

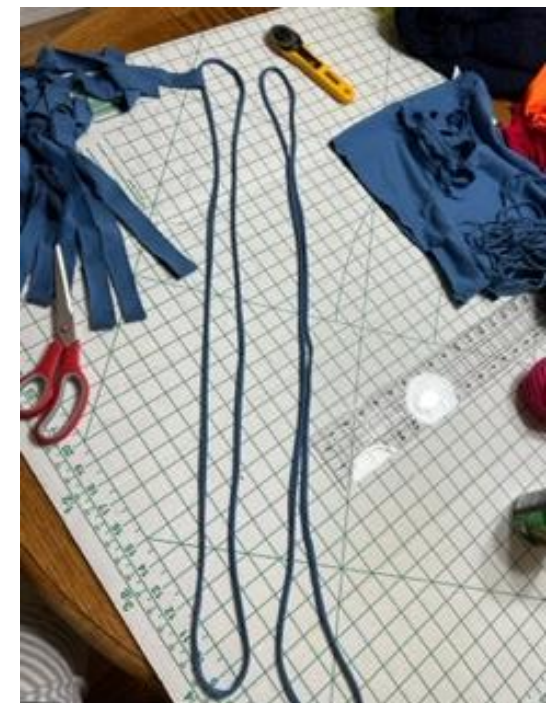
# T-shirt Jump Ropes - Loops

This method will give you loops to make your jump rope. Prepare your t-shirt by removing the bottom seam and cutting below the sleeves.

**STEP 1** Using a rotary cutter or scissors, cut at least 1" strips across the shirt.

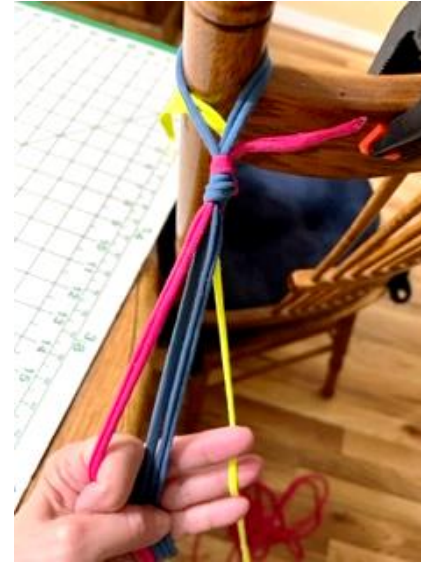


**STEP 2** Stretch each loop until the material curls into "rope."

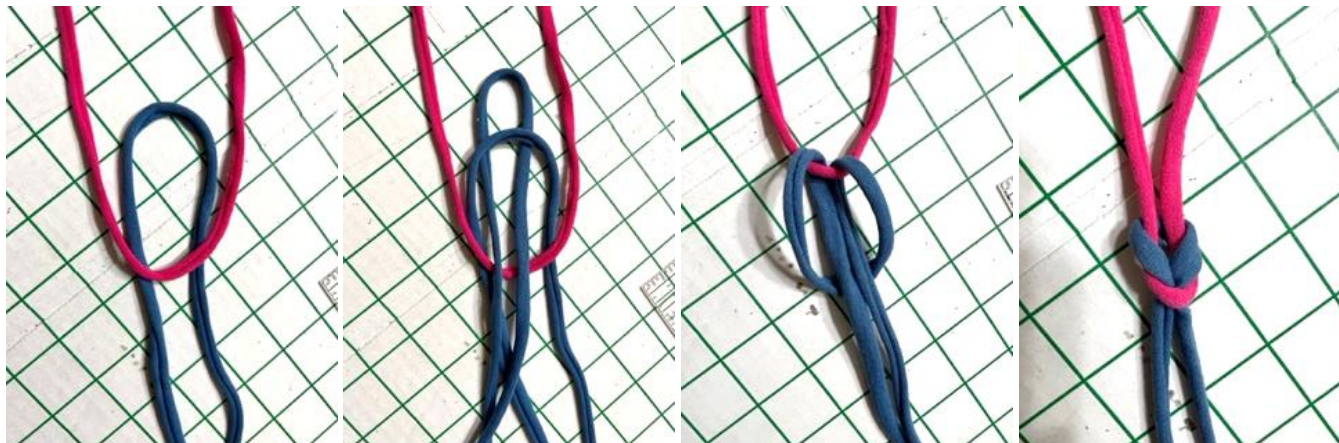


## Braiding your jump rope:

Put three loops together (can be the same color or 3 different colors) and tie them together. Secure using tape, a chair, another person, clamp, etc. and begin braiding.



**NOTE:** If you are using the loop method, you will need to connect loops in order to get the desired length. In the illustration, I'm using a blue loop to connect to a pink loop. This is so you can see the individual loops better. I normally would connect a pink to pink. Continuous yarn will not need this step.



After you've reached the desired length, cut off the excess and tie it off and you're done!

