

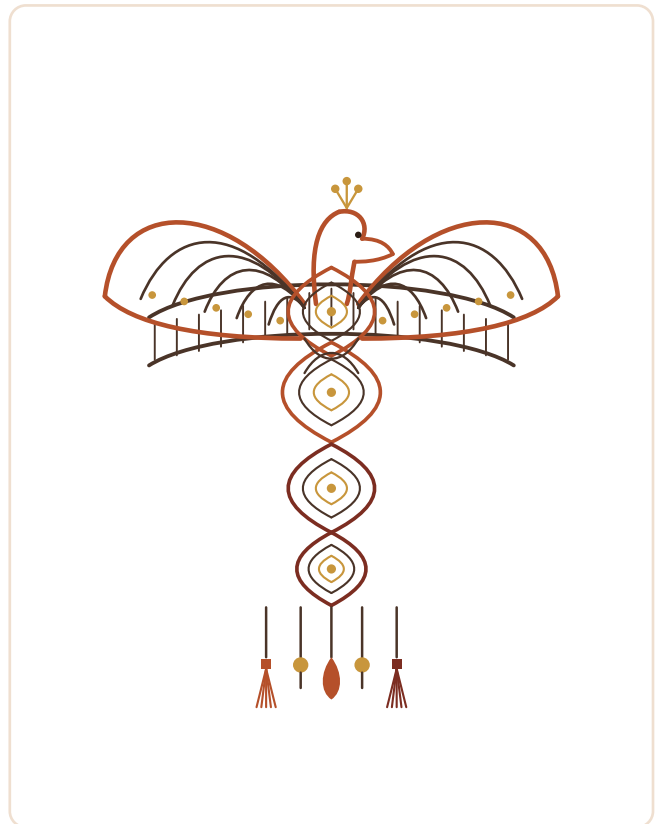
Phoenix Wrist Band

A Javoews House pattern

Advanced micro-macrame | Cuff 2 x 6.5 in + 4.5 in hand panel | 14-18 hours / 5-6 evening sessions



Inspiration



Finished pattern

A sculpted firebird cuff in rust, terracotta and gold - beaded wings, woven medallions, carnelian drops.



Table of Contents

Materials & Time	2
Cord Cutting Chart	3
Cord Layout & Mounting Diagram	4
Knot Reference Guide	4
Full-Piece Assembly Map	6
Build Order Overview	7
Construction Sections	7
Technique Deep-Dive 1 — Beaded Wing Ribs	9
Technique Deep-Dive 2 — Leaf Medallions	10
Technique Deep-Dive 3 — Tassels & Drops	11
Bead Placement Map	12
Troubleshooting	12
Finishing & Care	12

Materials & Time

Item	Spec	Amount
Waxed polyester cord — rust	1 mm (e.g., Linhasita)	90 ft / 27 m
Waxed polyester cord — terracotta	1 mm	45 ft / 14 m
Waxed polyester cord — burgundy	1 mm	25 ft / 8 m
Waxed polyester cord — mustard gold	1 mm	20 ft / 6 m
Gold seed beads	3 mm, ~1 mm hole	14
Carnelian round beads	4 mm	9
Carnelian teardrop	12 mm briolette	1
Brass bead + filigree tassel cap	6 mm / 8 mm	1 each
Button or brass toggle (closure)	12-15 mm	1
Tools	Macrame board, T-pins, lighter, scissors, needle	

TIME TO COMPLETE — 14-18 hours, 5-6 evening sessions (advanced)

Cuff foundation: 2 hrs · Head & crest: 1.5 hrs · Wings: 2 hrs each (4 hrs)

Celtic body weave: 2 hrs · Medallion chain: 3 hrs · Ring loop: 30 min

Drops & tassels: 1.5 hrs · Finishing & closure: 1 hr. First-time micro-macrame knotters should add 20-30%.

DESIGNER'S NOTE

This project is cataloged as "Dragon wrist band," but the inspiration piece is a phoenix / firebird — a crested bird head, fanned feather wings and flame-shaded medallions rather than dragon horns or scales. The pattern is written as a phoenix; rename freely for your listing.



