

From the half-cycle tables in Fig. 1185 we then read the half-cycle braiding algorithms for the Perfect Regular Nested Knot in Fig. 1183 as follows:

1. $1 \nearrow 1$: Free run.
2. $1 \nwarrow 6$: o .
3. $6 \nearrow 2$: Free run.
4. $2 \nwarrow 5$: u .
5. $5 \nearrow 3$: Free run.
6. $3 \nwarrow 4$: o .
7. $4 \nearrow 4$: Free run.
8. $4 \nwarrow 3$: u .
9. $3 \nearrow 5$: Free run.
10. $5 \nwarrow 2$: o .
11. $2 \nearrow 6$: Free run.
12. $6 \nwarrow 1$: u .

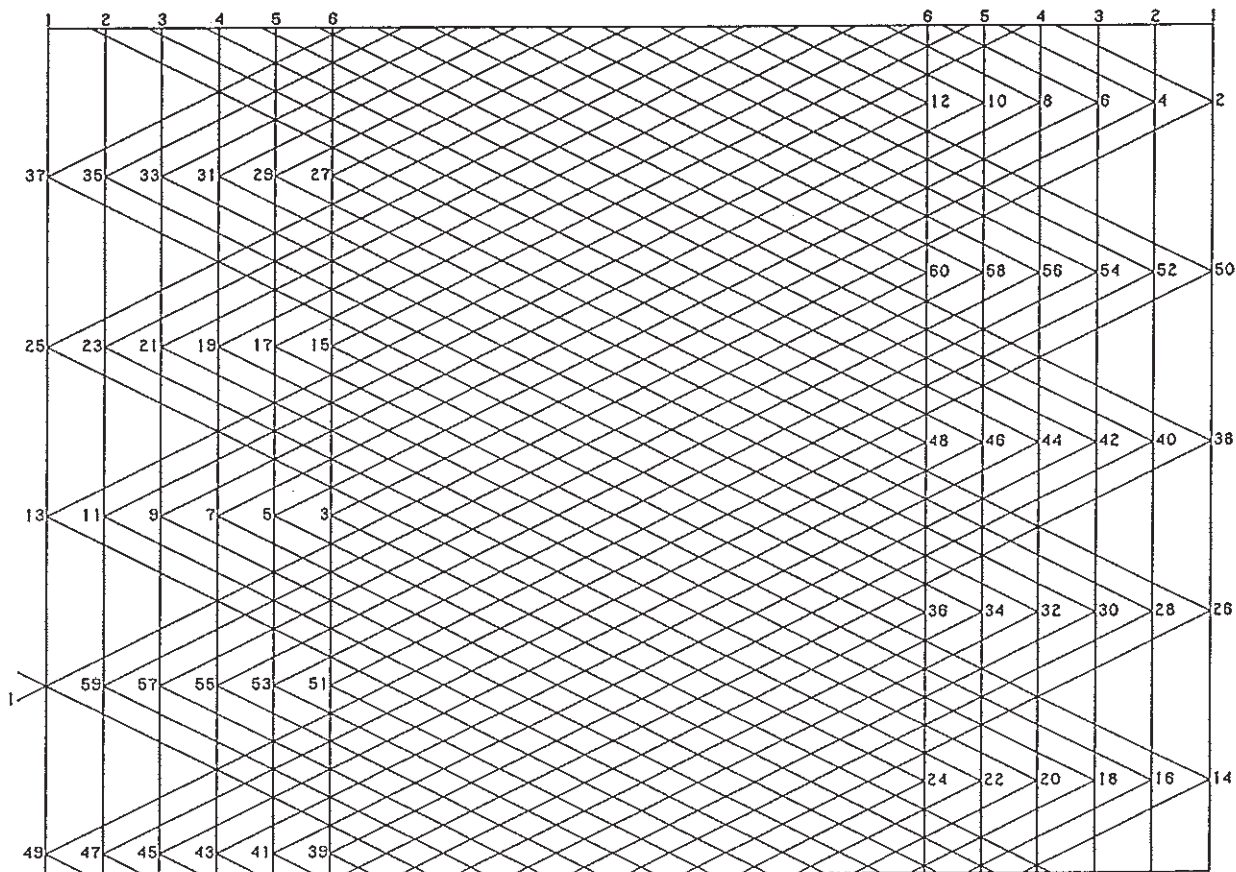


Fig. 1182 — The string-run of the single string spherical Regular Nested Knot with $A = 6$, $B^* = 5$, $x = 21$, $k = 1$.

