Repeat divisions until desired size is achieved. The same technique of reversing folds applies equally to triangular grids; in fact, it is even more useful for the final folding of those models.

The idea is not to have this kind of pleat, as it is difficult to fold when the crease has some “memory” of a fold orientation...

Better to fold both ways, thus obtaining a neutral crease orientation, allowing you to fold it in either direction easily. This greatly improves the quality and ease of folding for your final design.