



World's Largest Selection Of
USA made 550 Paracord
In 1,000 + Colors and
Patterns

Monkey Fist



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Materials:

3-4 feet of 550 paracord

Steel Ball

{Cost for this project starts at \$2.94}



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Step 1: At three inches from one end, hold the cord with your thumb and lay the rest of the cord up across your fingers.



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Step 2: Bring the cord down and behind three fingers as shown.



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Step 3: Wrap the cord around your fingers three times so you have three loops.



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Step 4: Bring the working end up around the third finger and place between the second and third fingers.



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Step 5: Bring the working end behind the loops and up between the second and third fingers.



Step 6: Bring the working end across the top of your loops away from your hand and wrap around the back of the loops.



Step 7: Wrap the cord around the loops three times working from the bottom to the top.



Step 8: Insert your steel ball in the center of your loops.



Step 9: Remove your fingers from the top and insert the cord through the top loop going toward your hand.



Step 10: Now carefully remove your finger from the bottom loop and insert the cord through going away from your hand.



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Step 11: Wrap the cord through the top and bottom loops until you have three strands on each side.



Gradually tighten by pulling the slack through the knot.



It should look something like this. Make sure you have three strands on all sides.



Once you have it all tightened, you can use the excess cord to tie a decorative knot or attach to a key ring.