

# What is Sashiko?

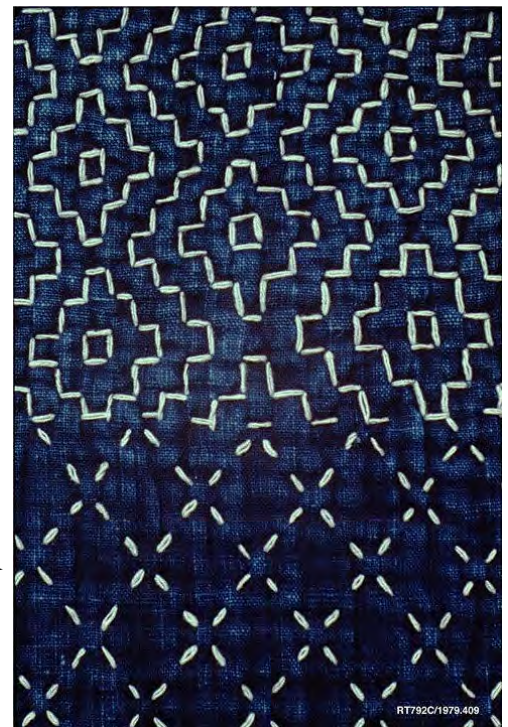
Sashiko is a form of embroidery that originated in Japan around 200 years ago. It was used to repair and bulk up clothing, blankets, and other textiles for the cold weather as many regions of the country experienced frigid winters. As such, the focus was less on what the work looked like, and more on how quickly it could be made.

Today, Sashiko has become a form of decorative embroidery enjoyed by many people around the world. Traditional patterns are still practiced among modern ones. However, the root of Sashiko remains the same: it doesn't have to be perfect as long as you enjoy doing it.



A jacket embroidered all over with Sashiko patterns from the Metropolitan Museum of Art collections.

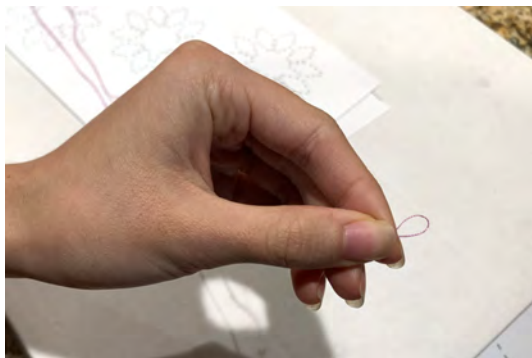
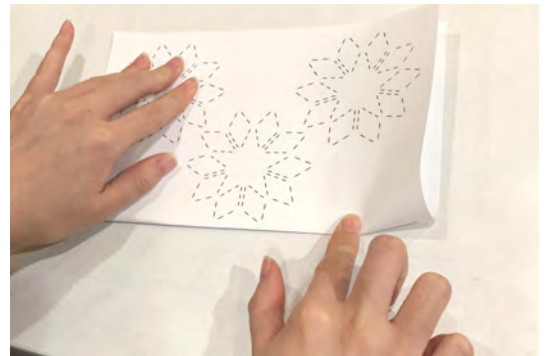
A closeup of a kimono with Sashiko detailing from the Metropolitan Museum of Art collections.



