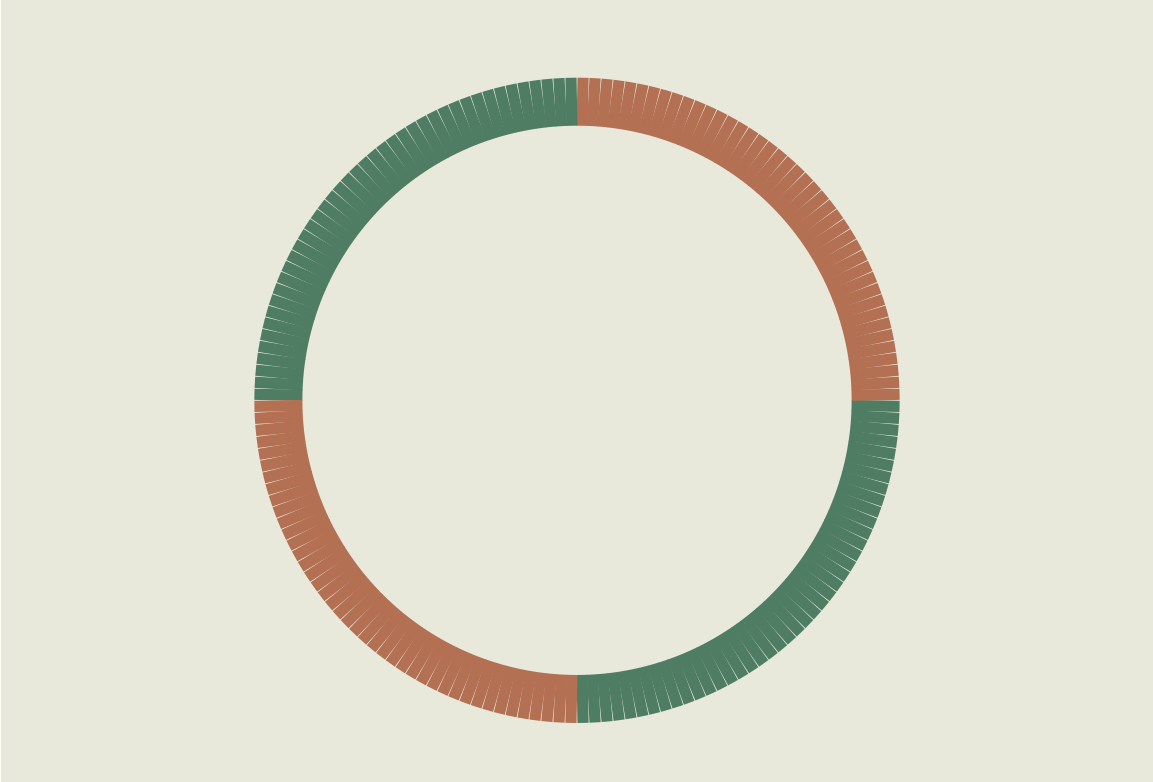
STEADLEAF PRESS

MAKE / ORIGINAL FREE DIGITAL GUIDE / F095

MAKE A BEGINNER FIBER-WRAPPED HOOP

A four-quarter alternating A / B decorative ring



FOUR COLOR QUARTERS / THREE CHANGES / ONE TUCK

Original clock map, trapped tails and printable maker records.

Non-load-bearing digital craft sample. Physical trials not done.

Edition: Steadleaf Press original FREE MAKE adult digital craft guide. Independent technical/editorial review final verdict PASS; no real physical crafting or material-strength testing conducted. This has not been made by hand, load-tested, handled with actual yarn, printed to scale, strength-tested, washed, colourfastness-tested, examined for material safety or assessed as a real object near children or pets.

A circle with four deliberate colour sections

This lesson wraps an ordinary closed, smooth, purpose-made wooden craft ring in alternating colours of soft yarn. The ring sits flat on a work table while you turn the yarn around its cross-section. It is not an embroidery-hoop frame assembled with a screw, and nothing in this activity requires attaching fabric, making a web or hanging an object.

