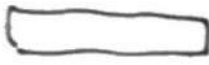
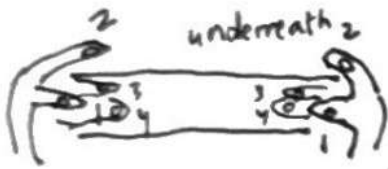


拉面



Roll your dough
log in flour



Stretch your dough (but not too much)

Convention:
1 2 3 4 5
Thumb Pinky

(nails are drawn to demonstrate palm vs. back of the hand!)

~ = palm wrinkles/dimples

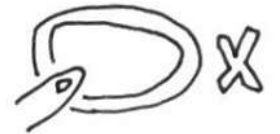
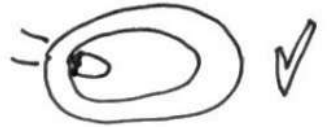
ESTABLISHING THE FORMAT



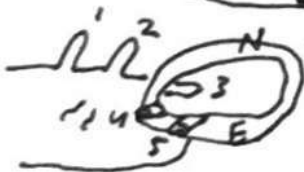
always loop the circle (of new) up!



left hand
Put your middle finger through the loop (use your right hand to pinch two dough ends together from the bottom (not from the top))



Move a section of the dough towards your open 4 & 5 finger



Clasp finger 4+5 over dough



LEFTHAND FORMAT

Remember this format!! We will use it for the rest of the time.

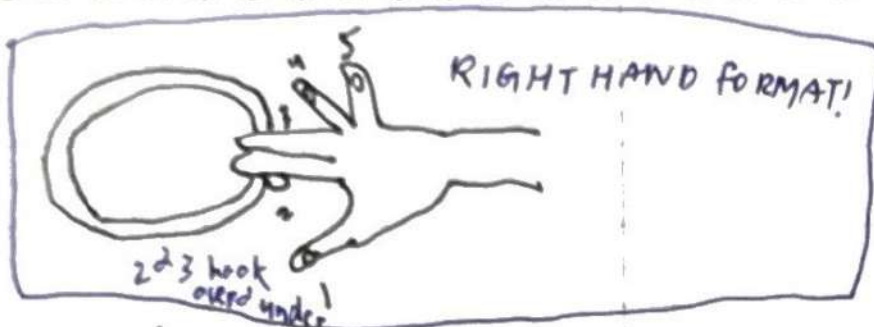


NOW, FOR THE RIGHT HAND



It's the even pull in opposite directions that makes for even noodles. Pull close to the table.

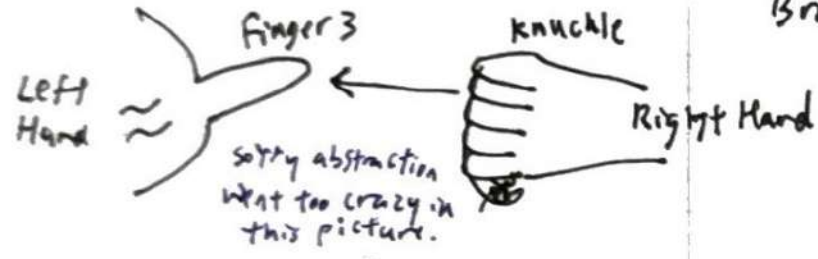
Fingers 2 & 3 hook
Always hook at the center.



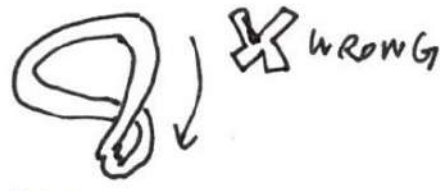
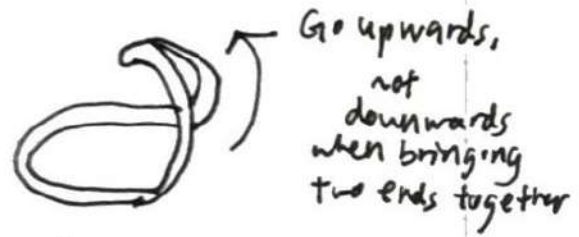
↳ Honestly 4 & 5 don't need to be splayed out like in the drawing. These fingers don't matter as much. Just 2 & 3.



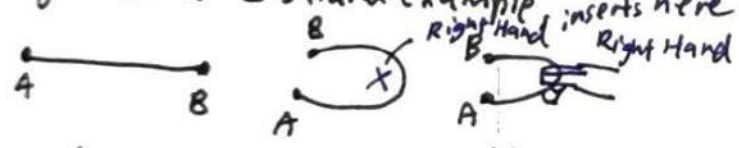
MULTIPLICATION



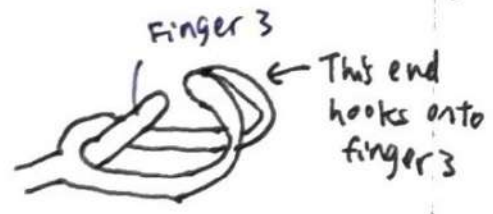
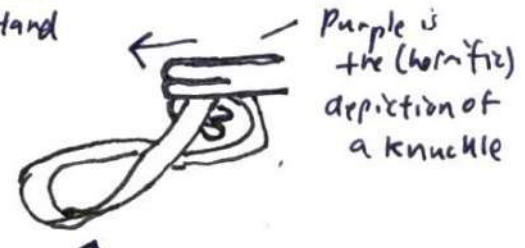
Bring your back right knuckle towards your left finger 3 (this finger 3 will be your hook!)



If we go back to 1 strand example



Same idea, this makes it really easy (so long as you don't lose your place ~~between~~ / mix up A & B) to know where to insert right hand.



