



THROUGH THE EYE: PERSONAL CONNECTIONS WITH NEEDLE & LENS EDUCATION GUIDE

Embroidery Techniques Guide

(Note: instructor may want to create a sample swatch and/or record brief video cuts of stitch process)

1. **Running Stitch:** A simple up-and-down stitch that moves through the fabric in even intervals. Utilized for the outlining of shapes, some simple patterns, and gathering fabric.
2. **Stem Stitch:** arching stitch that forms a smooth line; good for curves. Creates stems on flowers, curved outlines, organic shapes.
3. **Back Stitch:** An outlining stitch: individual stitches move backwards along the pattern line and then forwards. Creates crisp outlines, lettering, fine detail.
4. **Satin Stitch:** Straight stitches running side by side intending to fill a shape, results in a smooth finish resembling satin. Utilized for filling in spaces such as leaves, petals, monograms, and other solid shapes.
5. **Chain Stitch:** A looping stitch that links, each loop is anchored in place by the next, resulting in a chain-like effect. Creates decorative outlines, curly shapes, borders.
6. **French Knot:** Created by fashioning a small knot by taking the thread and wrapping it around the needle multiple times. It is finished by inserting the thread back at the start point. This technique adds texture and is utilized in the center of a flower to create small dots in a design.
7. **Lazy Daisy (Detached Chain):** A loop that is secured at one end by a tiny stitch. This technique resembles a petal or leaf and is utilized for a variety of small repeating design motifs.
8. **Split Stitch:** Similar to a back stitch, but the needle is inserted creating a split in the middle of the previous stitch, resulting in a rope-like texture. Often used for outlining designs, adding textured lines.
9. **Seed Stitch:** Multiple small, short, straight stitches, randomly placed on the surface. These stitches are often used to fill areas with texture, to create backgrounds.
10. **Blanket Stitch:** A stitch with a looped edge used for appliqué or edging fabric. The blanket stitch can create a decorative border, leaving the work with a clean finish.