A removable paper guide underneath the ring establishes four approximate quarters. Imagine a clock on the tabletop with the ring’s top at 12, right at 3, bottom at 6 and left at 9. Work around its perimeter clockwise as seen from above: first A from 12 to 3, B from 3 to 6, A from 6 to 9, and B from 9 back to 12. The clock marks describe where the colour sections meet. They are not a guarantee of exact segment length. You will count four bands and three changes of colour, followed by one finishing point at 12.

Section | Clockwise part of ring | Wrap colour | Finish action

Quarter 1 | 12 to 3 | A | trap initial A tail; change to B at 3

Quarter 2 | 3 to 6 | B | trap both boundary tails with B; change to A at 6

Quarter 3 | 6 to 9 | A | trap both boundary tails with A; change to B at 9

Quarter 4 | 9 to 12 | B | trap both boundary tails with B; tuck final B end under nearby wraps

Total | Entire circumference | A / B / A / B | 4 wrapped sections, 3 colour changes, 1 final end

We do not prescribe an exact number of turns. A thick yarn may cover a quarter in fewer turns than a thin one. Every wrap must travel around the thickness of the ring itself, not simply along the ring’s perimeter, and the successive wraps should be advanced close beside one another along the ring. The object remains a lightweight decorative flat study. No hanging loop, wall hook, strap, rigid load connector, toy or child-safe product is included.

Choose safe, consistent materials

Select one seamless closed wooden craft ring around 10-12 cm outside diameter with a smooth, solid, splinter-free surface and enough opening for your yarn ball to pass through by hand. If the ring is large or the yarn ball cannot pass through the central opening, wind an easily handled small working bobbin before wrapping. A wooden ring with loose or cracked joints, splinters, protruding screws or unknown surface coatings is

unsuitable. Do not cut, drill, staple, sand or heat-treat a household frame to make a substitute.

Choose two visible contrasting yarn colours A and B, ideally a soft, even, low-shedding cotton or equivalent craft fibre of similar thickness and care instructions. Keep each colour attached to a small working ball while making its assigned quarter, then cut at the boundary leaving a long tail. Allow plenty of yarn; consumption varies strongly with ring thickness, yarn diameter, gaps and how many times the bobbin must pass through the centre. Do not claim an exact yardage or finished outer diameter.

Other tools: a real ruler or flexible measuring tape, pencil, removable paper/card underlay, blunt large-eye tapestry needle, safe yarn scissors, optional two soft paper clips holding paper only, and a small tray for scraps. Never attach clips directly to the ring if they could dent it; avoid sharp needles or blades near hands. Work seated at a stable low table, keeping the ring horizontal, with short clear work intervals.

Keep loose yarn, loops, clipped tails, tools and finished rings far from babies, children, pets, food, heat and open flames. This decoration is not for suspension, climbing, restraint, load-bearing, a crib mobile, jewellery, a blind pull or any use where a loose ring or dangling cord could hurt someone. If you later decide to mount a decorative ring elsewhere, that requires a separately engineered mounting method not provided or tested here.

The four key methods

Method A - draw quarter positions on paper

Put the dry wooden ring flat on plain paper. Mark its apparent top, right, bottom and left by eye (clock positions 12, 3, 6, 9) on the paper outside the ring, not with permanent ink on its surface. Record the approximate positions so the yarn colour transitions can be placed consistently. When the ring moves as you wrap, rotate it gently back to match the paper guide. The four quarters will be approximate, especially if the ring is not a perfectly even circle.

Method B - start a colour without a dangling knot

Choose a 12 o’clock starting location on the empty wooden ring. Lay about 12 cm of the loose starting end of A along the ring’s next clockwise quarter, flat against the wood, and keep it supported with your fingertip. Pass the A working yarn from the outside of the ring, around the wooden cross-section, through the centre opening and back around, one complete turn at a time, so the working wrap crosses over and holds the laid start tail. Make at least eight to ten adjacent turns over the start tail if there is enough space. Before progressing, if any excess start tail still reaches ahead beyond the covered wraps, shorten the protruding portion to about 1-2 cm, lay it flat along the wood and cover that remainder with the next few wraps; never cut right against the last trapping turn. Check under gentle fingertip contact that the tail stays put. Keep the wraps close together but do not cinch hard enough to abrade fibres or crack the ring. The first turns secure a light decorative tail only, not a knot rated for force.