13. $1 \nearrow 1$: $u - o - u - o - u - o$.
14. $1 \nwarrow 6$: $o - 3u - 3o$.
15. $6 \nearrow 2$: $2u - o - u - o - u$.
16. $2 \nwarrow 5$: $3u - 3o - u$.
17. $5 \nearrow 3$: $3u - o - u - o$.
18. $3 \nwarrow 4$: $2u - 3o - u - o$.
19. $4 \nearrow 4$: $o - 3u - o - u$.
20. $4 \nwarrow 3$: $u - 3o - u - o - u$.

- 21. $3 \nearrow 5$: $2o - 3u - o.$
- 22. $5 \searrow 2$: $3o - u - o - u - o.$
- 23. $2 \nearrow 6$: $3o - 3u.$
- 24. $6 \searrow 1$: $2o - u - o - u - o - u.$
- 25. $1 \nearrow 1$: $u - 3o - 3u - o - u - o - u - o.$

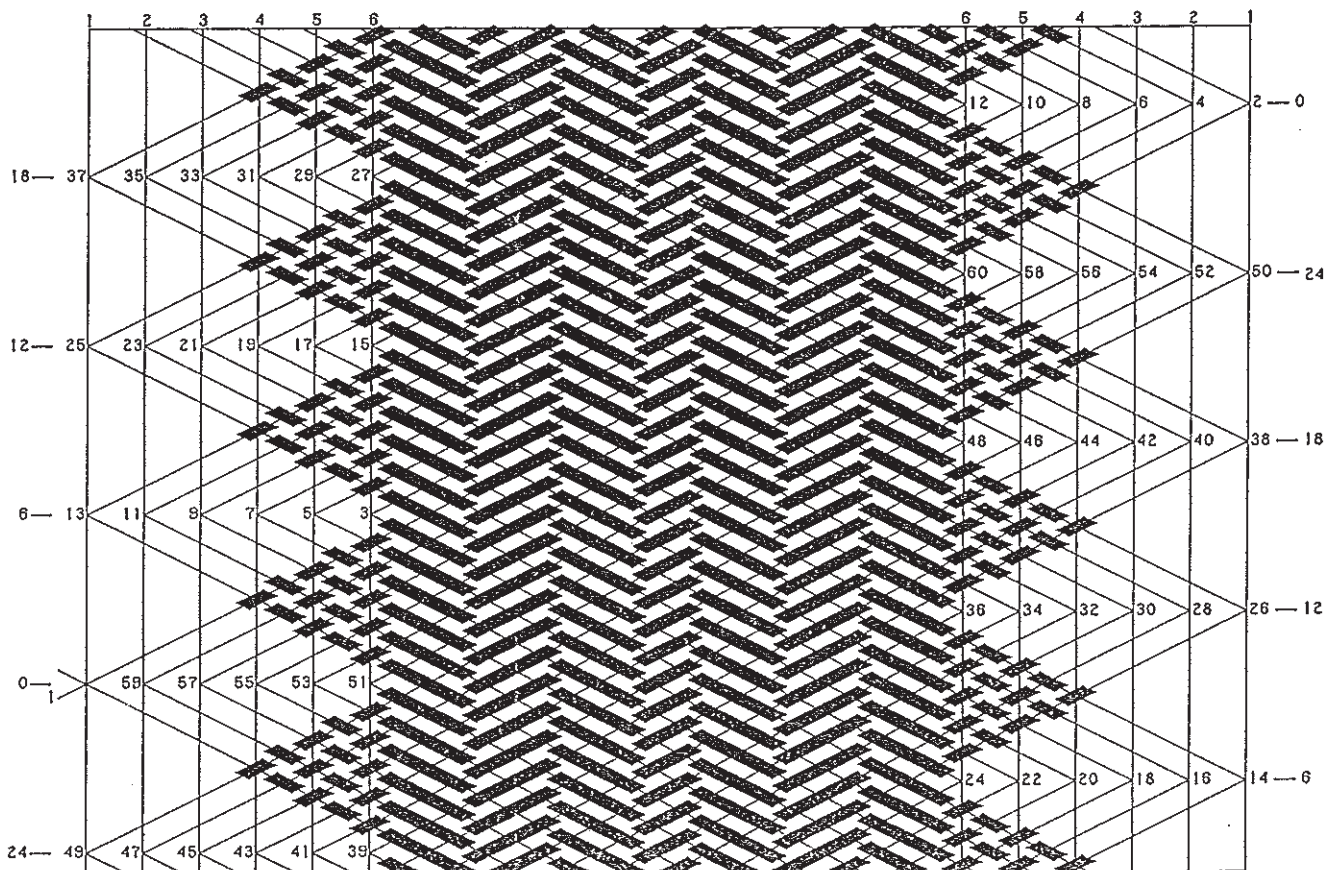


Fig. 1183 — The grid-diagram of the single string spherical Regular Nested Knot with $A = 6, B^* = 5, x = 21, k = 1.$

- 26. $1 \searrow 6$: $2o - 2u - 3o - 3u - 3o.$
- 27. $6 \nearrow 2$: $2u - 3o - 3u - o - u - o - u.$
- 28. $2 \searrow 5$: $o - 2u - 3o - 3u - 3o - u.$
- 29. $5 \nearrow 3$: $3u - 3o - 3u - o - u - o.$
- 30. $3 \searrow 4$: $2u - 3o - 3u - 3o - u - o.$
- 31. $4 \nearrow 4$: $o - 3u - 3o - 3u - o - u.$
- 32. $4 \searrow 3$: $u - 3o - 3u - 3o - u - o - u.$
- 33. $3 \nearrow 5$: $2o - 3u - 3o - 3u - o.$
