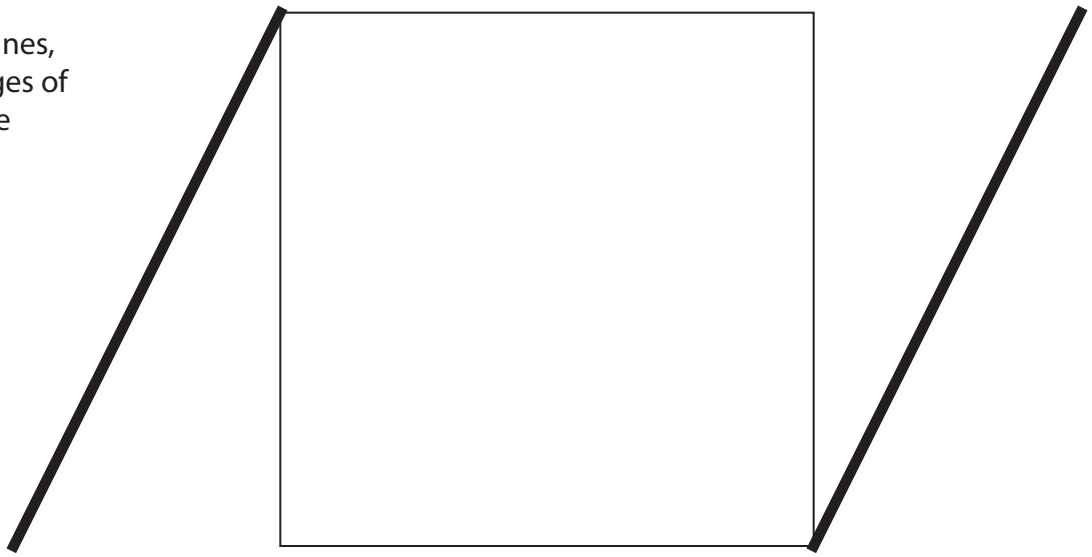
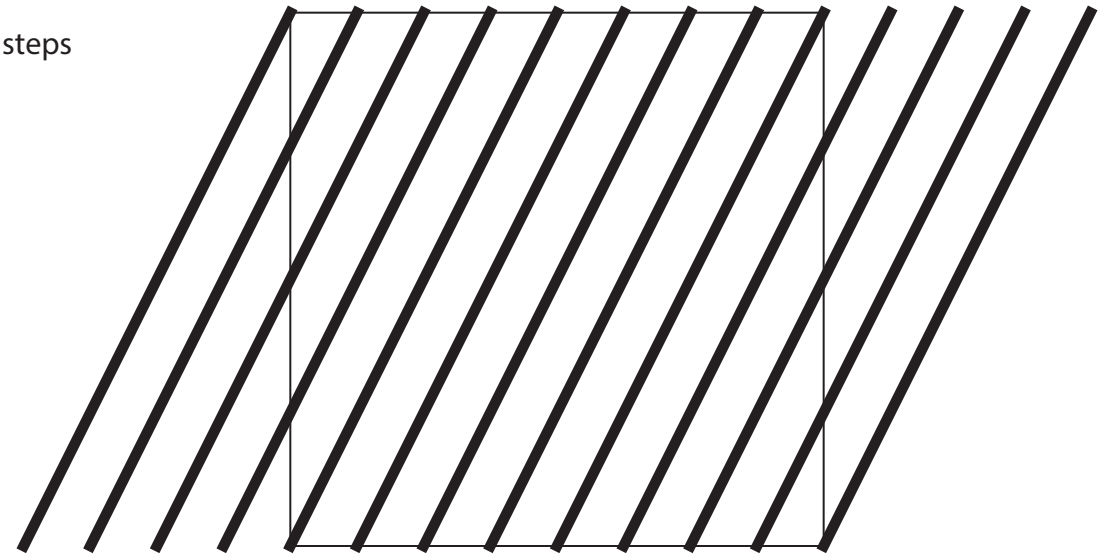
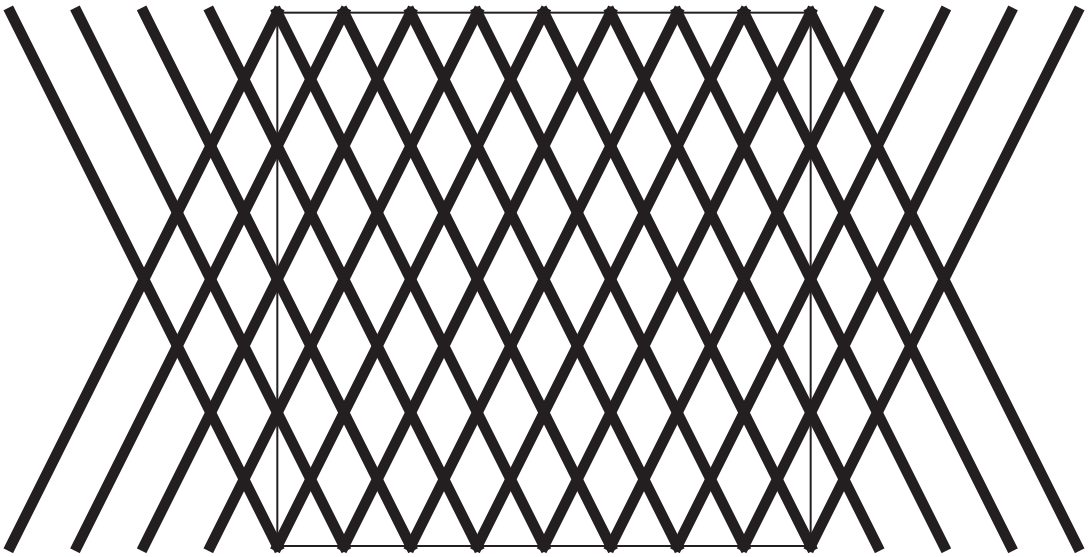
Two diagonal lines,
100x200 at edges of
200x200 square



