

Vertebrae Chain – Basic Directions

Class exercise ring sizes:

- 16 AWG (1.29mm) 0.156" (4.0mm)
- 16 AWG (1.29mm) 0.375" (9.5mm)
- 16 AWG (1.29mm) 0.500" (12.7mm)

1. Close all the middle sized jump rings, and all the large sized jump rings.

2. Open a small jump ring, add 2 middle rings and 2 large rings to it, and close it.



Open a second small jump ring, add it parallel to the first small ring around the 2 middle and 2 large rings, and close it.



3. Move the two small rings to opposite sides of the chain and slide one pair of middle and large rings to the right. Add a tail wire to the left pair of rings.



4. Open a small jump ring, add the middle and large rings on the working end of the chain and a new middle and large ring to it, and close it. Add a second small jump ring parallel to the first small ring around the 4 middle and large rings, and close it.



Move the two small rings to opposite sides of the chain and slide the new pair of middle and large rings to the right.



5. Repeat the previous step until complete.

