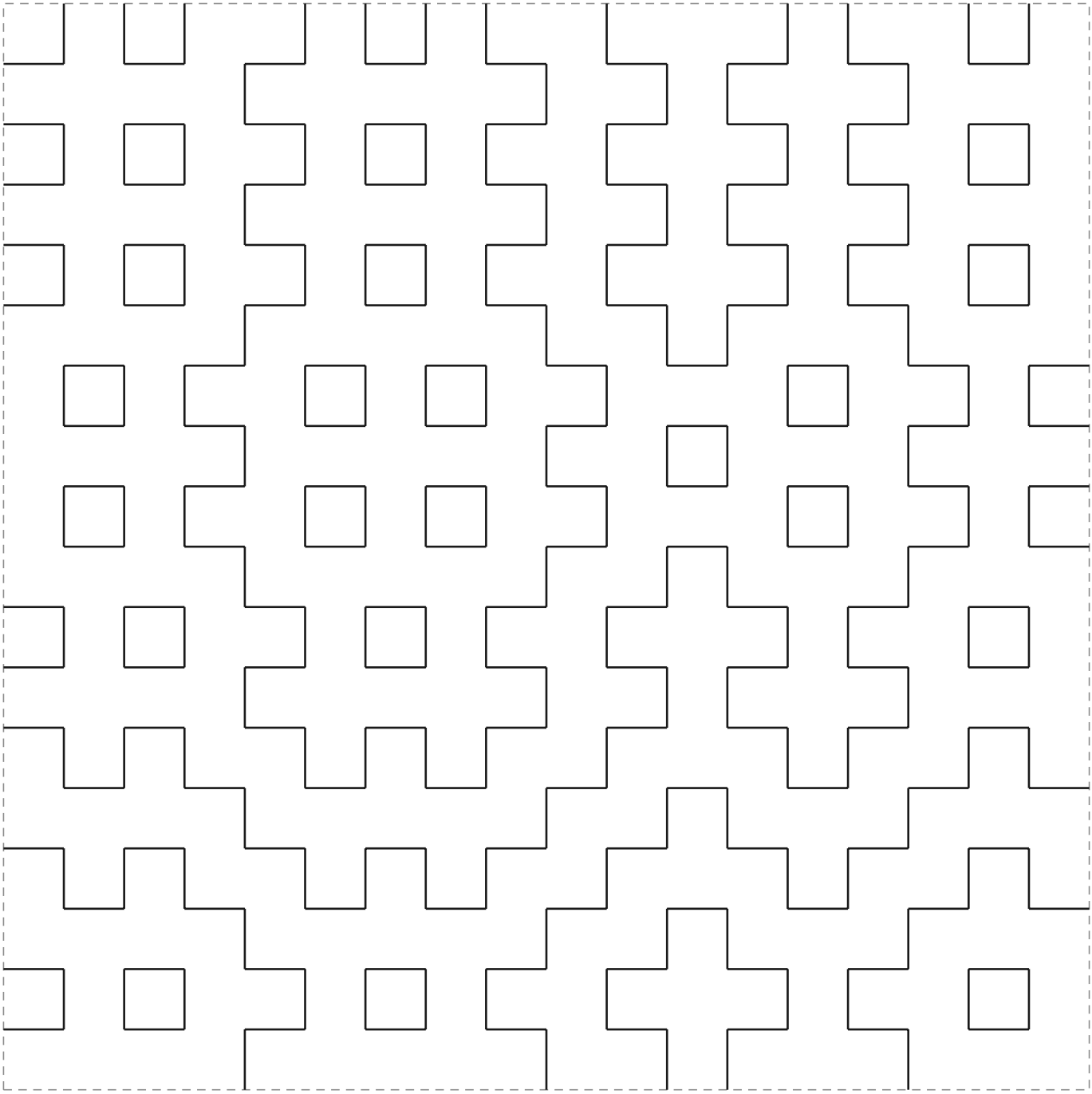
# Hitomezashi (One-Stitch) - Sashiko Template

Beginner - grid 10 mm - panel 18 x 18 cm - A4



<- must measure exactly 5 cm. Print at "Actual size" / 100%, not "Fit to page".

One stitch per 10 mm grid square; leave the corners of each square open.

About 306 stitches; thread about 7 m (estimate, front + back + 15%).

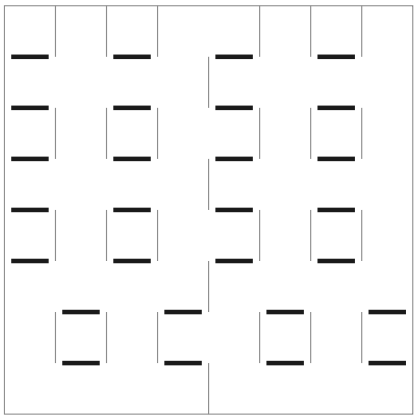
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# Hitomezashi (One-Stitch) - How to Stitch

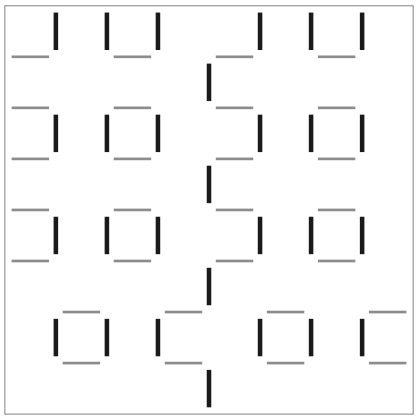
Stitching order (diagrams not to scale: trace from page 1) - 10 mm template - A4

## Stitching order

1. Trace the template onto the fabric with a light box or a sunny window. On dark fabric such as indigo, use white dressmaker's carbon paper instead.



2. Stitch every horizontal row, one stitch per square.



3. Stitch every vertical row the same way; the pattern forms where the two meet.

Black: the stitches for this step. Grey: stitches already done. Thin grey: lines still to stitch.
4. Keep the corners of each square open, so the stitches of the two directions never touch.

## What you need

- Fabric: a 25 cm (10 in) square of medium-weight cotton or linen with a soft, even weave. That is the 18 cm panel plus room to hold it.
- Thread: about 7 m of sashiko thread for this template, used as a single strand (check the length on your skein). Perle cotton no. 8 works too.
- Needle: a sashiko needle (long, with a large eye), or a long darning needle.
- Marker: a water-soluble fabric pen or a chalk pencil for tracing. Test it on a scrap first.
- Optional: a thimble. Sashiko is usually stitched in the hand, without a hoop, so the needle can take several stitches at once.

<- must measure exactly 5 cm. Print at "Actual size" / 100%, not "Fit to page".

Time: about 0.5-1 hours for this template (our estimate at 5-10 stitches a minute).

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