



1 - Make a plait



2 - Role the plait up



3 - Push the Quick Knot down through the back of the plait



4 - Make sure the pointed end of the post comes out through the centre of the plait



5 - Turn the bottom of the Quick Knot post up to secure your perfect plait



6 - To remove pull the Quick Knot, pull the end of the post down and remove from the top of your plait