Step 1. Draw a grid – make sure the sides are an even number of squares.

Step 2. Faintly mark in a border 1 square in from the edge.

Step 3. Place extra dots *in between* the border dots.

Step 4. Lightly pencil in a diagonal grid using the new dots as a guide.

Step 5. Now *lightly* draw in the four arched corners... and next the curved edges.

Step 6. Choose a ‘starting ribbon’ and continue it so that it goes alternately over and under the other ribbons, rubbing out as you go.

Step 7. Choose another starting ribbon if necessary. Rub out any unnecessary lines.

Step 8. Decide which crossings to rub out. Then redraw the lines so that the ribbon curves back on itself rather than along the plait.

For example: rub out an inner crossing... or an outer crossing.