



World's Largest Selection Of  
USA made 550 Paracord  
In 1,000 + Colors and  
Patterns

# Self Defense Belt

## Materials

35-40 ft of 550 paracord color 1

35-40 ft of 550 paracord color 2

Two 9 ft pieces of 550 paracord

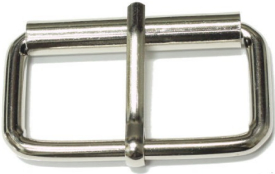
Belt Buckle

1/4" Hex nuts

{Cost for this project starts at \$12.75}



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**Step 1:** Find the center of the long color 1 cord that you want to show on the outside. Lay it below your buckle.



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**Step 2:** Fold one of the 9 ft piece of paracord in half and place it under the first cord and the buckle as shown.

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**Step 3:** Bring the center of the short cord through the buckle and down. Pull the two ends through the loop and tighten.



Repeat steps 2 and 3 with the other short cord on the opposite side of the buckle.



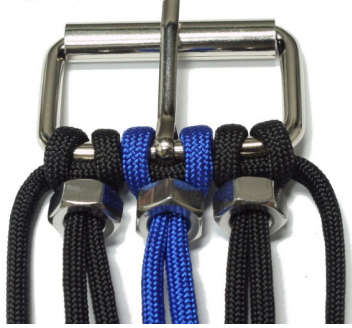
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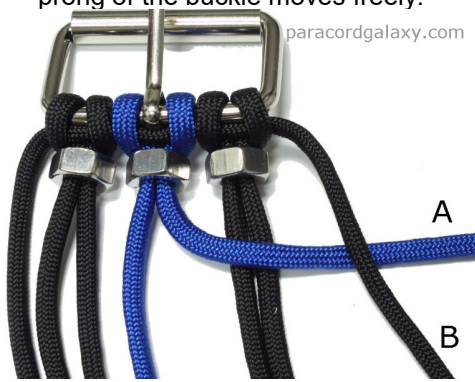
Repeat steps 2 and 3 to attach the long color 2 cord in the center. Be sure the prong of the buckle moves freely.

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**Step 4:** Thread a hex nut on both strands of each of the three cords attached to the buckle as shown.

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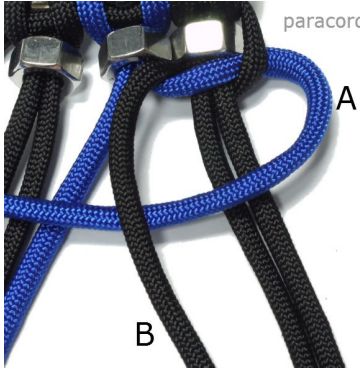
**Step 5:** Separate the eight strands into two groups of four. With strand A, bring it over the center strands and under B.

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**Step 6:** Bring B behind the center strands and up through the loop created by A. Pull tight.

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**Step 7:** Bring A over the center cords and under cord B.

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**Step 8:** Bring B behind the center cords and up through the loop created by A. Pull tight.



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Repeat steps 5 through 8 with the other four strands keeping A the same color as before. Then cross the right A over the left A cord.



Thread three hex nuts on the strands as before. Continue repeating steps 5-8 with both sets of four cords adding hex nuts as desired.



Once you reach the desired length of hex nuts, continue repeating steps 5-8 as before. Remember to cross the A cords in the same direction each time.



Once you near the completed length, cross both cord A's behind the core cords as shown.



Repeat steps 5-8 with color 2 around the four core strands.



Continue until you reach the desired length then trim and melt cords A and B.





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With the top two outside strands, repeat steps 5-8 over the previous weave.



Once you reach the end, trim and melt all six remaining cords.



With one of the scrap pieces of cord, attach a fid and insert the cord through a loop at each side of the belt as shown to create a loop.



Insert the tip of the belt through the loop. Tie an overhand knot on each end of the cord keeping your loop loose enough for the belt to move in and out. Trim and melt the ends.



This belt used about 35 ft of blue, 35 ft of black and two 9 ft pieces of black. The length of the braiding is about 42 in.