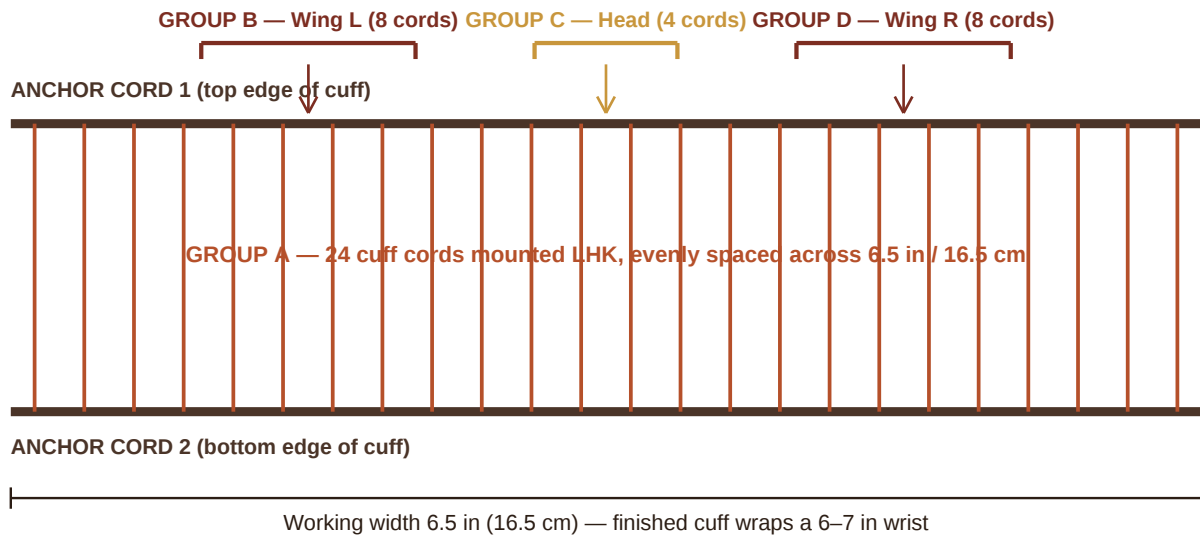
■ Cord Cutting Chart

Label	Purpose	Qty	Cut length	Subtotal
A	Cuff band body	24	40 in / 100 cm	80 ft / 24 m
B	Left wing fan	8	32 in / 80 cm	21.3 ft / 6.4 m
C	Head + crest column	4	28 in / 70 cm	9.3 ft / 2.8 m
D	Right wing fan	8	32 in / 80 cm	21.3 ft / 6.4 m
E	Medallion holding cords	6	36 in / 90 cm	18 ft / 5.4 m
F	Drop carriers + tassel wraps	8	24 in / 60 cm	16 ft / 4.8 m
G	Ring-loop (middle finger)	2	20 in / 50 cm	3.3 ft / 1 m
TOTAL		60 cords		169 ft / 51 m

Cut every cord 3-4 inches longer than listed — micro-macrame eats length at every color change. Match cut colors to the zone: A rust + terracotta alternating, B/D rust with 2 terracotta each, C terracotta, E gold, F rust/burgundy/gold mixed, G gold.

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Cord Layout & Mounting Diagram



Groups B, C, and D (the 20 cords) are added to the cords prepared on the finished cuff. Edge wraps and closed with the toggle. Groups B and D are installed between the cords, and Group C is installed directly on the top edge of the cuff, centered over the back of the hand.

Knot Reference Guide



Lark's Head Knot

Abbrev: LHK

Fold cord in half, pass loop behind holding cord, pull both tails through the loop and snug down.



Double Half Hitch

Abbrev: DHH

Loop working cord over the holding cord twice, left to right; each loop locks the one before it.



Diagonal Double Half Hitch

Abbrev: DDHH

A DHH worked over a holding cord held at an angle — this builds every wing rib and leaf edge.



Vertical Double Half Hitch

Abbrev: VDHH

The working cord wraps a vertical holding cord twice — used for the head column and color changes.

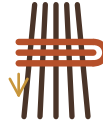
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Square Knot

Abbrev: SK

Left cord over fillers, right cord over left; then mirror. Two halves make one flat square knot.



