

Celtic Zigzag – Basic Directions

Class exercise ring size:

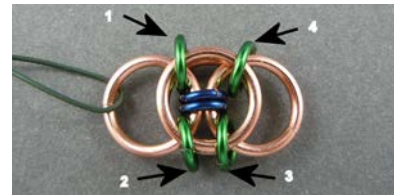
- “A” (plain) – 16 AWG (1.29mm) 0.313” (7.9mm)
- “B” (blue) – 18 AWG (1.02mm) 0.125” (3.2mm)
- “C” (green) – 18 AWG (1.02mm) 0.156” (4.0mm)
- “D” (red) – 16 AWG (1.29mm) 0.156” (4.0mm)

1. Close all the plain copper “A” rings.

2. Insert a tail wire in one plain copper “A” ring and connect a second plain copper “A” ring to the first with two blue “B” rings.



3. Hold a plain copper “A” ring on each side of the connection from step 2 and close four green “C” rings, through all three plain copper “A” rings, as shown. I find it easiest to insert the “C” rings in 1, 2, 3, 4 order.



4. Connect a plain copper “A” ring to the end of the chain with two blue “B” rings.



5. Hold a plain copper “A” ring on each side of the connection from step 4 and close four green “C” rings, through all three plain copper “A” rings, as shown.



6. Repeat steps 4 and 5 until complete.



7. Starting at one end of the chain connect each pair of green “C” rings together with a red “D” ring.



8. Starting at one end of the chain connect the 1st and 2nd red “D” rings together with a pair of green “C” rings. On the other side of the chain connect the 2nd and 3rd red “C” rings together with a pair of green “D” rings. Go back to the first side and connect the 3rd and 4th together. Go to the second side and connect the 4th and 5th together. Repeat to the end of the chain.