Method C - change colour without bulky knots

When A reaches the 3 o’clock boundary, stop with the ring lying flat. Cut A leaving about 12-15 cm of loose A end. Lay that old end clockwise along the next quarter of wood. Place about 12-15 cm of the new B start tail beside it, also directed clockwise. Keep both tails side by side on the same back/inner face of the wood, not crossing or stacked. Gently wrap B around the ring over both the old and new tails for at least eight to ten turns if room permits. If either tail still protrudes beyond that trapping zone, shorten its exposed remainder to about 1-2 cm, lay it along the wood and cover it with several more turns; never trim flush against an unsecured wrap. Then continue B through its quarter. Some additional thickness at the transition is normal with this trapped-tail method; smaller yarn usually reduces the bump. Try to keep the transition smooth and the two tail ends on the inner/back side of the ring. Do not knot A to B at the visible face. At 6 o’clock repeat with old B and new A, and at 9 with old A and new B. If two tails bunch or the new yarn cannot hold them without slipping, gently open the last wraps and try better-matched yarn; do not cut both tails flush as a false fix.

Method D - finish without claiming tested holding strength

After Quarter 4 approaches 12 o’clock, leave about 12-15 cm of the last B yarn loose. Keep the last few B wraps controlled. Thread its ending tail through a blunt, large-eye tapestry needle and guide that tail BACKWARD underneath at least eight adjacent B wraps on the rear/inner side of the ring. If the needle is too large or the existing wraps begin lifting, do not force a sharp tool between fibres; leave the end long for inspection and redo the section with thicker yarn if necessary. Gently draw the end through, straighten any shifted wraps, and trim the extra length to roughly 1-2 cm beyond the exit point, leaving an inspectable tail rather than shearing flush at the last wrap. Dispose of the cut fragment safely. The tucked end may still slip under force; do not pull-test, hang or use the ring to support anything.

Step-by-step instructions

1. Define a safe flat display project

Plan one lightweight decorative ring to lie flat on a protected table or inside a craft display case, not to hang from a cord. Clear children, pets, food, heating equipment and cluttered sharp tools from the work surface. A ring can roll when left on edge, so work with it flat.

2. Inspect a single closed wooden craft ring

Choose a reasonably smooth, purpose-made wooden ring around 10-12 cm outside diameter. Reject splinters, cracks, unstable joints, unknown coatings or sharp hardware. A ring with a metal hinge or adjustment screw is not used in this guide. If the opening is small, wind working yarn onto a compact bobbin that passes safely through the middle.

3. Choose two compatible, visible yarn shades

Select colour A and colour B with comparable thickness and low shedding. Compare actual fibres and label care instructions; avoid very slippery yarn and unclean scraps. No claim is made about dye transfer, flame resistance or material safety. If you cannot find two usable yarns, make a record of the issue rather than mixing vastly different weights.

4. Put the ring over a four-clock paper guide

Draw the four outside points 12, 3, 6, 9 on plain paper beneath a flat ring. Do not mark the wood with permanent pen. Start at 12 and plan to wrap the ring clockwise through four quarters A/B/A/B, with colour changes at 3, 6 and 9.

5. Prepare A’s first tail without making a hard knot

Lay about 12 cm of A’s loose starting tail along the outside circumference in the clockwise direction, flat against the ring. Hold it in position over the paper guide. Keep the working ball or small bobbin outside the wood cross-section, ready to pass it through the open centre.