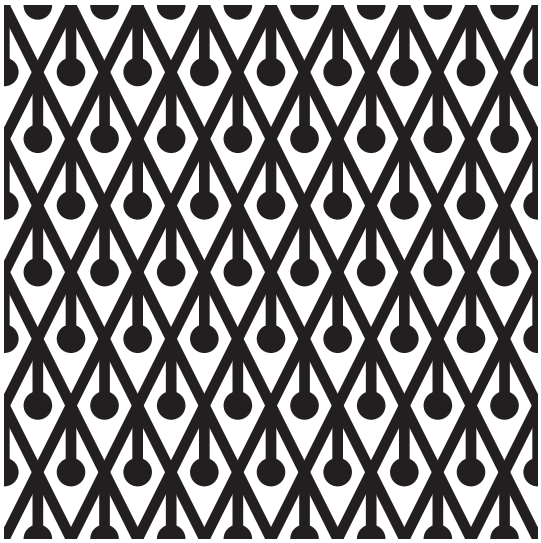
Blend lines 11 steps



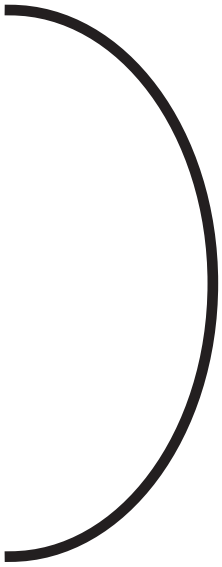
Reflect blend



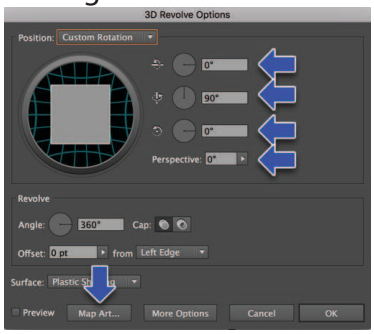
Use the 200x200 rect as a clipping mask.Then turn the object into a symbol.

