This is the traditional hexahexaflexagon. This model celebrates all hexaflexagons with 6 or less faces. You can and should pre-crease all triangles before and after gluing. Fold both parts in half and then glue together. Now attach the two parts together by gluing the back of the $C_4$ triangle to the back of the $A_4$ triangle. Once glued, crease all the lines back and forth again. Now fold together all the letter pairs that are next to each other on both sides of the strip and you will end up with a strip of 10 doubled up triangles that looks like a trihexaflexagon template. Fold together the two pairs of $D$ triangles. Glue the $A_1$ triangle over from the back $B_1$ triangle such that the $A$s should be on one face of the completed flexagon, the $B$s on the back. The flexagon will have a uniform thickness of 2 sheets of paper.