# Instructions

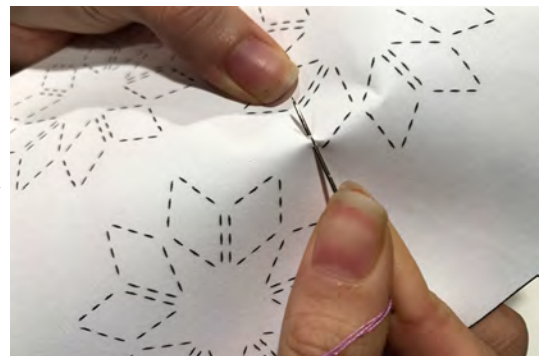
## for Sashiko on paper

**Step 1** - Fold along the solid black line in the middle.



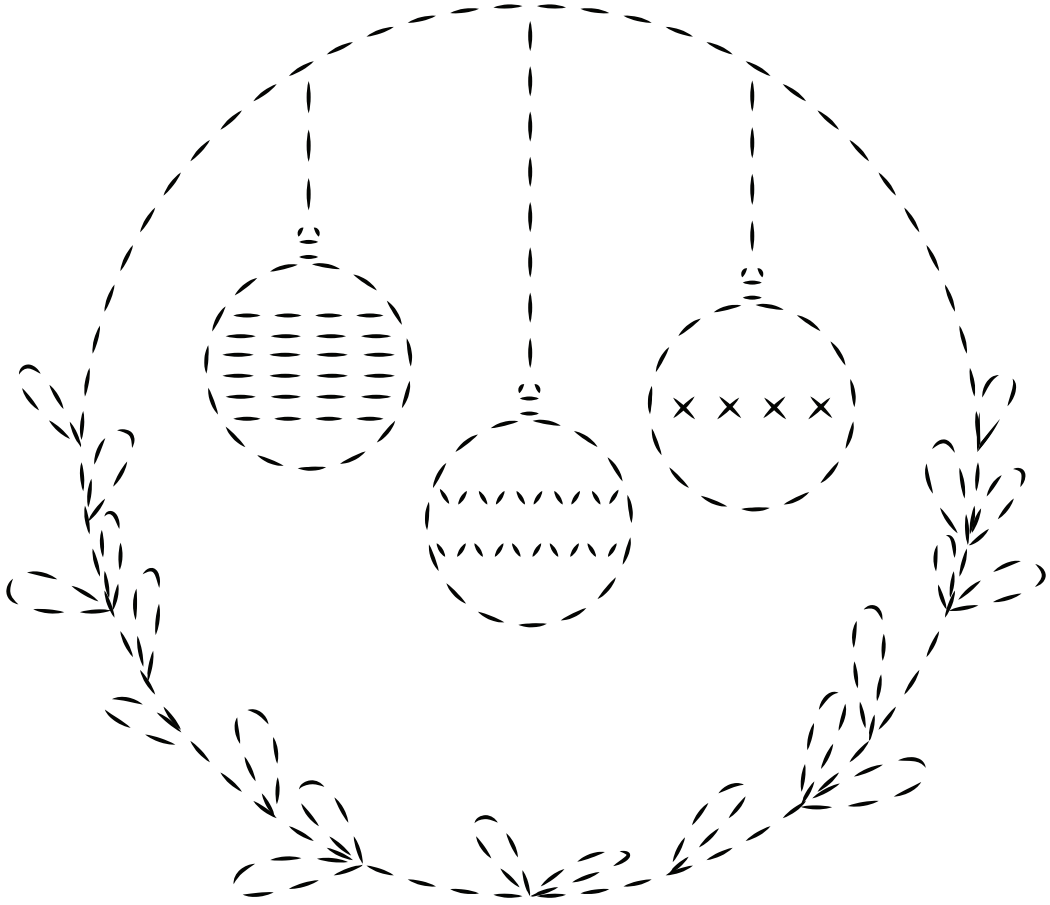
**Step 2** - Take your thread and fold it in half, then thread the folded end through the needle. This is called double-threading. You can single thread your needle instead but you will be able to see the pattern more clearly the thicker the thread is. Tie a double knot at the end.

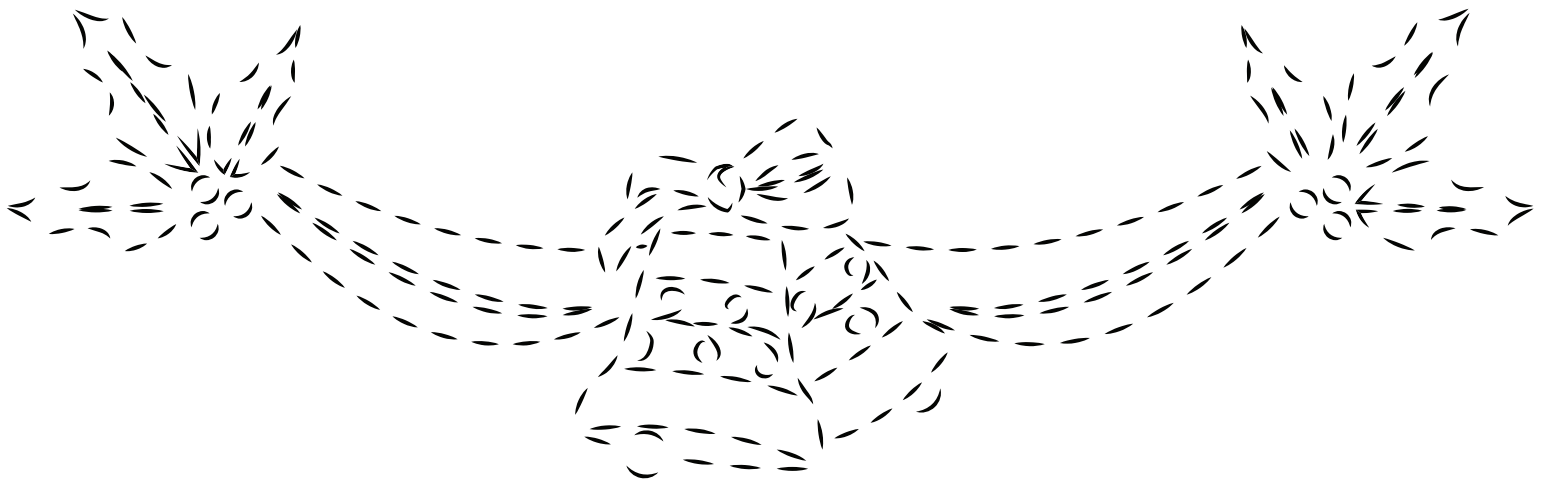
**Step 3** - Start wherever you want on your pattern with the printed side facing up. The printed side will become the back with the knots. Pierce your needle through one end of a stitch, then without fully pulling your needle through, push it back up through the other end of the stitch.



Repeat these steps until you are finished with your pattern, then flip over to see your masterpiece!







Happy Holidays!

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