

## Rope Chain – Double 1 thru 2 – Basic Directions

a.k.a. Double Spiral

Aspect ratio: 5.0

Class exercise ring size:

- 18 AWG (1.02mm) 0.203" (5.2mm)

1. Close 2 rings and put them on a tail wire.



2. Insert two rings through the first pair of rings and close them.



3. Lay the rings flat on your finger, and arrange them in the direction you want the chain to spiral. Insert the third pair of rings through both the first and second pairs of rings and close them.



4. Lay the rings flat on your finger, and make sure the spiral is correct. Insert the next pair of rings through two previous pairs of rings and close them.



5. From this point on, insert the next pair of rings through the previous two pairs of rings in the same space as the third previous pair of rings.



6. Repeat step 5 until complete.

