

## Sashiko 刺し子:

Translated as “little stabs”; it is a form of decorative reinforcement stitching (or functional embroidery) from Japan. Traditionally used to reinforce points of wear or to repair worn places or tears with patches, this running stitch technique is often used for purely decorative purposes in quilting and embroidery. The white cotton thread on the traditional indigo blue cloth gives Sashiko its distinctive appearance, though decorative items sometimes use red thread.[1]

## Materials:

Cotton Thread  
Tulip Long Sashiko Needles Assorted Tube of 6  
Chalk Tracing Paper

## Method:

- Running stitch
- Space between stitching is 1/2 the length of the stitch
- Equal spacing between stitches
- Leave blank space at intersections
- Worked in lines
  
- Unlike Regular Embroidery:
  - Splitting the Thread is not done
  - Single Thread is used
  - Running Stitch