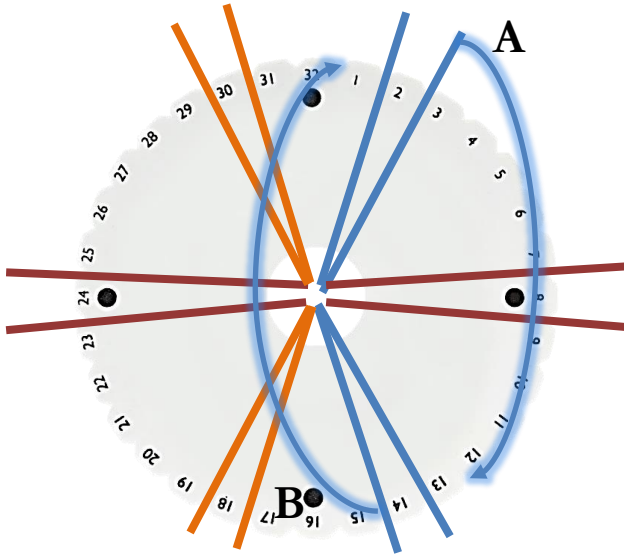


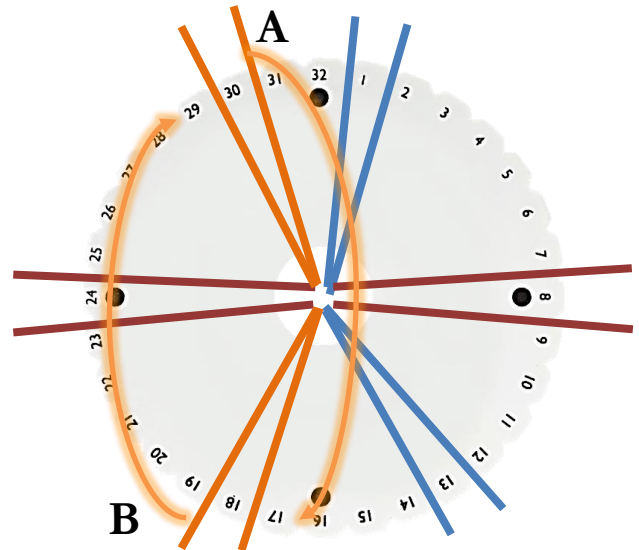
## 12 Element Raised Edge Spiral Braid

With this braid it is easiest to ignore the numbers and use a “chant” out loud or in your head as you braid. Below each step is what I say to myself as I braid. Work this braid from right to left and then across the center.

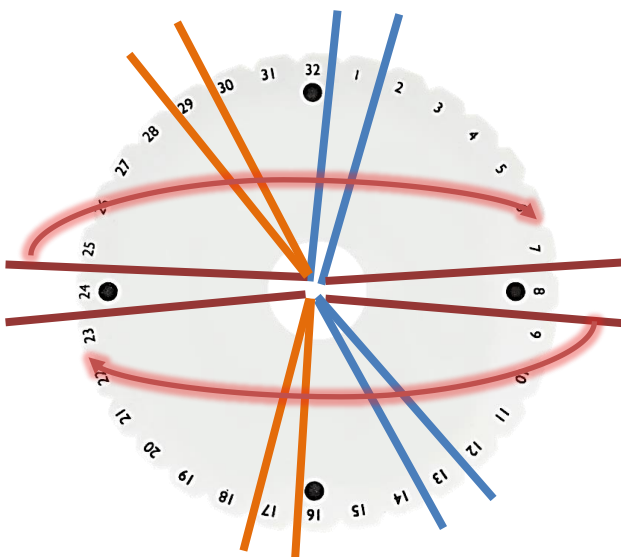
**The four elements in the east and west positions need to be at least 30% longer than your other eight elements.**



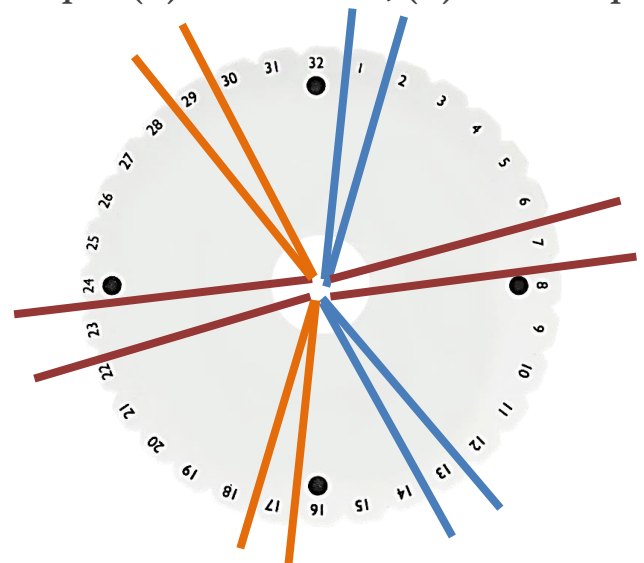
Step 1: (A) Outside down, (B) inside up.



Step 2: (A) Inside down, (B) outside up.



Step 3: Cross over in the middle.



Step 4: Repeat steps 1 through 3.

### Special Note!

Turning the disk as you braid is not necessary with this structure! Much like the eight element Kongo Gumi braid you do not need to continuously rotate the disk as you braid; you can rotate one direction  $\frac{1}{4}$  turn and then rotate to the reverse  $\frac{1}{4}$  turn. It is however important when beginning Kumihimo to learn and become comfortable with rotating the disk consistently as Kongo Gumi with more than eight elements requires the disk be rotated in one direction consistently. This 12 element spiral braid is an excellent example of how a braider using a disk can benefit from careful study of the braid movements; the braid goes much quicker without rotation of disk!

A quick video of working this braid without rotating the disk: <http://youtu.be/g1kw0VBOWjQ>

Created by Heidi A. Sather of Pacific Patina. This document may be freely distributed as long as creator information remains intact.