Braiding (Small)Rubber Motors
From the May/June 2001 issue of MaxFax, the newsletter of the D.C. Maxecuters, Stew Meyers, Editor

To braid a four strand motor, simply make up the rubber in a single loop twice as long as the desired motor. Tie and trim the ends, and lube the motor. Then place one end of the single loop over a firmly mounted hook. Now wind in 10-20% of the safe turns in the same direction you normally wind. Remove the end from your winder and loop it over the hook. Now run your fingers down the bundle, pulling with a “milking” motion against the hook, smoothing it out. It will form into a nice braid. Slip the ends off the hook and loop them over your stuffing stick (or a dowel for future use). Install the motor. It will usually stick out the nose of the model until it has been wound the first time. After that when it runs down it will stay lightly tensioned between the prop shaft and rear peg.

To braid a single loop motor is slightly more complicated. Cut a length of rubber long enough to make up the desired loop plus about four inches on each end. Clamp a spring type paper clip four inches from both ends. (Don't lube it yet). Place one paper clip over the hook and the other on your winder. Crank in 15% again. Take the clip off the winder and place it over the hook as well. Now you can grab both four-inch ends and clamp them together with a small hemostat. Remove the clips and tie your knot. Then remove the hemostat and trim the ends. Now lube the motor and smooth it out. It's ready to go.