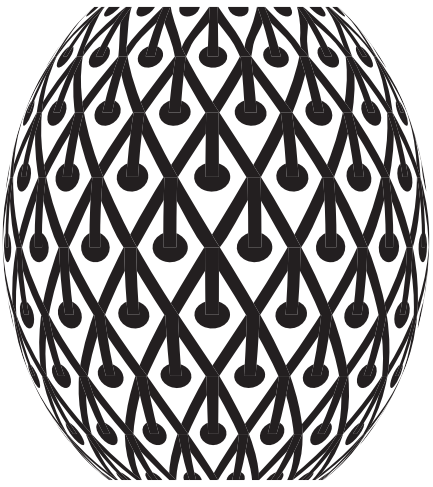


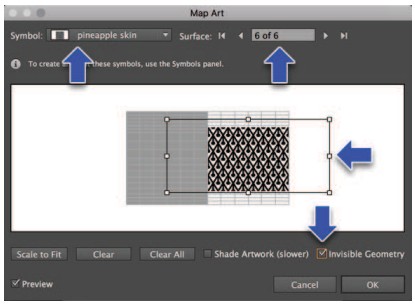
Draw an elipse and cut it in half, same height as the pattern



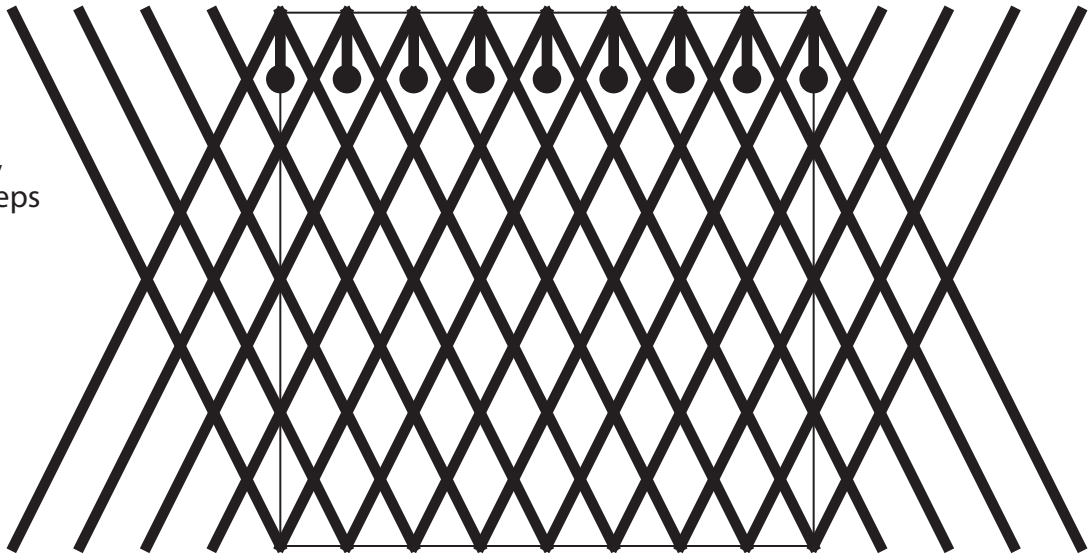
Apply 3d Revolve filter. Settings



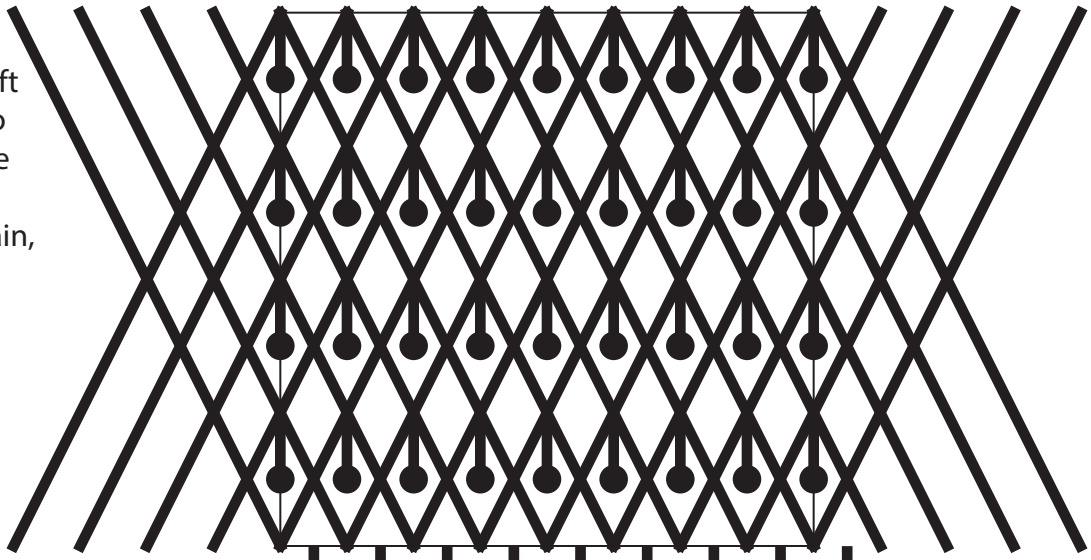
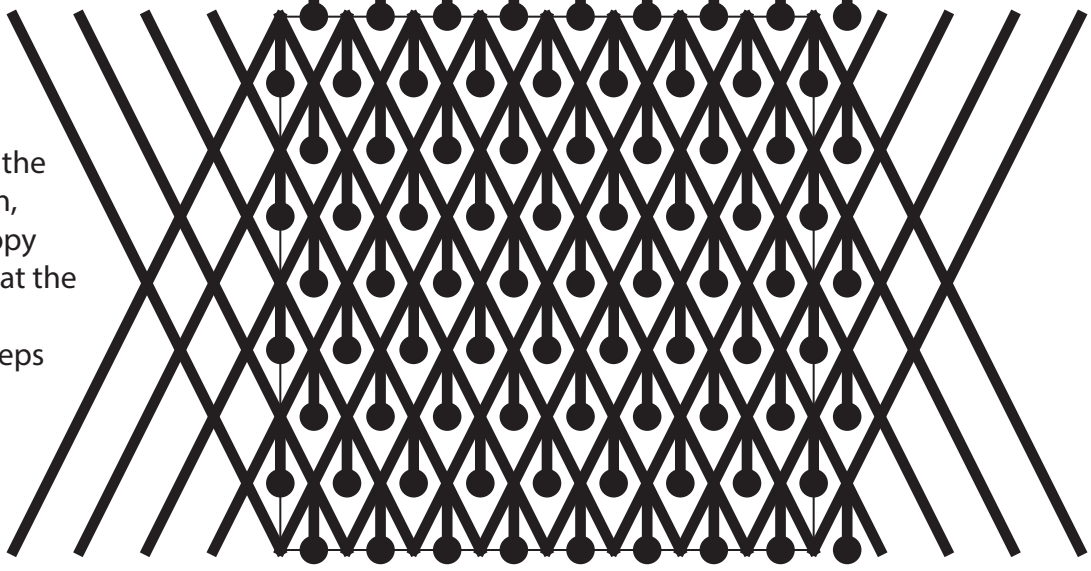




Precisely align
circle and
4pt line on left
and right sides,
then blend 7steps



Expand the
blend, then shift
a copy down to
line up near the
bottom,
then blend again,
2 steps



With one of
the expanded
blends, shift it
up and over to the
correct position,
then make a copy
and position it at the
bottom, then
blend with 3 steps