

**Step 1:** Thread your needle with a comfortable length of beading thread. (I started with 2 yards.)

Leaving a 4-inch tail, create a row of Ladder Stitch that is one column high using 2A, 2B and 2C.

**Step 2:** Go through the first 1A from the tail end.

**Step 3:** Go through the last 1C from the side opposite the tail.

Note: I have left my thread loose so it's easier for you to see.

**Step 4:** Go through the first 1A from the tail end once more.

Note: Your beads will form a circle. Your working thread should be pointing away from the tail so you can add to the beadwork.

**Step 5:** We will begin with regular Tubular Herringbone Stitch.

String 2A and pass through the following 1A.

Note: The beads will form a V-shape characteristic of Herringbone Stitch.

**Step 6:** Pass through the next 1B from the tail end.

**Step 7:** String 2B and go through 1B in the next column.

**Step 8:** Pass through the following 1C from the tail end.

**Step 9:** String 2C and go through the 1C in the next column.

**Step 10:** Step up through the 2A in the next column.

**Step 11:** Now, we will begin Twisted Tubular Herringbone Stitch.

String 2A and pass through the 2A in the following column.

**Step 12:** Pass through the top 1B in the following column.

**Step 13:** String 2B and go through the 2B in the next column.

**Step 14:** Pass through the top 1C in the next column.

**Step 15:** String 2C and pass through the 2C in the following column.

**Step 16:** Step up by passing through the top 2A in the next column.

**Step 17:** String 2A and go through the next top 2A.

**Step 18:** Pass through the top 1B in the next column.

**Step 19:** String 2B and go through the top 2B in the following column.

**Step 20:** Go through the following top 1C.

**Step 21:** String 2C and go through the next top 2C.

**Step 22:** Step up by passing through the top 2A in the following column.

**Step 23:** Repeat Steps 17-22 until you have reached your desired length.

Note: Do not measure your wrist size to determine the length you need. Instead, measure the widest part of your hand so you can slip the bangle on. (Refer to 12 minutes, 57 seconds in the video for more guidance.)

Weave the tail thread into the beadwork, tie several half-hitch knots and remove the excess.

**Step 24:** To join the ends of your bangle, line up the columns so the colours match exactly.

With your working thread exiting the top A in one column at the end of the beadwork, pass through the top 1A in the corresponding column at the start of your beadwork.

**Step 25:** Pass through the 1A in the adjacent column at the beginning of the beadwork.

**Step 26:** Go through 2A in the corresponding column at the end of the beadwork.

**Step 27:** Still working at the end of the beadwork, pass through the top 1B in the adjacent column.

**Step 28:** Go over to the starting end of your beadwork and pass through 1B in the corresponding column.

**Step 29:** Pass through the 1B in the adjacent column at the start of the beadwork.

Then, continue through the top 2B at the other end.

**Step 30:** Go through the top 1C in the adjacent column at the end of the beadwork.

Go over to the start of the beadwork and pass through the top 1C in the corresponding column.

**Step 31:** Go through the 1C adjacent to the column you are exiting.

Then, pass through the top 2C on the other end of the beadwork.

**Step 32:** To finish the connection of the two ends, pass through the top 1A in the adjacent column.

Then, pass through the top 1A in the corresponding column at the start of the beadwork.

**Step 33:** Reinforce the connection between the two ends of the beadwork to make sure it is strong and secure.

Weave the thread into the beadwork, tie several half-hitch knots and remove the excess.

Your bangle is now complete!