6. Wrap A over its own starting tail

To make ONE complete wrap around the wooden cross-section, lead the working yarn over the outer face of the ring, around one side of its thickness, through the centre opening, around the opposite side of the wooden cross-section and back to the outer face. Repeat eight to ten gentle adjacent wraps over the starting tail, watching that it stays under the turns. If the remaining laid A tail protrudes after those wraps, trim only the excess to about 1-2 cm beyond the trapped portion, lay the remainder along the wood, and cover it with the next few turns. Continue close, even wraps along the first quarter toward the 3 marker; do not pull so tightly that the wooden ring is scratched or warped.

7. Stop A at the 3 marker and prepare two tails

When the A band reaches about 3 o’clock, lay the hoop flat and leave about 12-15 cm of loose A end before cutting. Arrange that old A tail clockwise along the next part of the wood. Position a fresh B yarn start tail about the same length beside it, also pointing clockwise. Both tails must lie flat on the SAME back/inner side of the wood, next to each other without crossing or stacking; the incoming yarn will cross over both. Their full initial 12-15 cm tails may be longer than the available quarter, so they are temporary positioning allowance, not the final exposed length.

8. Trap the A/B boundary under B wraps

Use B’s working yarn to make at least eight to ten nearby wraps over both the old A tail and the new B tail, using the cross-section path from Step 6. If either tail protrudes ahead of these wraps, trim its free excess to about 1-2 cm beyond the trapped portion, smooth it along the wood and cover it with a few further B turns; do not trim either flush. Then keep wrapping gently toward 6 o’clock. Check that the colour boundary is smooth and the ring remains flat on the paper guide. If the tails slide after gentle finger contact, unseat these wraps and use a grippier compatible yarn or a different ring.

9. Change B to A at 6 without a visible knot

At 6 o’clock, stop and cut B with about 12-15 cm loose. Lay that B tail plus a fresh A start tail clockwise along the ring. Wrap new A over both with eight to ten nearby gentle turns, using the full wood cross-section path from Step 6. Trim any remaining protruding free tail to about 1-2 cm beyond the trapping turns, then cover that portion with subsequent A wraps; do not snip flush. Continue A towards 9. Check that the two A sections need not have the same exact number of turns: their target is roughly a quarter of the circumference each.

10. Change A to B at 9 and fill the last quarter

At the 9 o’clock paper marker, leave a long old A tail, start B with its own long tail, and wrap B over both for the initial eight to ten turns of Quarter 4. Use the same full cross-section path described in Step 6. After the first eight to ten B trapping turns, trim any old A or new B tail protruding ahead to about 1-2 cm beyond the trapped portion, then cover the short remainder with further B wraps. Continue B clockwise toward 12, keeping the fourth quarter close-packed but not crushed. You now have the four intended visible sections A/B/A/B.

11. Check whether the four sections meet neatly

Lay the ring flat with the 12 marker at the top. Look for gaps, oversized overlaps and any wood showing between colours. If the final B wrap runs into the first A wrap, stop; do not pile many layers over the start. If there is a small gap, lightly redistribute nearby B turns or undo a few and rewrap, without putting strong tension on the ring.

12. Tuck the final B tail behind existing B wraps

Cut B leaving approximately 12-15 cm after the last wrap. With a blunt tapestry needle, pass that tail under at least eight adjacent B wraps on the rear/inner wood side. Ease it through gently, preserving the A/B boundary and the ring’s shape. Do not use a sharp needle or force the tail through if it catches. After pulling the final B tail back under eight adjacent wraps, shorten the excess to about 1-2 cm beyond its exit from the underside of those wraps, without trimming flush or loosening the turns. Dispose of the offcut. Keep that small tail visible for inspection; no load-holding capacity is claimed.

13. Inspect the wraps and any exposed tail ends

Turn the ring gently while it stays supported over the work surface. Look for loose sections, displaced yarn, frayed tail ends and slipping at the three colour boundaries. If a trapped tail emerges easily when touched gently, unseat that section and rewrap with suitable material rather than pretending the connection is structurally permanent. Never yank on the yarn as a proof of strength.

