

For the dark or odd numbered rows the dark threads should be on the top of the shed.

Row 1 – Open the shed to make a dark stripe. Hold the threads on the top of the shed between both hands. Starting on the left hand side, count over 6 threads. Open the space between the 6th and 7th threads and pick up the light thread from the lower shed directly between and bring it up to the top shed making certain that it's visible on the top. Put the shuttle through and complete the pass as normal.

Row 2 (and all further even rows in this pattern) – Change the shed and weave as normal for plain weaving.

Row 3 – Change shed to make a dark stripe, Count over (from the left) to the 5th and then the 7th threads, pull up the light lower threads and complete the weaving for the row.

Row 5 – Change shed, count over to the 4th, 6th and 8th threads and pull up the light lower threads, complete the weaving for the row.

Row 7 – Change shed count over to the 3rd, 5th, 7th and 9th threads and pull up the light lower threads, complete the weaving for the row.

Row 9 – Same as row 5.

Row 11 – same as row 3

After row 12, you have some options, you can complete the diamond by repeating row 1 and then put a few rows of plain weaving before beginning your next diamond, or you can run the diamonds together by starting over with row 1 and repeating through row 12.

Continue following this pattern (or your variation of it) until you have the length desired and remove from the loom. Finish the ends of the band as desired.

To create a double sided band with a reverse image on the back of the band, drop a dark thread to the lower shed for each light thread you pick up. If you pick up the 6th light thread, then drop the 6th dark thread and so on.

Your finished weaving should look similar to this:

