Phoenix Tail over Core - Quick release survival bracelet

Abridged from http://chineseknotting.org/sinnet/phoenix-tail/
See also: http://www.itstactical.com/skillcom/knots/decorative/quick-release-paracord-bracelet-for-emergency-paracord-deployment/

Tied over a core, the phoenix tail greatly resembles the solomon bar which is the standard knot used in survival bracelets, but due to it's crochet like structure, can be untied almost instantly by pulling on the 2 side cords. If using for survival bracelet purposes, tie it all from a single cord including the core to maximize useable length. Here the sides and core are all different colours for clarity.

Start by hitching the various cords to a buckle or tying them all together, then begin the phoenix tail. Make the loops quite long and lay them over the core. Here the left loop will always go over the core and the right loop always behind.

If making a survival bracelet, compress the braid from time to time, packing the loops down the carriers/core to maximize the amount of cord in the bracelet.

The finished pattern, front and back.