14. Complete records and store the sample safely

Record the four band colours, clock markers, actual wrap turns per section, start/change/final tail lengths, and whether the ends remained visibly in place. Remove the paper guide and scraps; keep the finished ring dry and flat in a labelled craft box or display tray inaccessible to children and pets. Follow fibre care labels for any cleaning. Do not attach a hook, carrying string or hanging loop to this untested sample.

Fix, care and preserve

A quarter has small gaps or yarn overlaps

Move nearby turns along the ring while they are still loose enough to slide, or gently undo the last few and rewrap. Do not force extra yarn on top of a densely covered band; an irregular quarter boundary is better than an abraded or damaged ring.

The starting A tail creeps out

Unwrap the first eight to ten turns and place A’s 12 cm starting tail flat against the wood before restoring the wrap. If the yarn is too smooth or thick to trap the tail securely, change materials. No first-wrap tail is permanently or mechanically rated by this plan.

The colour change looks bulky

Open that boundary and position both old and new tails flat side-by-side along the wood instead of stacking them in a knot. Wrap the new colour gently over both and inspect the edge. After a minimum of eight to ten retaining wraps, shorten any protruding excess to about 1-2 cm beyond that wrapped zone and cover the remainder with a few more turns, rather than leaving a long piece exposed or cutting flush. A slight raised boundary is normal with two trapped tails. Use compatible yarn weights; do not trim tails flush to hide insecure work.

The last B end will not pass beneath the existing wraps

Try a smaller blunt needle or gently open a few nearby turns. Never use a sharp needle to pierce yarn under tension, and do not press hard against the ring or your hand. If a tail cannot be threaded safely, leave it visible and label the sample unfinished rather than claiming it is secure.

The ring has an unexpected rough patch

Stop and do not continue wrapping over damaged hardware, cracks, splinters or sharp edges. Replace the ring with a smooth purpose-made craft component. Do not sand, drill, glue or repair an unknown-coated ring within this guide.

Yarn sheds, stains or changes after moisture

Keep the decorative hoop away from food, children, pets and delicate furniture if the yarn or dye is uncertain. Do not wet-set, heat-seal or wash the project without actual material-label guidance. The publisher has not verified colourfastness, structural grip or storage durability.

Finished display and reuse

Store flat or place on a stable broad decorative tray beyond the reach of small children and animals. This simple ring is NOT a child’s toy, pet toy, dreamcatcher safety device, hanging pot support, curtain pull, restraint, mobile or tested load-bearing fixture. The yarn may loosen with handling; inspect before each purely decorative use.

Pattern 1 - Four quarter marks and alternating bands

Mark 12, 3, 6, 9 on a paper underlay, not on wood. Work from 12 clockwise, making A for Quarter 1 (12-3), B for Quarter 2 (3-6), A for Quarter 3 (6-9), and B for Quarter 4 (9-12). Each section has as many adjacent wraps as its actual yarn thickness and ring circumference allow; do not invent an exact wrap-count target. Enter the true count you used on Record 1. The intended finished sample shows four bands, three visible colour transitions and one final B finish.

Pattern 2 - Starting tails, three colour changes, last tucked end

At 12, lay the A start tail along the wood and trap it below eight to ten A wraps. At every change (3, 6, 9), lay old tail plus new starter tail clockwise side-by-side under at least eight to ten wraps of the incoming colour. At final 12, use a blunt tapestry needle to tuck the last B end backward under eight nearby B wraps on the back/inner side. After eight to ten trapping wraps at a colour change, trim any exposed excess old/new tails so roughly 1-2 cm remains beyond the covered portion, and wrap over that remainder. At the final B exit point after a backward needle tuck beneath eight wraps, trim excess to a visible 1-2 cm end. Never cut flush; these are decorative practical methods, not verified strength or safety closures.

Record 1 - Section map and winding count

Quarter | Clock positions | Yarn | Wrap turns used | Comments / exposed tail

1 | 12 -> 3 | A | _____ | _____

2 | 3 -> 6 | B | _____ | _____

3 | 6 -> 9 | A | _____ | _____

4 | 9 -> 12 | B | _____ | _____

Ring type and outside size (approx): _____.

