

Tetra-Orb – Basic Directions

Aspect ratio: 6.0

Class exercise ring size:

- 16 gauge (1.29mm) 0.344" (8.7mm)

1. Close 1 plain ring and 6 red rings.
2. Open a green ring, thread it through a closed red ring picking up the plain ring on the other side, and then back out through the red ring. Close the green ring. Attach a tail wire to the green ring.
3. Repeat step 2 (except for attaching a tail wire) with a second set of red and green rings.
4. Repeat step 3 with a third set of red and green rings.
5. Open a plain ring, thread it through one of the red rings picking up the green ring and back out through the red ring, and then close the plain ring.



6. Repeat step 5 for each of the other two sets of red and green rings.



7. Open a green ring, thread it through a closed red ring picking up both the plain rings on the other side, and then back out through the red ring. Close the green ring.



8. Repeat step 7 picking up another pair of plain rings.



9. Repeat step 8 picking up the last pair of plain rings.



