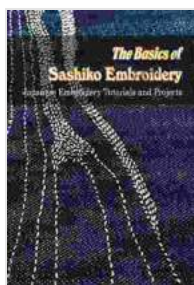


# The Basics of Sashiko Embroidery: A Comprehensive Guide

Sashiko is a traditional Japanese embroidery technique that has been used for centuries to decorate and repair clothing and other textiles. The word "sashiko" means "little stabs" in Japanese, and the technique is characterized by small, evenly spaced running stitches that create geometric patterns.



## The Basics of Sashiko Embroidery: Japanese Embroidery Tutorials and Projects: Sashiko Tutorials

by Debbie Shore

★★★★☆ 4 out of 5

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Sashiko embroidery is a versatile technique that can be used to create a wide variety of items, from simple coasters and placemats to intricate wall hangings and quilts. It is also a relatively easy technique to learn, making it a great choice for beginners and experienced embroiderers alike.

## Materials

To get started with sashiko embroidery, you will need the following materials:

- Sashiko thread
- Sashiko needle
- Indigo-dyed fabric
- Embroidery hoop
- Scissors
- Ruler or measuring tape
- Pencil or fabric marker

Sashiko thread is a type of cotton thread that is specifically designed for sashiko embroidery. It is strong and durable, and it comes in a variety of colors.

Sashiko needles are also designed specifically for sashiko embroidery. They are short and sharp, with a small eye that is perfect for threading sashiko thread.

Indigo-dyed fabric is the traditional fabric used for sashiko embroidery. Indigo is a natural dye that gives the fabric a beautiful blue color. However, you can also use other types of fabric, such as cotton, linen, or silk.

An embroidery hoop is used to hold the fabric taut while you are embroidering. This helps to keep the stitches even and prevents the fabric from puckering.

Scissors are used to cut the thread and fabric.

A ruler or measuring tape is used to measure the fabric and to mark the stitching lines.

A pencil or fabric marker is used to draw the stitching lines on the fabric.

## **Stitches**

The most basic sashiko stitch is the running stitch. To make a running stitch, simply bring the needle up through the fabric from the back, and then insert it back into the fabric a short distance away. Repeat this process until you have created a line of stitches.

There are a variety of other sashiko stitches that you can use to create more complex patterns. Some popular stitches include:

- The back stitch
- The herringbone stitch
- The cross stitch
- The satin stitch

You can find instructions for these stitches online or in books.

## **Patterns**

There are many different sashiko patterns that you can use to create your own unique works of art. Some popular patterns include:

- The "seigaiha" pattern, which is a wave pattern

- The "tsubame" pattern, which is a swallow pattern
- The "sakura" pattern, which is a cherry blossom pattern
- The "matsu" pattern, which is a pine tree pattern

You can find these patterns online or in books. You can also create your own patterns by combining different stitches and shapes.

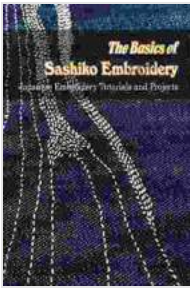
## **Projects**

Once you have mastered the basics of sashiko embroidery, you can start to create your own projects. Some popular sashiko projects include:

- Coasters
- Placemats
- Wall hangings
- Quilts
- Clothing

You can find patterns for these projects online or in books. You can also use your own creativity to design your own projects.

Sashiko embroidery is a beautiful and versatile technique that can be used to create a wide variety of items. It is a relatively easy technique to learn, making it a great choice for beginners and experienced embroiderers alike. So if you are looking for a new creative hobby, give sashiko embroidery a try!



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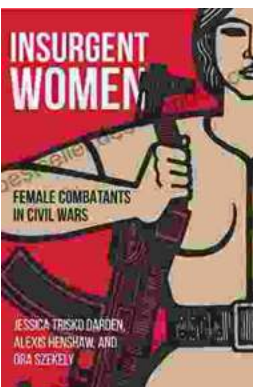
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