A yarn/fibre and label: _____.

B yarn/fibre and label: _____.

Four quarters met at 12 without major overlap? _____.

Tail trim after trapping (3/6/9): yes [ ] no [ ] partial [ ].

Actual observed colour boundaries: _____.

Record 2 - Wrap finishing and storage checks

[ ] One closed smooth purpose-made wooden craft ring; no sharp hardware.

[ ] A and B yarns are clean, similarly thick and low shedding.

[ ] Four clock markers are on paper rather than permanent wood ink.

[ ] Start A tail laid clockwise and trapped beneath several A wraps.

[ ] At 3, old A and new B ends trapped below B turns.

[ ] At 6, old B and new A ends trapped below A turns.

[ ] At 9, old A and new B ends trapped below B turns.

[ ] Final B tail gently tucked under B wraps with a blunt needle.

[ ] Any protruding start/change tails shortened and covered after trapping, not cut flush.

[ ] Final B tail shortened to a visible 1-2 cm after needle tuck.

[ ] All wrap sections checked for gaps, bulges and loose ends.

[ ] Scissors and stray fibres put safely away after work.

[ ] Finished ring remains flat, decorative and out of reach of kids and pets.

[ ] No hanger, toy, functional fastener or strength-rating claim made.

Number of sections with a loose end on visual inspection: _____.

Colour transition that needed the most adjustment: _____.

How the next practice sample could improve: _____.

Technical context, originality and test limits

The original four-quarter A/B/A/B paper-clock guide, short non-load-bearing ring wrap with trapped start/change tails, twelve-moment counting and tail-control lessons, original vector diagrams and records are newly prepared Steadleaf Press digital craft content. General wrapping and tucking ideas are common; the following sources were consulted for basic technique context only. No tutorial text, photograph, or diagram was copied.

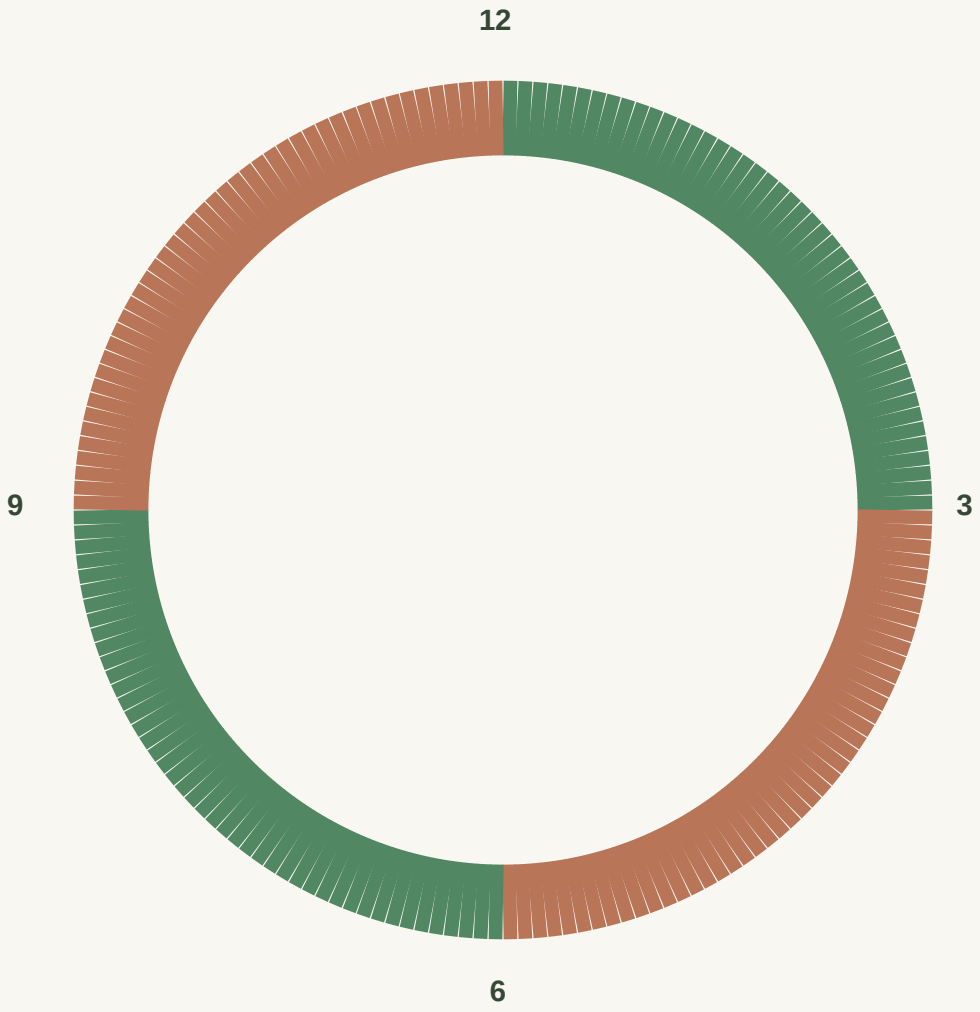
- Pintangle - How to Bind and Use an Embroidery Hoop: https://pintangle.com/2015/08/10/how-to-bind-and-use-an-embroidery-hoop/

