps and move up another 2" and pull down again.

**Note:** Be sure to hold the knot and inner loop (not the wraps) when you make your final push down.

Now you have reached the top and created extra space to continue to wrap your bracelet.



If you still have extra cord when you get back to the top of the loop again, repeat the push down steps to ensure all of the cord fits into your bracelet.

Once you have reached the top of the loop, take the end around the knot, pull the knot back and insert the end through the backside of the loop. Gently pull the cord until it is just past the loop, to stay in place.



Now you can lock the end into place by pushing the top 3 wraps up.

Gently pull up the rest of the wraps up to fill in the bracelet.

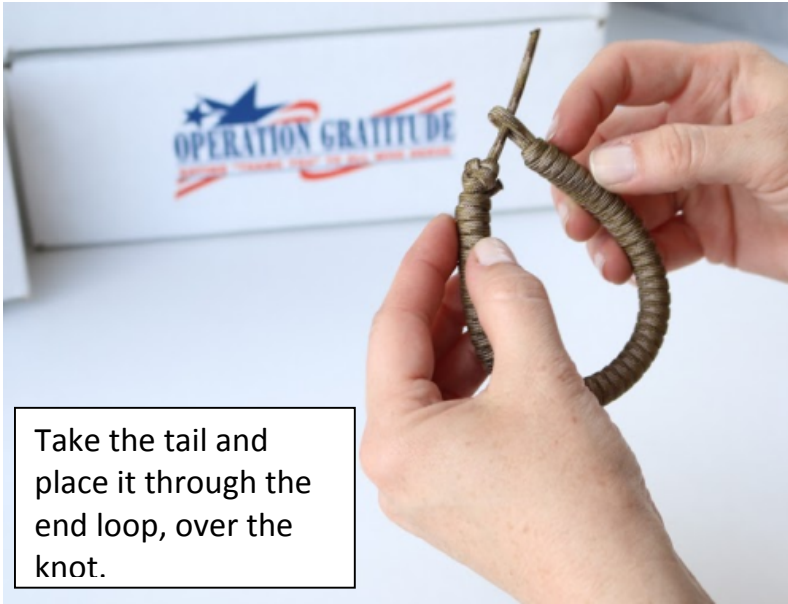
**Please note:** The loop at the end will need to be big enough to fit over the knot.







If your bracelet is lumpy you can use a book, cell phone or your hands to roll it out on a flat surface. This will even out the wraps and make a smooth bracelet.



Take the tail and place it through the end loop, over the knot.



The loop will rest on the cord between the knot and the locked end. Once in place, gently push the 4 tight wraps towards the knot to close any gaps. If needed, pull the rest of the bracelet into place to fill in any gaps.



Now your bracelet is complete.