Wrapped Knot

Abbrev: WK

Coil a wrapping cord tightly around the bundle 4-6 times, feed the end through its own start loop, pull hidden.



Three-Strand Braid

Abbrev: BR

Alternate outer strands over the center — used for the gold bead-drop carriers.



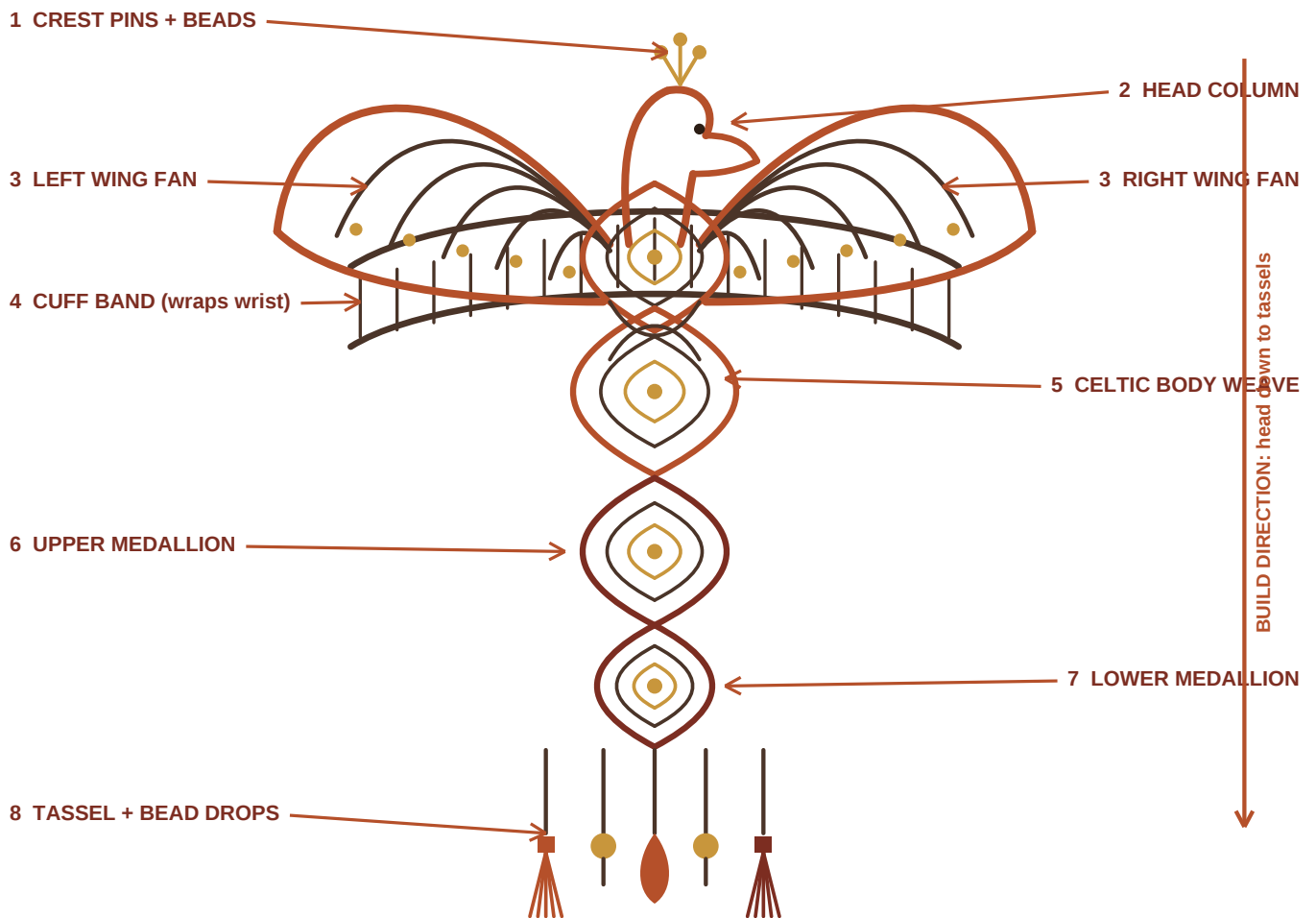
Overhand Knot

Abbrev: OK

Single loop-and-through knot; tied snug under each bead to lock it in place on its drop cord.

