

beginner practice guide



practice stitches:

- back stitch
- satin stitch
- leaf stitch

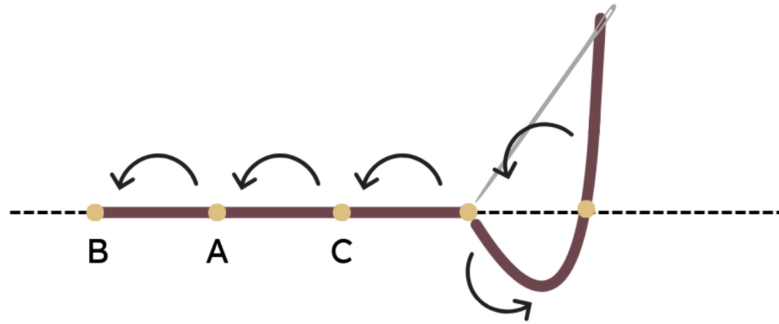
materials:

- 5-inch hoop
- fabric
- needle
- embroidery floss
- scissors
- transfer pen

quick set-up guide:

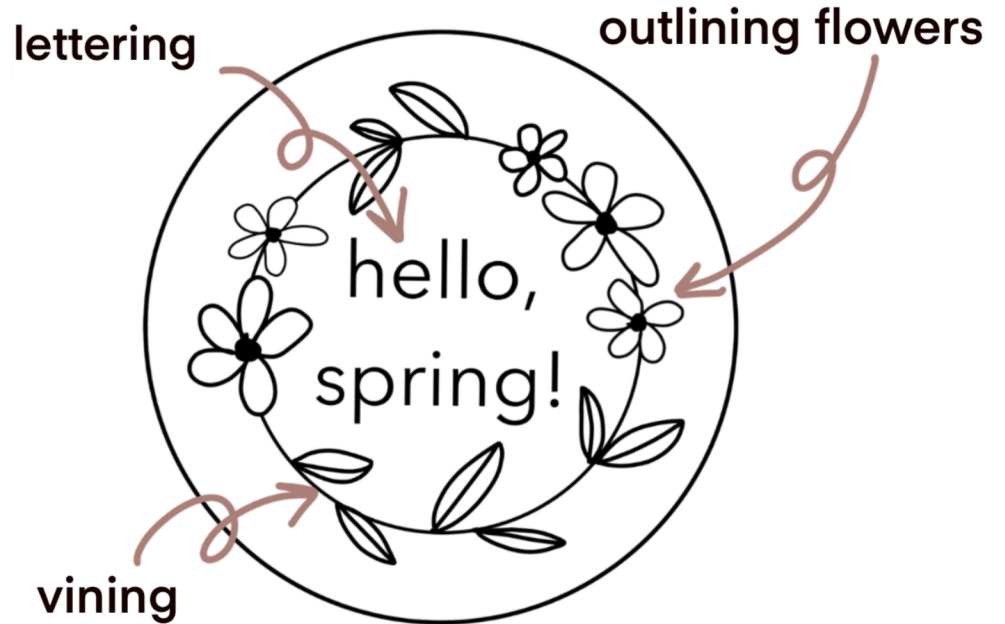
1. prep your hoop by stretching your fabric so it's taut and ready to transfer your design
2. using the light box method, carefully trace your design onto the fabric
3. loosen your hoop and remove the fabric to flip your design
4. re-stretch your fabric in the hoop now, you're ready to start stitching!

the back stitch



This is how to complete a back stitch:

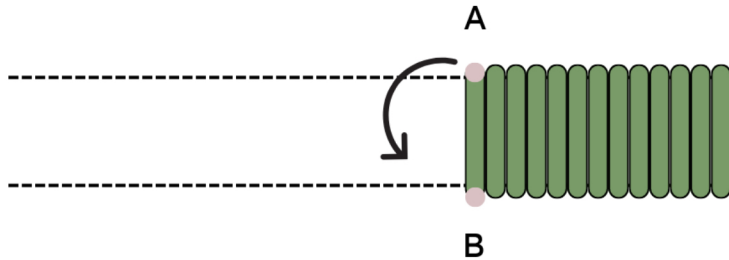
1. Work from right to left, or left to right—whichever you prefer. For this example, I will be working from left to right.
2. Bring your needle up through the back of your hoop at point A, and then pull it back down again at point B.
3. From behind your hoop, move your needle slightly to the right of point A, and come through the fabric to create a new placement (point C).
4. Pull your thread back down into entry point A. This will begin to create a seamless line.
5. Continue this pattern until you've completed your design.