- Ashley General Handmade - How I Wrap My Embroidery Hoops (and Why I Do It!): https://ashleygeneral.squarespace.com/blog/2020/4/11/how-i-wrap-my-embroidery-hoops-and-why-i-do-it

Claims boundary: No real hoop, yarn, winding, tail pull, physical grip/security, abrasion, material tests, strength, load, moisture, dye transfer, actual print-scale or child/pet safety verification has been performed. This is an original adult recreational craft learning guide, not a tested physical installation, toy, lifting fixture or engineered fastener.

Four-quarter A / B / A / B clock map

Clockwise view from above a FLAT ring on paper.



Q1 A: 12-3 / Q2 B: 3-6 / Q3 A: 6-9 / Q4 B: 9-12

No fixed wrap count; fill each actual quarter with adjacent turns.

Only paper is marked. Ring stays on a supported flat table.

How yarn ends are trapped and tucked

Each wrap travels around the WOODEN CROSS-SECTION.

START A AT 12

Lay 12 cm A tail clockwise on back/inner wood face.

Wrap over it 8-10 times; cover the last short tail.

THREE COLOUR CHANGES AT 3 / 6 / 9

Lay old and new tails side-by-side on SAME back face.

Wrap with new colour 8-10 times. Trim excess to

1-2 cm beyond the grip, then cover that remainder.

LAST B FINISH AT 12

With blunt needle, tuck B tail backward under 8 wraps.

Trim exit tail to a VISIBLE 1-2 cm, not flush.

No load-strength, heat-setting, adhesive or hanging claim.

Quarter wrapping and yarn tail log

Ring size/type: _____ Date: _____

Quarter	Clock	Color	Turns / tails
1	12 to 3	A	_____
2	3 to 6	B	_____
3	6 to 9	A	_____
4	9 to 12	B	_____
TOTAL	4 bands	ABAB	_____

Start tail wrapped under A? _____

Trim beyond trapped zone at 3/6/9: yes [ ] no [ ]

Final B needle-tuck inspected? _____

Wrap, tail and safe-storage checklist

- [ ] One closed smooth purpose-made wooden craft ring
- [ ] A / B yarns clean and similar thickness
- [ ] Clock positions drawn on paper, not the wood
- [ ] A start tail trapped under 8-10 wraps
- [ ] 3 boundary: A + B tails flat below B wraps
- [ ] 6 boundary: B + A tails flat below A wraps
- [ ] 9 boundary: A + B tails flat below B wraps
- [ ] Any excess ends shortened, NOT cut flush
- [ ] Last B tucked under 8 wraps with blunt needle
- [ ] Final B exit tail remains visible at 1-2 cm
- [ ] All four quarters checked for gaps/loose tails
- [ ] Hoop stored flat and away from kids and pets

Not a toy, hanger, carrying strap or safety-rated fastener.