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Full-Piece Assembly Map





Build Order Overview

#	Section	What happens	Time
1	Cuff foundation	Mount 24 cords, knot the wrist band	2 hrs
2	Head & crest	VDHH column, bead pins	1.5 hrs
3	Wings (x2)	Beaded DDHH rib fans	2 hrs each
4	Celtic body weave	Interlaced center panel	2 hrs
5	Medallion chain	Three linked leaf medallions	3 hrs
6	Ring loop	Braided finger loop	30 min
7	Drops & tassels	5 staggered drops, 2 tassels	1.5 hrs
8	Finishing	Seal, block, closure	1 hr

Construction Sections

Section 1 — Cuff Foundation (Group A)

- Pin both anchor cords taut, 2 in apart, 6.5 in working width. Mount all 24 Group A cords to the top anchor with LHK, alternating rust / terracotta.
- Row 1: horizontal DHH across all cords onto a rust holding cord. Rows 2-9: alternating square knots (12 SK per row, offset each row) for the flexible band texture.
- Row 10: close onto the bottom anchor cord with DHH. Check the band wraps your wrist with a 0.5 in gap for the toggle.

Section 2 — Head & Crest (Group C)

- Find the cuff's center 1 in. Mount 4 Group C terracotta cords. Work a VDHH column 8 rows tall around a doubled core — this sculpts the raised neck.
- Shape the head: 3 DHH curving right for the crown, 2 tight DHH for the beak, pulled to a point and melt-sealed.
- Crest: trim 3 short cords to 0.5 in, thread a 3 mm gold bead on each, seal behind. Add one 4 mm carnelian at the throat.

Sections 3 & 4 — Wing Fans (Groups B & D)

- Mount 8 cords per wing on the cuff edge, 1.2 in either side of the head. Work 6 beaded DDHH ribs per wing — full walkthrough in Deep-Dive 1.
- Left wing angles up 10-15 degrees steeper than the right (as in the inspiration photo) for the mid-flight look. Tip each rib with a 4 mm carnelian.

Section 5 — Celtic Body Weave

- Bring the 8 cords under the head together with the 4 inner cords of each wing. Work two mirrored DDHH curves and weave them over-under-over before locking — see Deep-Dive 2 step 5 for the weave move.
- This interlace is the phoenix's chest knot; keep tension loose on the first pass, then snug all four curves evenly.

Section 6 — Medallion Chain (Group E)

- Build three linked leaf medallions descending the back of the hand, shading rust to terracotta to burgundy, each with a gold bead center — full walkthrough in Deep-Dive 2.
- Sizes: 1.4 in, 1.2 in, 1.0 in long. The chain should reach the base of the middle finger on a medium hand.

Section 7 — Ring Loop (Group G)

- Braid the 2 gold Group G cords (doubled = 4 strands, work as 3-strand with a doubled center) from the last medallion



into a 2.3 in loop; DHH the ends back into the medallion edge.

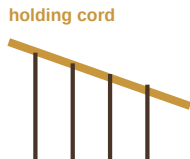
Section 8 — Drops, Tassels & Finishing

- Hang 5 staggered drops from the lowest medallion and cuff edge: rust tassel + brass bead, braided gold carrier with carnelian, center carnelian teardrop, second braided carrier, burgundy tassel with filigree cap — Deep-Dive 3.
- Closure: sew the toggle to one cuff end; the SK gap on the other end is the buttonhole. Melt-seal every end, then block (next page).

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Technique Deep-Dive 1 — Beaded Wing Rib Fan (DDHH)

1



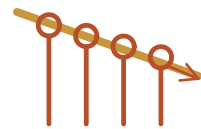
Pin the gold holding cord at a 30-degree downward angle; line up 4 working cords

2



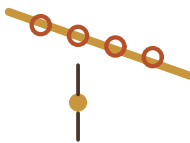
DDHH each working cord onto the holding cord — two firm loops per cord, snug left to

3



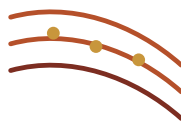
Keep the rib straight: tension the holding cord with your ring finger as each knot locks.

