Building Block Unit (BBU) — A1 variant (internal tile)
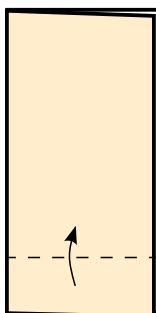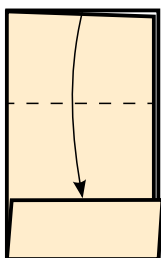
More at http://michal.kosmulski.org/origami/bbu/

1. Fold in half
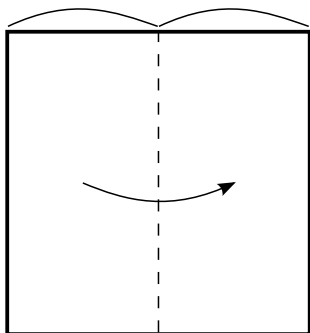
2. Valley fold at an arbitrary point,
roughly ¾ the paper's side down

3. Valley fold the upper part
so that edges meet

4. Finished unit