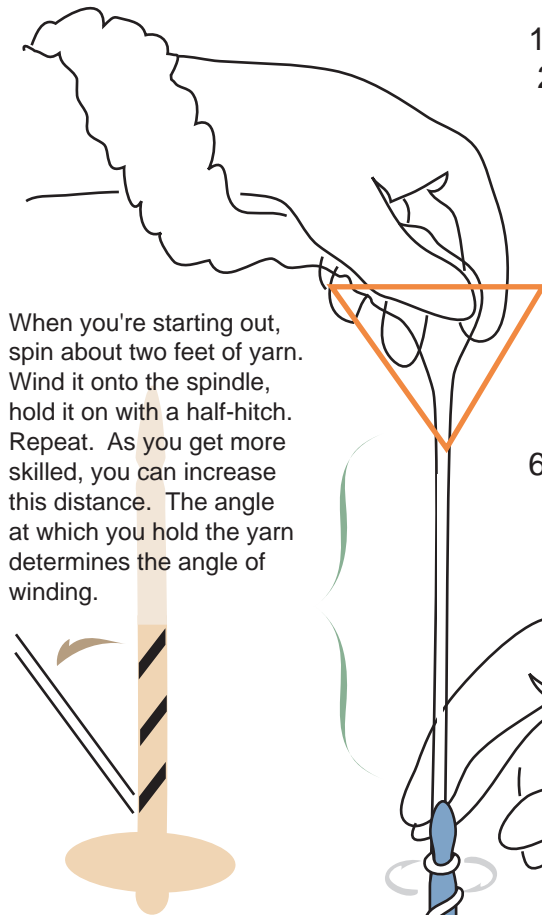


# Using a Puchka (Bottom-whorl Spindle)

by Talzhemir  
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There are many ways to spin. This method is useful for both "protein" (animal origin) and "cellulose" (plant origin) fibers.



When you're starting out, spin about two feet of yarn. Wind it onto the spindle, hold it on with a half-hitch. Repeat. As you get more skilled, you can increase this distance. The angle at which you hold the yarn determines the angle of winding.

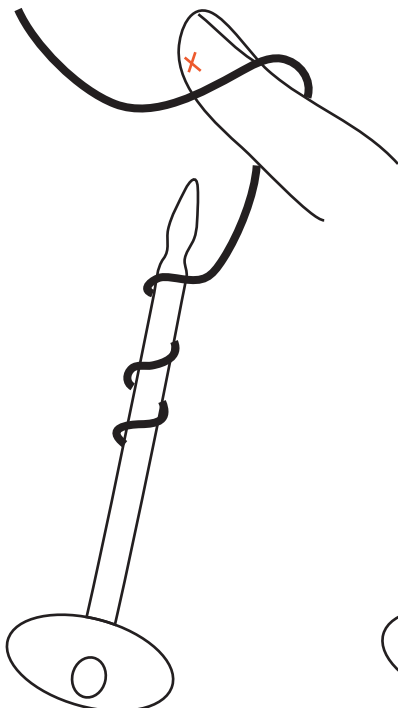
1. Gently stretch the roving (band of carded fiber).
2. Roll the end into a bit of yarn (called the "leader").
3. Tie the leader to the knob of the spindle and let it hang. If you're just learning, let the spindle's bottom end rest on a table. (This is the "supported spindle" method.)
4. Using thumb and first two fingers, lightly spread the fibers into a triangular shape (called the "delta"). Use whichever hand feels right to do this.

5. Using thumb and forefinger of your other hand, lightly spin the hanging spindle.
6. The twist will gather the stretched fibers.  
*Keep the twist out of the Delta.*

7. Let the new roving slip through your "delta" hand. Use your spinning hand to stretch it. (This is called "drafting")

8. If the yarn breaks, pull and roll the end of the roving into a new leader. Unwind a bit of the yarn already spun. Use the half-hitch at the top of the spindle to hold the two strands together. Continue spinning as before.

A Half-hitch keeps the yarn on the spindle:



1. Loop the yarn behind your forefinger. Put the tip of your finger on the spindle tip.
2. Push the loop forwards off your finger and onto the spindle shaft. Tighten gently.
3. Push loop off spindle when you need to wind more yarn on. Secure with a new half-hitch.
4. Undo half-hitch before winding on spun yarn. Make a new half-hitch to keep it wound.