4



Thread one 3mm gold seed bead onto every second working cord before the next rib row.

5



Repeat 5 more ribs, angling each slightly steeper; switch to burgundy cord for the last

6



Finished fan: 6 beaded ribs. Trim carrier ends to 1/4 in and melt-seal behind the wing.

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Technique Deep-Dive 2 — Linked Leaf Medallions (Celtic Weave)

1

two holding cords, pinned in a V



Pin two gold holding cords in a V opening downward — these are the leaf's outer edges.

2



DDHH three working cords down each arm of the V, alternating rust and terracotta.

3



close the point with 1 DHH

Curve both holding cords back inward and close the leaf point with a single locking DHH.

4



Work a second, smaller V inside the first with the leftover tails; seat one gold bead at

5



weave exit cords over-under to link

Start the next medallion directly below; weave its entry cords over-under the exit cords

6



Chain of three linked medallions, shading rust to burgundy — this is the spine of the hand

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Technique Deep-Dive 3 — Tassels, Bead Drops & Sealing

1

gather 6 exit cords



Gather the six exit cords from the lowest medallion into one straight bundle.

2



Wrapped knot: coil a rust cord 5 times around the bundle, feed the tail through its start loop.

3



trim level, 1.5 in below wrap

Comb the skirt straight and trim dead level 1.5 in (4 cm) below the wrap.

4



Bead drops: thread a brass bead on a braided carrier, lock with an overhand knot

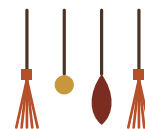
5



carnelian teardrop, OK above + below

Carnelian teardrop drop: overhand knot above AND below so the stone cannot slide.

6

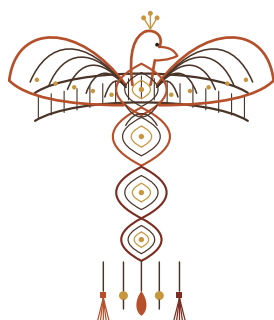


stagger lengths 2 - 3.5 in

Hang 5 drops total, staggered — long center, short edges. Melt-seal every trimmed end.

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Bead Placement Map



BEAD PLACEMENT

- **Gold 3mm seed beads**
Wing ribs — every 2nd cord, 6 per wing (12 total)
- **Carnelian 4mm rounds**
Wing tips + medallion centers (8 total)
- **Gold bead, 6mm brass**
Left braided drop, locked with OK (1)
- **Carnelian teardrop 12mm**
Center drop, OK above + below (1)
- **Filigree cap, antique brass**
Burgundy tassel head, glued + stitched (1)

Thread beads onto cords **BEFORE** the knot that seats them — 1 mm waxed cord will not pass a 1 mm bead hole twice. Test every bead on a scrap of your actual cord before cutting.

Troubleshooting

Problem	Likely cause	Fix
Wing ribs curve downward	Holding cord tension slack	Re-pin rib end; keep holding cord taut over ring finger
Cuff too stiff to wrap	SK rows over-tightened	Re-knot rows 4-7 with a relaxed hand; steam lightly
Medallion points won't close	Uneven cord counts per side	Recount: 3 working cords per V arm, always
Beads slide on drops	Overhand knot too loose	Double the OK, or dab clear glue inside the knot
Colors bleed at melt-seal	Flame held too long	Tap the lighter for 0.5 sec; press with scissor flat
Panel twists on the hand	Ring loop too short	Lengthen loop 0.3 in; re-DHH into medallion
Celtic weave looks lumpy	Snugged one curve at a time	Loosen all four, tighten in rotation, quarter turns

Finishing & Care

- **Blocking:** pin the finished piece face-down on a towel, mist lightly (do not soak waxed cord), shape the wings and medallions flat, and leave overnight.
- **Melt-sealing:** every trimmed end gets a 0.5-second flame kiss pressed flat with the side of your scissors. Seal on the reverse only.
- **Tassel care:** comb with a fine needle, steam over a kettle for 3 seconds, trim any strays. Re-steam if the skirt kinks in storage.
- **Wear & storage:** waxed polyester tolerates skin oils well; wipe with a barely damp cloth. Store flat or rolled around a tissue core — never folded through the medallions.