

Pro Bow The Hand - www.probowthehand.com

Instructions for Small Hand - 1 Ribbon

Congratulations on your purchase of Pro Bow The Hand. This item truly revolutionizes the construction of bows. Never before has making a bow been so simple with perfect results every time.

We are committed to your satisfaction as a customer. Instructions on how to use the Pro Bow are on our website at www.probowthehand.com To access the instructions, click on the bow gallery button. Next, select large or small hand. Within each gallery are two instructional videos – one using one ribbon and one using 3 ribbons. These videos are about 10 minutes long and show step-by-step instructions on how to use the Pro Bow.

After you have watched the instructional videos and are a master at using The Hand, you are ready to use my “bow recipes.” You will find these recipes in the bow galleries along with a short, accompanying video. The bow recipe videos are filmed much faster and show you how different ribbons and finger placement create beautiful bows. Each time I make something I think you will also enjoy, I post it as a bow recipe! We strive to take the guess work out of bow making and show the wide range of bows that can be made using The Hand. However, you will certainly want to experiment for yourself!

We would love to hear from you and post your wonderful creations on our Facebook page to share with others.

Included in the box please find - 1 bag of 14 – 2 ½” x ¼” spindles – these are for the Hand and 3 – 3 ½” x 3/8” – these are for the Spool Holder. Also one set of 13 - non skid pads. Please stick on the back of the Hand and Spool Holder as seen in [Figure 1](#). This insures a firm work platform.



Figure 1

Lets look at the face of the Hand, [Figure 2](#). Notice the lines connecting the holes. This is so you can visually follow the row you are working on. Notice the “C”. This is the center loop of the bow. The hole nearest the nail is the base finger, or the center of the bottom of the bow. You will always have a finger in this position when make basic bows. Next notice the 1R-1L, 2R-2L, etc. After the center loop work outward to 1 Right then 1 Left. Now both sides of your bow are perfect. If you want a fuller bow move to

2 Right then 2 Left. This row of loops are $\frac{1}{4}$ " bigger than 1R-1L. Want a fuller bow – move on to 3 R-3L, etc.

Now notice A-B-C-D-E. The size of the bow is determined by which row you work on. Small Bow – Row A, then each letter B-C-D-E the bow becomes bigger.

The fullness of the bow or how many loops the bow has is determined by how many times you go around each finger - C, 1R-1L, 2R-2L, etc. The style of the bow is determined by mixing the use of fingers on different rows, an example of this will follow.



Figure 2

The bow pictured in [Figure 3](#) is a basic 1-ribbon bow using 4 yards for the bow, use extra to wrap around box. The ribbon is 1" wide or #9 ribbon. This is a very nice small package bow! You will also need 1 piece of 26-gauge wire cut to about 18 inches.



Figure 3

Step 1

Sit the hand on your work surface with the spool holder sitting on the **Right Always** even if you are left-handed. It is a right to left hand movement. You will be using both hands equally! Next, place the fingers in position, the flat end goes in the holes, the tapered end of the finger goes up. The ends of the fingers are tapered so the ribbon easily glides over them. Place fingers as shown in [Figure 4](#). Base finger, then center finger on Row C – Finger 1R-1L – Finger 2R-2L, also on Row C.



Figure 4

Step 2

Place ribbon on spool holder reeling off to the right. Pull ribbon downward. *Figure 5*



Figure 5

Step 3

Pinch Ribbon $\frac{1}{2}$ inch from the end. Hold in left hand. Keep your hand close to the table. If you raise your hand up in the air the ribbon will pop off the spools and too much ribbon will reel off and get tangled. You don't want that to happen. *Figure 6*



Figure 6

Step 4

Hold 18-inch piece of wire in Right Hand and approach left hand and the pinch from the back. Slip the wire between pinch and finger. Leave 9 inches up – 9 inches down.

Figure 7 & 8



Figure 7



Figure 8

Step 5

Now hold top of wire with Right Hand and swing toward you. Go around the pinch very tightly and neatly, about 2 times. Figure 9



Figure 9

Step 6

This is how it should look. Figure 10

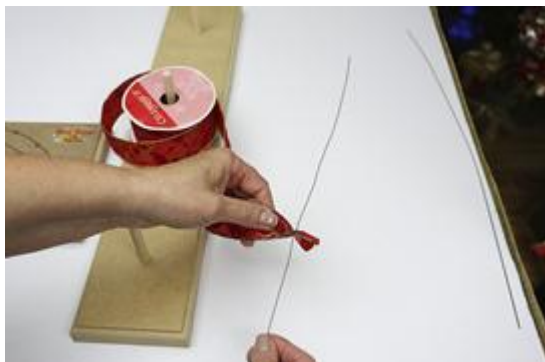


Figure 10

Step 7

Now pull ribbon toward Hand. Notice how low I am keeping the ribbon to the table. This will keep ribbon from popping off of the spools and tangling. [Figure 11](#)

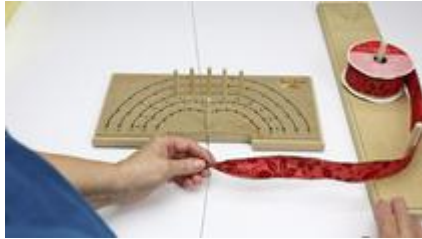


Figure 11

Step 8

Notice how I have gone around center finger from the left and then pulled the ribbon downward to base finger. Notice I have kept 1 piece of wire up and one wire down. Pinch the wired ribbon on the "pinch" to the base finger. **Do Not** push the pinch all the way down to the hand. Go up the base finger to half the width of the ribbon you are using. I am using 1" inch ribbon so I am up the base finger 1/2 inches. Continue holding pinch in place with Right Hand. With Left Hand pull wire up base finger then wrap around top of finger. To start wrap go left and go around back of base finger then continue wrapping. Leave just a tiny tip sticking out so you can get to the wire at the end of bow making. Now holding pinch in place with Left Hand, pull the downward wire with Right Hand and go around nail just once and stick all of the wire under the board, leaving a small loop so you can also get to this piece of wire at the end. This is how your work should look at this point. The ribbon firmly wired in place to the hand. [Figure 12, 13 & 14](#)



