1. Draw an equilateral triangle pointing up - \( ABC \).

2. Mark the mid points of \( AB - E \), \( AC - F \), and \( BC - G \)
   • Connect \( EFG \) to make a small triangle pointing down inside the big triangle.

3. Mark the mid points of \( FGC - HIJ \)
   • Connect \( HIJ \) to make a small triangle pointing down inside that triangle.

4. Repeat these steps for each of the outside triangles as many times as you like.