- 34. $5 \searrow 2$: $3o - 3u - 3o - u - o - u - o.$
- 35. $2 \nearrow 6$: $u - 2o - 3u - 3o - 3u.$
- 36. $6 \searrow 1$: $2o - 3u - 3o - u - o - u - o - u.$
- 37. $1 \nearrow 1$: $2u - 2o - 3u - 3o - 3u - o - u - o - u - o.$
- 38. $1 \searrow 6$: $2o - 3u - 3o - 2u - 3o - 3u - 3o.$
- 39. $6 \nearrow 2$: $3u - 2o - 3u - 3o - 3u - o - u - o - u.$
- 40. $2 \searrow 5$: $o - 3u - 3o - 2u - 3o - 3u - 3o - u.$
- 41. $5 \nearrow 3$: $o - 3u - 2o - 3u - 3o - 3u - o - u - o.$
- 42. $3 \searrow 4$: $3u - 3o - 2u - 3o - 3u - 3o - u - o.$

- 43. $4 \nearrow 4$: $2o - 3u - 2o - 3u - 3o - 3u - o - u$.
- 44. $4 \nwarrow 3$: $2u - 3o - 2u - 3o - 3u - 3o - u - o - u$.
- 45. $3 \nearrow 5$: $3o - 3u - 2o - 3u - 3o - 3u - o$.
- 46. $5 \nwarrow 2$: $u - 3o - 2u - 3o - 3u - 3o - u - o - u - o$.
- 47. $2 \nearrow 6$: $u - 3o - 3u - 2o - 3u - 3o - 3u$.
- 48. $6 \nwarrow 1$: $3o - 2u - 3o - 3u - 3o - u - o - u - o - u$.
- 49. $1 \nearrow 1$: $2u - 3o - 3u - 2o - 3u - 3o - 3u - o - u - o - u - o$.
- 50. $1 \nwarrow 6$: $u - o - u - o - u - 3o - 3u - 3o - 2 - 3o - 3u - 3ou - o - u$.