Figure 12



Figure 13



Figure 14

Step 9

Pull ribbon down snugly. Now I will be referring to the bottom edge of the ribbon. Notice in [Figure 15](#). Notice my Right Hand position in the picture, [Figure 16](#)

The back of my finger is touching the base Finger under the pinch. The Bottom Edge of the ribbon is touching the palm of my Right Hand. My thumb is touching the top edge of the ribbon. My Left Hand fingers are pushing down to my Right Hand finger. I am rotating my Right Hand bringing the bottom edge of the ribbon up; this is forming a twist in the ribbon over the wired pinch.

Figure 15

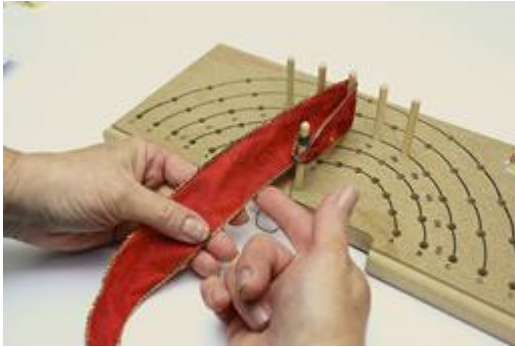


Figure 16



Step 10

Now glide the ribbon with finger toward Finger 1 Right. *Figure 17*



Figure 17

Step 11

Flip Ribbon over Finger 1 Right and pull down snugly. *Figure 18*



Figure 18

Step 12

Notice the $\frac{1}{2}$ twist that is forming in the hand to spool ribbon. That always forms on the Right. If you twist from the bottom edge of the ribbon – bring the bottom edge up each time; the hand to spool ribbon will never get twisted. This is so important. It saves so much time and no spools of ribbon rolling all over the floor. *Figure 19*



Figure 19

Step 13

Now notice my Left Hand position. I will do the exact movement I just did to the Right – except I will move to the left toward Finger 1 left. The back of my Left Finger is touching the base finger under the wired pinch. Now my Right Hand is pushing the ribbon down to my Left Hand. The bottom edge of the ribbon is touching my Left Hand finger. My thumb is touching the top of the ribbon. *Figure 20*



Figure 20

Step 14

Now I have closed my Left Hand and have twisted the ribbon bringing the bottom edge up. [Figure 21](#)



Figure 21

Step 15

Glide off of Left Hand fingers toward Finger 1 Left. [Figure 22 & 23](#). Notice the hand to spool ribbon stays straight because you have done the bottom – up movement every time twisting from the bottom edge of ribbon. No spools of ribbon twisted or rolling on the floor. This saves so much time.



Figure 22



Figure 23

Step 16

Twist at base finger – bottoms up movement. [Figure 24](#)



Figure 24

Step 17

Move back over Finger 1 Right! Yes, it fits quite nicely right back over. Pull down snugly [Figure 25](#)



Figure 25

Step 18

Bottoms – up movement at base finger. [Figure 26](#)



Figure 26

Step 19

Go over finger 1 left again. Go over finger 1 right and finger 1 left a total of 3 times! [Figure 27](#)



Figure 27

Step 20

This is how your work should look at this point. Now move on to finger 2 right. Figure 28



Figure 28

Step 21

Bottoms up movement at base finger. Go over finger 2 left. Pull down snugly. Figure 29



Figure 29

Bottoms up movement every time – hand to spool ribbon is straight! Figure 30



Figure 30

This is how your work should look at base finger. Stack on top of each twist every time. Figure 31



Figure 31

Step 22

Go back and fourth from finger 2 right to finger 2 left a total of 5 times. This is how your work should now look. *Figure 32*



Figure 32

Step 23

Now its time to finish the bow. One more bottoms – up movement. You want the tail facing upward. *Figure 33*



Figure 33

Step 24

Go to that little tip of the wire around top of base finger. Pull upward – then pull toward yourself.

Figure 34



Figure 34

Step 25

Pop wire from nail – pull upward and wire off bow. Figure 35



Figure 35

Step 26

Lift from hand. Figure 36



Figure 36

Step 27

Tie ribbon around package. Cut tails as you like. [Figure 37](#)



Figure 37

Step 28

Pull 1 piece of wire under knot and one over knot. Wire together and cut off excess. [Figure 38](#)



Figure 38

Step 29

Cut tail to desired length. [Figure 39](#)



Figure 39

Step 30

Now fluff out loops. Make sure to put your finger thru the loops. Don't pull from edge, ribbon will tear!

Figure 40



Figure 40

Fluff some more. Figure 41



Figure 41

Turn box around. Fluff other side. Figure 42



Figure 42

Here is the finished bow – Beautiful

This may seem like a lot of steps – but actually in real time this takes only minutes – Enjoy!



This is an example of a different Style bow. Place center Finger on row B. Then the other Fingers on row C – 1 wrap each. This will give a much smaller center loop creating a very different Style of bow. Enjoy!



Bow Recipe

Small Hand

Row B

Center Finger - 1 Wrap

Row C

Finger 2 Right & Left - 1 Wrap

Finger 3 Right & Left - 1 Wrap

Finger 4 Right & Left - 1 Wrap

Finger 5 Right & Left - 1 Wrap

Finger 6 Right & Left - 1 Wrap

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