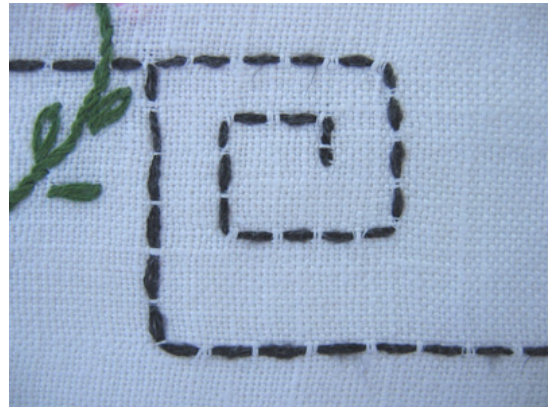
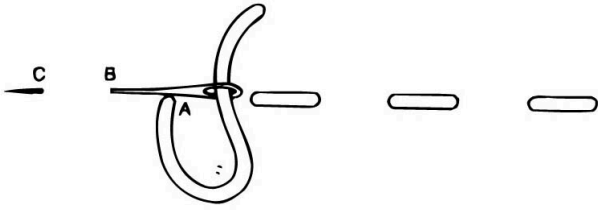


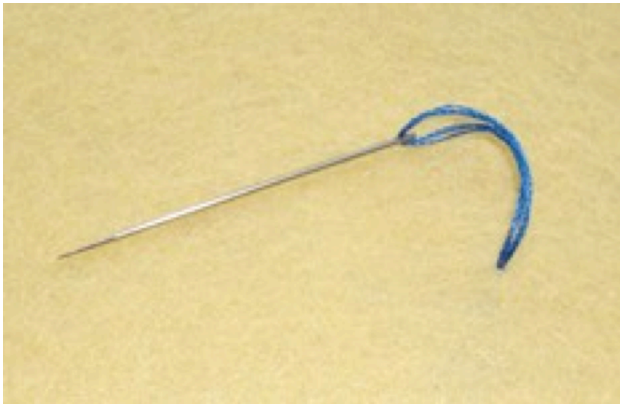
# Hand Embroidery – Running Stitch

## RUNNING STITCH



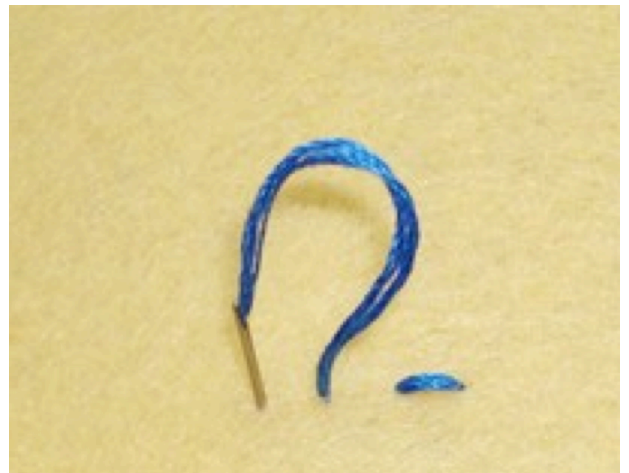
### Step 1:

Begin the running stitch by poking your threaded needle up through the fabric



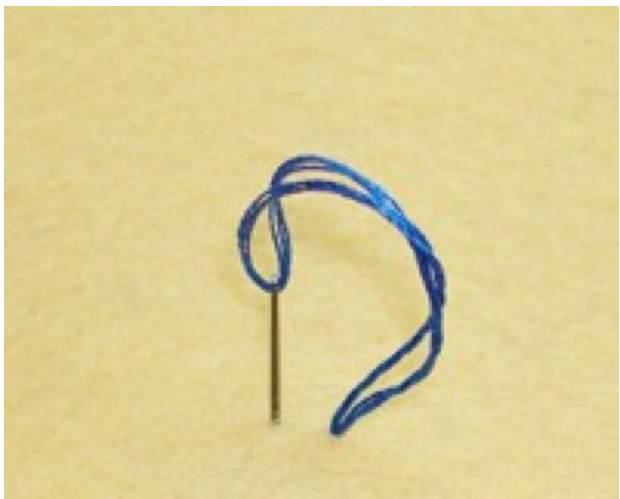
### Step 3:

Now poke your needle back up through the fabric, leaving an even space from the previous stitch. Then poke the needle back down through the fabric again making your second stitch.



### Step 2:

Poke the needle back down through the fabric close to where you came up, and pull the thread down.



### Step 4:

Repeat this pattern of stitching until you are finished your design.

