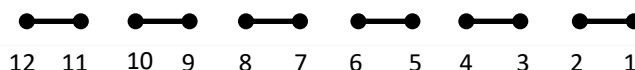


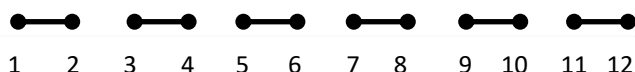


Running Stitch

Stitch template—Right Handed



Stitch template—Left Handed

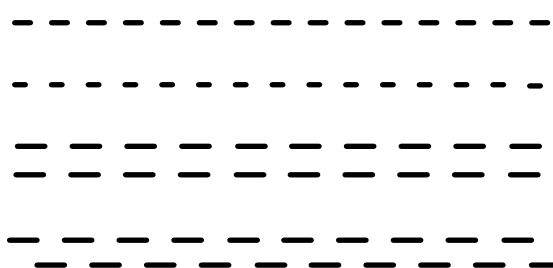


Stitch Variations



Holbein Stitch or Double Running Stitch, worked as two rows of running stitch, following a square pattern

— Row 1 — Row 2



See Video 02 - Running Stitch