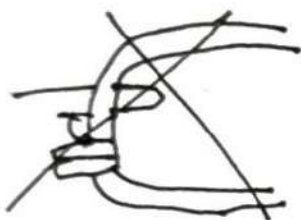
Remember, it's right is the knuckle that brings the end towards the strands the finger 3 left hand

REPEAT THE PROCESS

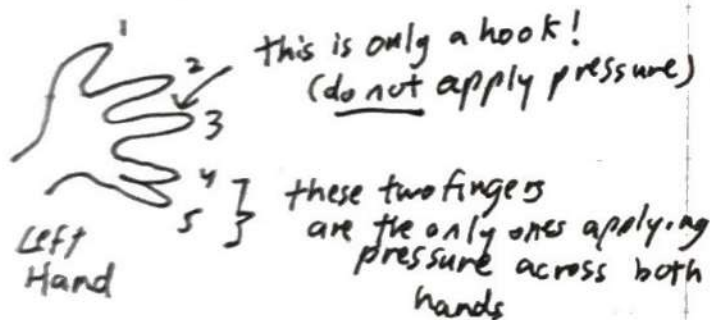
~~After it's~~ Everything simplifies down to a 2-strand model

one thing for strand & excess dough management:

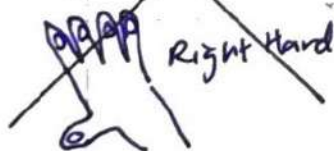
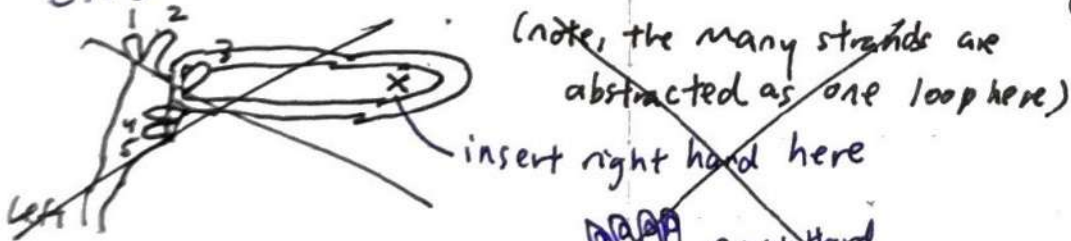
~~take~~ on Left Hand, take your last batch of hooked strands and move to under your 4 & 5 left fingers, ~~then~~ clasp, ~~then~~ under those fingers, then trim the excess dough.



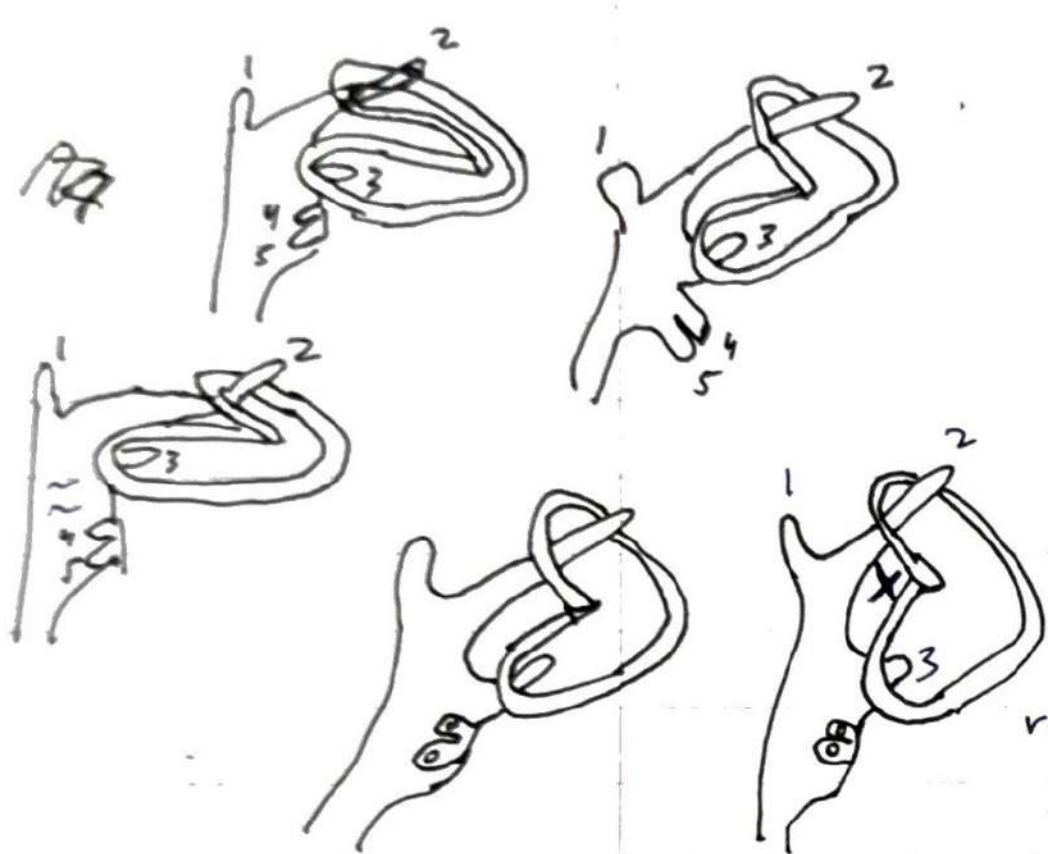
(new insights 1.0)



END



Hook this end to your left hand 2nd finger.
(Hook using the same RH Finger 2 & 3 knuckle gesture as before)



X = where you insert your Right Hand

right hand: where you're touching the dough