



PSC Guide to Coiling - page 1

Coiling is a creative and inexpensive way to make something both beautiful and useful. It is a slow but very satisfying process.

This beginner's guide will show you how to create a flat piece of coiling, suitable for items such as a placemat. A more advanced guide will show you how to shape your coiling into a bowl or basket.



Picture 1

What you will need

A cotton washing line/cord.

Cotton yarn in a colour of your choice (*woollen yarn is not recommended*)

A large darning needle, with a big eye and sharp point.

A small pair of pliers, (*to help pull the needle through the cord*)

Scissors - (see Picture 1)



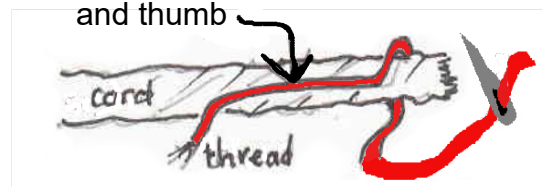
Getting Started

1. Remove any wrapping from the washing line cord and gently unfold it.
2. Cut a piece of yarn approximately 1 metre long (*you can use any colour you like*).
3. Thread the needle with the yarn.
4. Using the non-threaded end of the yarn, place it against the end of the cord. Hold it firmly between your finger and thumb (see Picture 4).
5. Starting as close to the end of the cord as possible, bind the yarn tightly around the cord, keeping each wrap close together (see Picture 5).
6. To secure your work, push the threaded needle through the centre of the cord from one side to the other, then pull firmly (see Picture 6).

Please bear in mind that starting the coiling is the hardest part. Once you get it going, it's just a case of keeping pressure and rhythm consistent.

Hold here
between finger
and thumb

Picture 4



Picture 5



Picture 6





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Forming the Centre

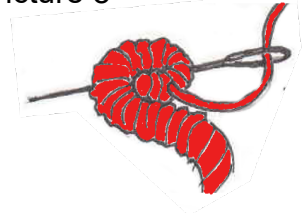
1. Bend the wrapped cord around to form a small loop.
2. Push the threaded needle through both layers of the folded cord, as shown in Picture 7. Pull firmly using the pliers to secure it.

Picture 7



3. Continue bending the cord and stitching through the next layer, keeping the coil tight and close together. Picture 8.

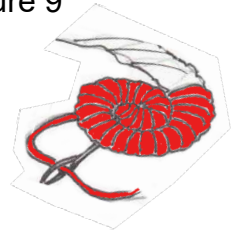
Picture 8



4. Keep working in this way until the centre measures approximately 3–4 cm (about 2 inches) across (Pictures 9 and 10).

You may need to guide the shape firmly with your fingers to keep it flat and circular.

Picture 9



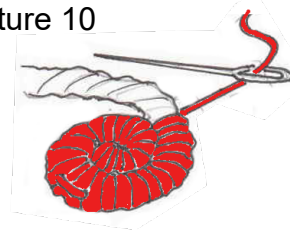
That's the hard work done!

Continuing the Coiling

Once the centre is secure, you can begin building outwards.

1. Wrap the yarn around the cord four times without attaching it as shown in Picture 11.
2. On the fifth wrap, pass the needle through the previous layer of cord to secure it, **passing underneath the new layer** as in Picture 12.
3. Repeat this pattern. After a few rounds, it will start to feel natural.

Picture 10



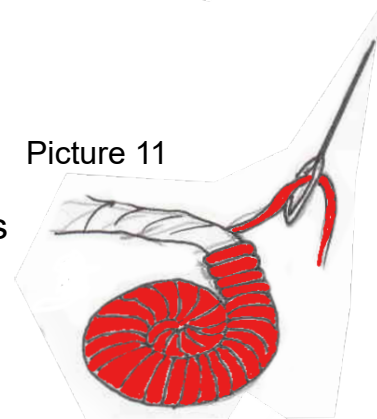
four wraps

one securing stitch

4. As you work, keep each wrap sitting neatly alongside the previous one.

5. You may find it easier to work from the back towards the front.

Picture 11



Building the Shape

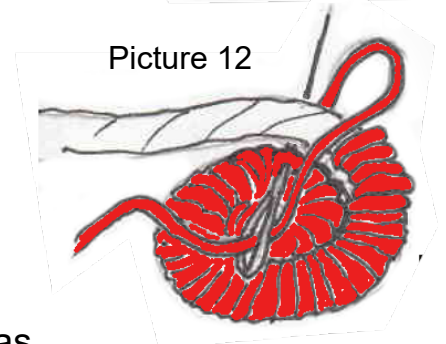
As your work grows, continue coiling in this way.

Keep the shape flat by:

guiding it gently with your fingers

keeping your tension steady

Picture 12



This method can be used to create a range of flat pieces such as coasters, placemats, or small stands. Simply continue until you reach your desired size.



Finishing your Coiling

How to End Your Stitching

1. Once your coiling has reached the size you want, pass your needle and yarn through the row below as you have been doing.
2. Make several more passes in, or very close to, the same place to secure the end.



How to secure your thread

1. Pass your needle and thread through the middle of the knot-like structure.

Bring it back through again using a slightly different entry and exit point, close to the layer below.

2. Push your needle underneath the wrapped thread for approximately 3cms. Cut the yarn close to the wrapped cord.

This same method can be used to finish a thread or to begin a new length if your yarn runs out, allowing you to continue your work neatly.

3. Cut the cord about an inch/2.5cms away from the knot.
4. Unravel the cord to make it into a tassel.

Your mat is now ready to use.

I hope you enjoyed making it, and feel proud of what you've created.

Thank you for trying my downloads.



In the next Coiling Guide, you can learn how to shape your coiling into a bowl or basket.

