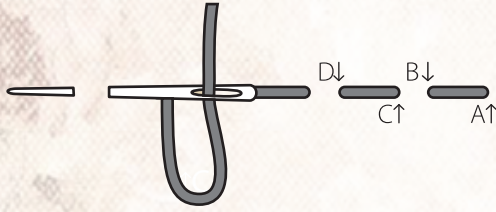


# Ainu Running Stitch

①



*I discovered this stitch via Pintangle and Queeniepatch blogspot. The Ainu Running Stitch is a stitch used on intricate appliqued garments embellished with decorative embroidery by an ethnic group indigenous to Japan, the Ainu.*

*The stitch is a beautiful couched running stitch and easy to embroider. Try it with a variety of thread thicknesses and color combinations.*

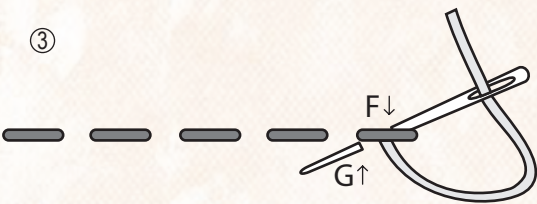
②



1. Work a row of Running Stitches right to left as illustrated.

2. Using a second thread (different and/or color), bring the needle and thread up at E at the far right just below the middle of the first Running Stitch.

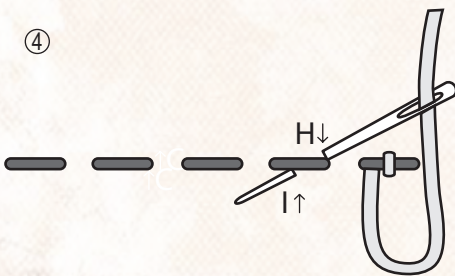
③



3. Take the needle down at F just above the middle of the first Running Stitch and up at G just below the left end of the first Running Stitch.

4. Take the needle down at H just above the right end of the second Running Stitch and up at I just below the middle of the second Running Stitch.

④



5. Continue working Steps 3 and 4 across the row of Running Stitches. End by taking the needle and thread down at J just above the middle of the last Running Stitch.

⑤

