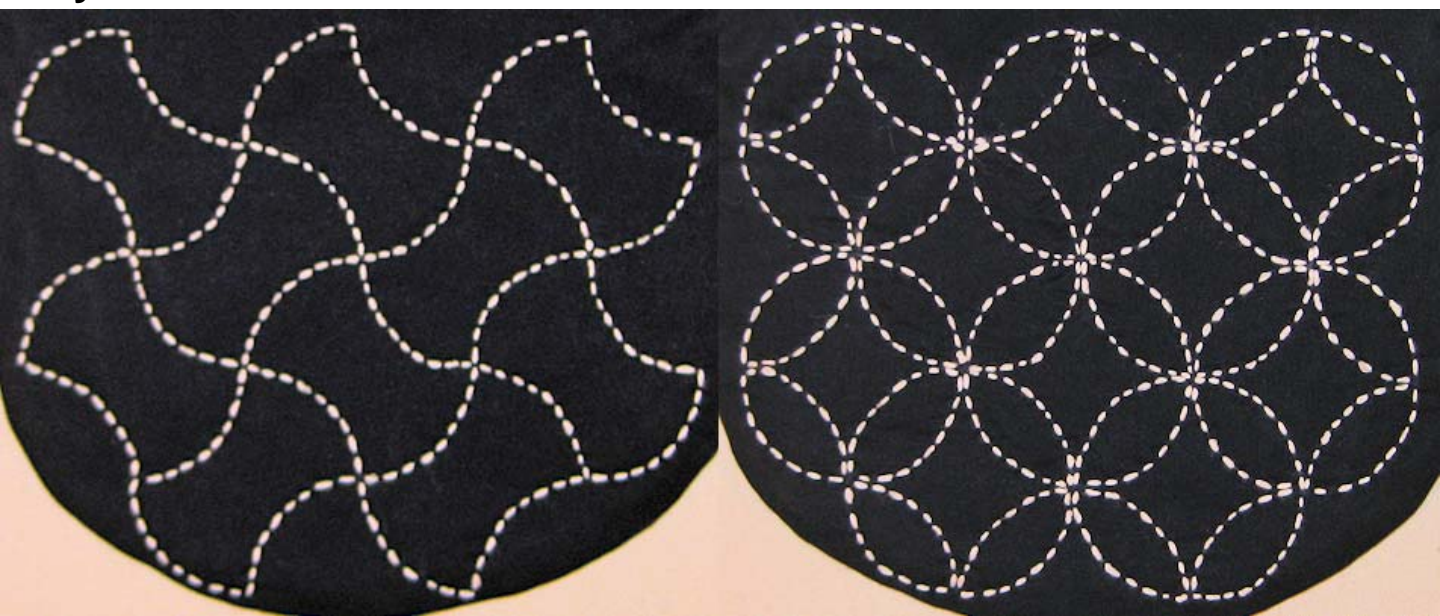


## Very Basic Sashiko



### Supplies

- Fabric (Japanese indigo is traditional, but you can use any dark cotton)
- Sashiko thread (or you can use white perle cotton) (white is traditional)
- Sashiko needle (or a sturdy needle with an eye large enough to accommodate the thread)
- Marking tools, such as chalk liner, chalk tracing paper, etc.
- Patterns (from my Japanese Knot Bag tutorial:  
<http://www.mirkwooddesigns.com/projects/japanese-knot-purse.pdf>)

### Instructions

1. Mark the pattern on your fabric. I find it easiest to use chalk tracing paper (Saral is the brand I use).
2. Knot a double strand of thread and use a running stitch to stitch on the marked lines.
3. For sashiko, your stitches on top of the fabric should be approximately ¼ inch long. The stitches beneath the fabric should be a bit smaller, as shown in Figure 1.

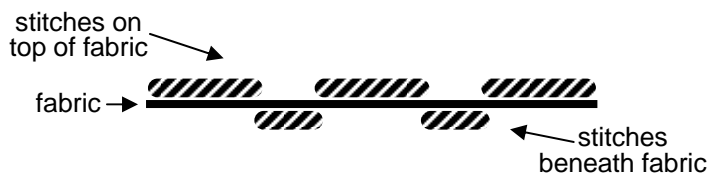


Figure 1. Basic sashiko stitching

4. When the thread meets at an intersection, do not allow them to cross each other on top of the fabric, as shown in Figure 2.

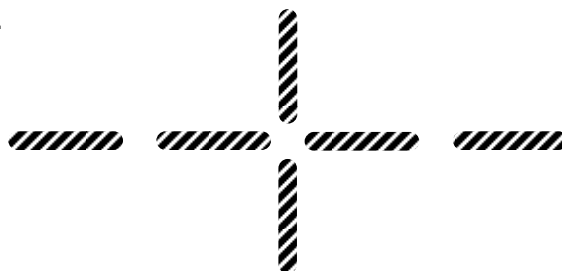


Figure 2. Stitches at an intersection