

*A lace cheveron broad of eight bowes.*

**T**AKE foure bowes of one colour and four of another, and be all that one colour upon *A. B.*: of both thy hands and the other colour upon *C. D.* of both thy hands, and then shall you take with *A.* of the right hand thorough *D. C. B.* of the left hand, the bow *A.* unreversed of the selfe hand and then hie thy bows left, and the left bowe so taken set upon *D.* left and after shalt thou take with *A.* left thorow *D. C. B.* right the bow *A.* right unreversed, and then hie thy right bowes and set the selfe bow upon *D.* right, and then shall *D.* right change his bowe with *D.* left and then reverse all thy bowes and begin againe.

*A lace Chevron round.*

**T**AKE eight bowes, and do in the selfe manner, as afore in the broad of eight bowes but when *D.* right hath changed with *D.* left, then shall *A.* right change with *A.* left, and that under all the other bowes and begin againe.

*A lace ovnd of sixteen bowes.*

**T**AKE sixteen bowes of which eight be of one colour, and eight of another, and be all that one colour upon *A. B.* of both thy hands, and on both the hands of thy fellows, and that other colour upon *C. D.* of both your hands, and then shall you change your over bowes of your hinder hands, and then work in the selfe manner, as in the Chevron broad of eight bowes and begin againe.

*A lace ovnd round.*

**S**ET your bowes upon your hands as in the ovnd broad, and work also in the selfe manner, save ye shall change here your over bowes of your further hands, and begin againe,