Ladder Stitch Tutorial From Fire Mountain

Step 1	Cut a comfortable length (roughly two yards) of thread. Thread on the first two beads in your pattern.
Step 2	Pass the thread back through the first bead strung. This will form a circle with the thread as well as reposition the beads so the bead holes are facing out.
Step 3	Pass the thread back through the second bead strung.
Step 4	Pick up the third bead in the pattern then pass the thread through the second bead strung.
Step 5	Pass the thread back through the last bead strung.