### 7B Instructions

1. **Place Center Band**
   - Place Center Band between the thumb and forefinger in your left hand with lip near top of band facing away from you.

2. **Bring Band from Bottom Up**
   - Bring band from bottom up with your right hand and place next to center band. The outside portion of the band will be against the center band with the flat stamped side out. Switch hands.

3. **Bring Other Band from Bottom Up**
   - Bring other band from bottom up with your left hand and place next to center band. This is the other outside band.

4. **Grasp Band Stamped “Jose”**
   - Grasp band stamped “Jose” in your right hand with the stamp facing towards you, the bands in your right hand to fall down to one side. This band is the band that crosses over on a diagonal when the ring is assembled.

5. **Bring Up One Band Behind the “Jose” Band**
   - Bring up one band from behind the “Jose” band. It will fit against the “Jose” band and from this point on these two bands act as one.

6. **Grasp Two Bands on Bottom and Fit Them Together**
   - Grasp two bands on bottom and fit them together. Bring bands up towards you until they are parallel to the “Jose” band.

7. **Holding Bands in Your Left Hand Between Your Thumb and Forefinger**
   - Holding bands in your left hand between your thumb and forefinger, turn clockwise.

8. **Continue Turning Until You Have Completed a 180-Degree Rotation**
   - Continue turning until you have completed a 180-degree rotation.

9. **The Bands Should Fit Together Holding the Remaining 5 Bands in Place**
   - The bands should fit together holding the remaining 5 bands in place.

10. **When This Step Is Complete**
    - When this step is complete the bands should form an “X” holding the three other bands in place.

11. **Take the Center Band and Gently Push the Band Down into the Center of the Assembled Rings**
    - Take the center band and gently push the band down into the center of the assembled rings.

12. **The Band Should Slip Down and Fit into the 4 Assembled Bands**
    - The band should slip down and fit into the 4 assembled bands.
7-B Instructions (Cont.)

13. Take the first band on the side facing you in step 9 and rotate the band until the irregular shaped part is on the inside of the ring.

14. When you have completed the rotation, be sure that the “V” shaped part on the inside of the ring is over the remaining loose bands.

15. Bring band up and it will fit next to the other bands.

16. Take the next band on the opposite side and rotate the irregular shaped part to the inside if the ring.

17. When you have finished the rotation bring the band up to the remainder of the assembled bands.

18. Congratulations, you have completed your ring!