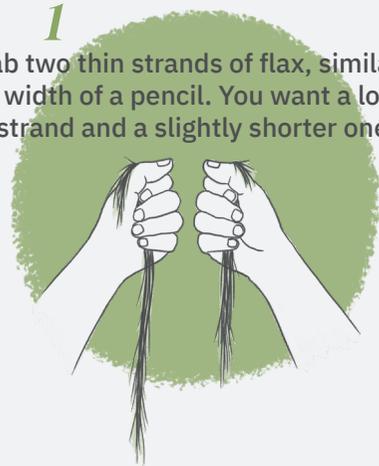


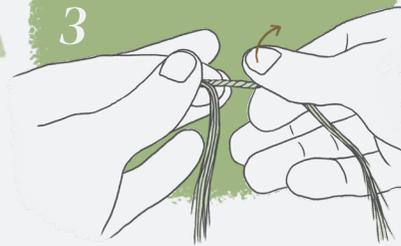
**1**  
Grab two thin strands of flax, similar to the width of a pencil. You want a longer strand and a slightly shorter one.



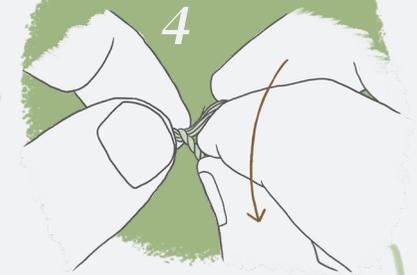
Optionally, you can tie your two strands together with an overhand knot. It's not necessary, but it may make it easier if this is your first time making cordage. Just make sure to keep the two strands separate!



With your non-dominant hand, pinch the tip of both strands (where the knot is, if you made one). Meanwhile, with your dominant hand, pinch the strand that is further from you and, using your thumb and forefinger, give it one twist away from you (clockwise).



Using the remaining fingers of your dominant hand (middle, ring and pinky), grab the other strand and turn your wrist toward you (anti-clockwise). Now the twisted strand is on top, and the non-twisted strand is further from you.



When the shorter strand is further from you, grab another thin strand of flax and lay the fibres on top of it. Twist the new fibres in clockwise and continue making your cordage!



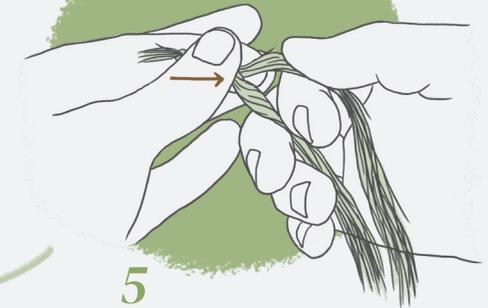
### QUICK GUIDE:

## How to make flax cordage

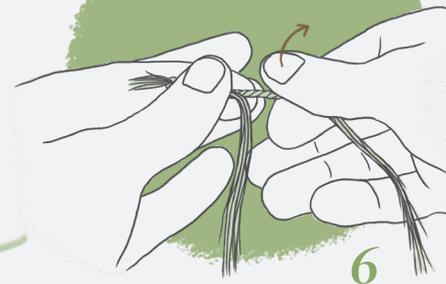
part of the 'Flax 405: From Mallon To Mizen' project, led by eco social artist Kathy Kirwan  
Learn more: <https://fibreshedireland.ie/flax405>



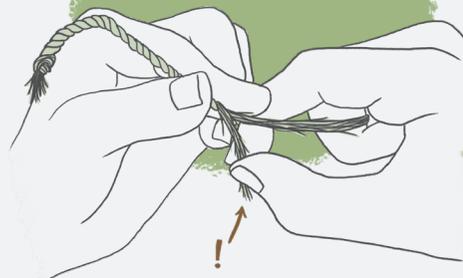
Adjust the thumb and forefinger of your non-dominant hand so that you're pinching right at the point where the two strands separate. This will keep the twist in place.



Let go of the strand closest to you. Pinch the other one with your dominant hand and give it one twist away from you (clockwise).



**7**  
Repeat steps 4-6 until you start running out of flax on the shorter strand.



When you're done, you can tidy the cordage by snipping off the tips of fibre that stick out.

**TIP:** wetting your fingers with water or saliva may make it easier to twist the flax fibres.

This guide was produced with support from the Shared Island Civic Society Fund, managed by the Government of Ireland's Department of Foreign Affairs and Trade.



An Roinn Gnóthai  
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