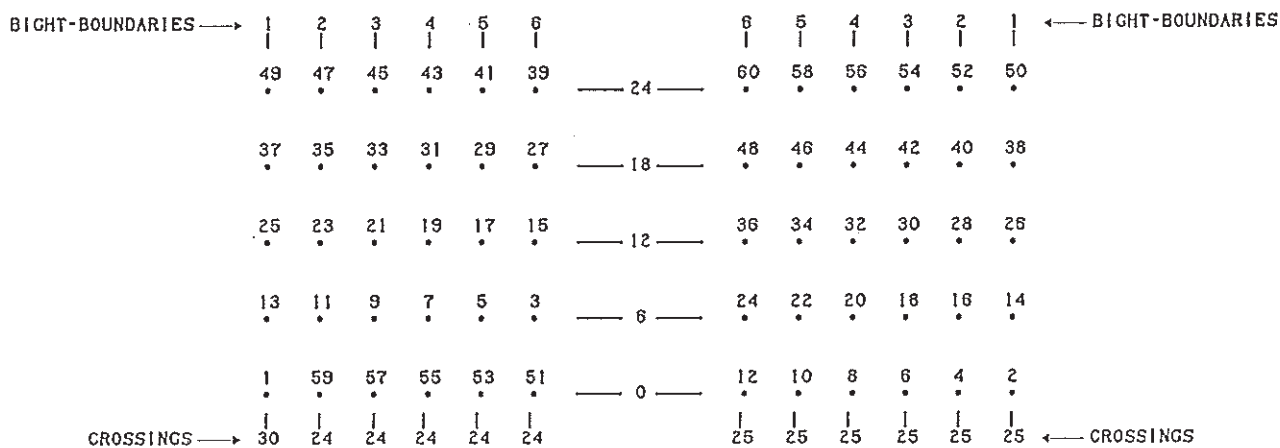
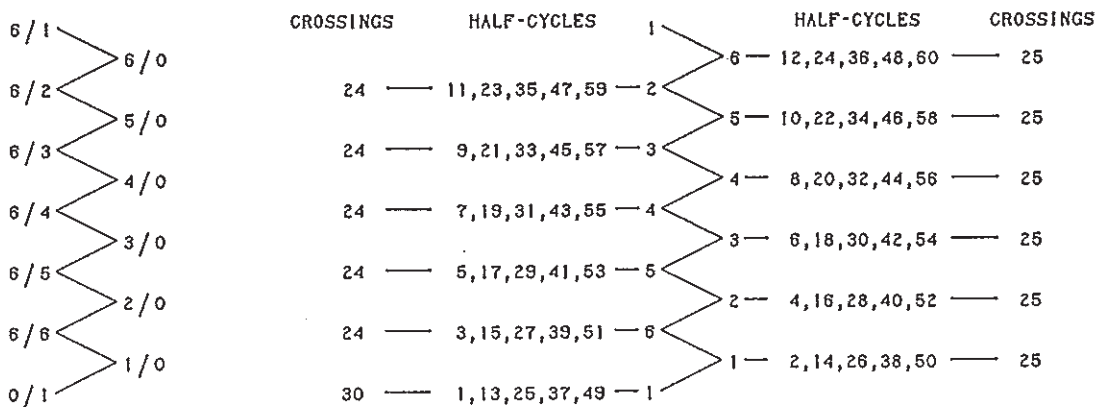


Fig. 1184 — First-return string-run and half-cycle pattern of the single string spherical Regular Nested Knot with $A = 6$, $B^* = 5$, $x = 21$, $k = 1$.

- 51. $6 \nearrow 2$: $3u - 3o - 3u - 2o - 3u - 3o - 3u - o - u - o - u$.
- 52. $2 \nwarrow 5$: $o - u - o - u - 3o - 3u - 3o - 2u - 3o - 3u - 3o - u$.
- 53. $5 \nearrow 3$: $o - 3u - 3o - 3u - 2o - 3u - 3o - 3u - o - u - o$.
- 54. $3 \nwarrow 4$: $u - o - u - 3o - 3u - 3o - 2u - 3o - 3u - 3o - u - o$.
- 55. $4 \nearrow 4$: $u - o - 3u - 3o - 3u - 2o - 3u - 3o - 3u - o - u$.
- 56. $4 \nwarrow 3$: $o - u - 3o - 3u - 3o - 2u - 3o - 3u - 3o - u - o - u$.
- 57. $3 \nearrow 5$: $o - u - o - 3u - 3o - 3u - 2o - 3u - 3o - 3u - o$.
- 58. $5 \nwarrow 2$: $u - 3o - 3u - 3o - 2u - 3o - 3u - 3o - u - o - u - o$.
- 59. $2 \nearrow 6$: $u - o - u - o - 3u - 3o - 3u - 2o - 3u - 3o - 3u$.
- 60. $6 \nwarrow 1$: $3o - 3u - 3o - 2u - 3o - 3u - 3o - u - o - u - o - u$.

After the foundation knot has been braided and properly tightened, we replace its string with a longer string which incorporates in its odd half-cycles associated with the