Paracord Keychain (Monkey Fist)

Supplies:
- Paracord (2 lengths)
- Marbles (2)
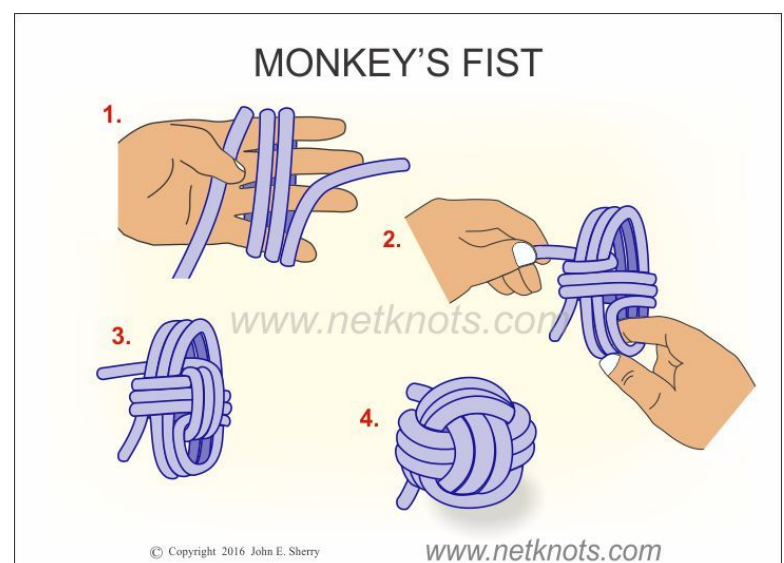- Key chain ring (2)
- Lighter (not supplied - be careful!)

The Monkey Fist is a type of knot that has been used by sailors for centuries. It allows a sailor to put a weight on the end of rope, which makes it easier to pass the rope from ship to shore, or from ship to ship. If you camp in the backcountry, you can use this to help heave a rope over a tree limb to hang your bear bag!

PLEASE NOTE: This is a challenging craft. It is highly recommended to watch the videos in addition to reading the instructions below. This takes practice and patience.

Instructions:

1. Take your rope and with the long working end make three wraps around the fingers of your hand.
2. While holding the first set of turns in place, make three more turns passing outside the middle of the first three turns. Finish this step by passing the working end around one side of the first set of turns. This sets up the working end for the next step which passes the end through the inside of the previous wraps.

3. Now make three turns around the set of wraps made in the previous step, passing through the inside of the knot. Make sure to make the same number of turns for each step.
4. Finishing the knot: At this point a round object can be inserted in the center of the wraps. Working slowly (and patiently) begin tightening by working on each wrap, starting near the buried stopper knot and finishing with the other end of the rope. Do not pull too hard on the first few wraps. You will need to work your way through the knot more than once to get it nice and tight. I highly recommend watching the videos.
5. Making it a keychain: Put the two loose ends of paracord through the keychain. Fold the ends so you have four parallel lines of paracord (seriously watch the video - this description is harder to follow than watching someone do this for 2 minutes!) Fold the right most thread over the two middle pieces. Now fold the left-most thread over the previous-right-most thread, loop behind the two middle pieces, and pull through the loop-hole you have created. Repeat once more.
6. To finish the keychain, cut the extra pieces off, and use the lighter to melt the ends.

Videos:
https://www.youtube.com/watch?v=FzTUxDVGHVA
https://www.youtube.com/watch?v=dMB-csJszkQ
The keychain knot:
https://www.youtube.com/watch?v=LOZD2FHa-4U&feature=share