Some tips for the back stitch:

- I like to use 2-3 strands of embroidery floss at a time. This seems to be the sweet-spot for full coverage, without the thread getting too tangled
- Hold tension in your thread to prevent it from getting tangled and knotted
- When working with curved lines or outlining shapes, use shorter back stitches (i.e., put less space between points A, B and C)

the satin stitch



This is how to complete a satin stitch:

1. I like to work from right to left with this stitch, but this is easily replicated from left to right.
2. Beginning at the back of your hoop, pull your needle up through your fabric at one end of your design (point A) and then bring it back down at another end of your design (at point B).
3. From the back of your hoop once again, bring your needle back up through your fabric directly to the left of point A, then pull it back down right next to point B.
4. Make sure that there is almost no space between where you're placing your stitches to create a solid, seamless effect.
5. Repeat this process until you've completely filled in your design.

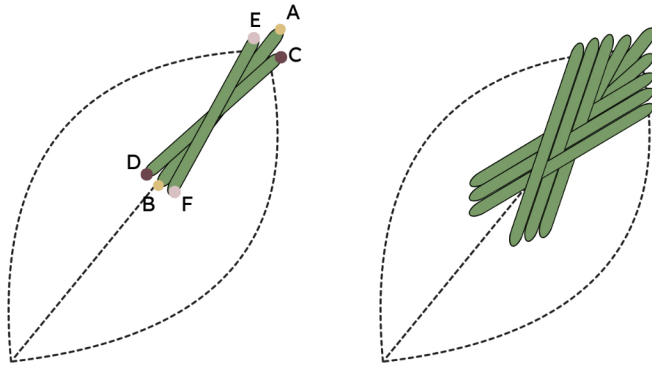
filling in
flowers



Tips for the satin stitch:

- Ensure that there is no twisting or bumps in your thread so that your stitches lay flat. This will create that solid, smooth look. To be successful with this, be sure to take your time.
- If you want to add some more dimension to your satin stitch, you can first outline your shape with a backstitch or split stitch and then apply a satin stitch over it. This will create a lifted, 3D effect to your design.

the leaf stitch



This is how to complete a leaf stitch:

1. Starting with your leaf shape, it is helpful to draw a line down the center so that you have a guide.
2. Begin with bringing your needle from the back of your hoop and up through the tip of your leaf shape (point A).
3. Bring your thread about 1/3 of the way down the center of the leaf shape (point B).
4. Then, come back up towards the tip of your leaf and bring the needle through the fabric (point C) to either the right or left of point A.
5. Pull your thread across the stitch that goes down the center of the leaf to point D.
6. Bring your thread back to the other side of point A (point E), and repeat the same process from steps 4-5, but in the opposite direction, crossing your thread in the opposite direction.
7. You will be left with a criss-cross effect. This will create a natural "center" to your leaf that resembles where a stem support would be. Keep repeating this process, following the shape of your leaf until you've reached the other end of the leaf.
8. Anchor the end of your leaf stitch into the stem to finish your design.

filling in leaves



Tips for the leaf stitch:

- Use your shape as your guide for where to place your next stitch and keep your stitches close together for a solid look.
- Don't be afraid to cross your stitches over the majority of your leaf. The longer these criss-crossing stitches are, the flatter they will lay.
- If you want a more raised effect, you can always keep those criss-crossing stitches shorter.
- Trust the process—this might take you a few tries to master, but the end result is really lovely.