

Japanese Stab Binding Directions
Please read all instructions before you begin.

Prepared stack of paper:

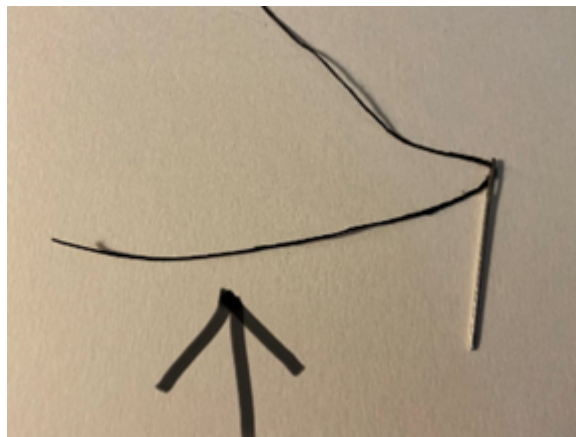
Do not take apart the stack of papers that has holes in it. In the stack, there are ten sheets of paper bound together with a paperclip. It includes the front and back covers which are folded in half. There are six pre-punched holes along the side and all papers **MUST** be kept in order.

The top and bottom of the stacked paper is marked (TOP, FRONT, BOTTOM and TOP, BACK, BOTTOM). You may choose to remove the paper clips if it makes it easier to sew your book. *As a reminder, do not take apart the stack of papers that has holes in it.*

To thread your needle:

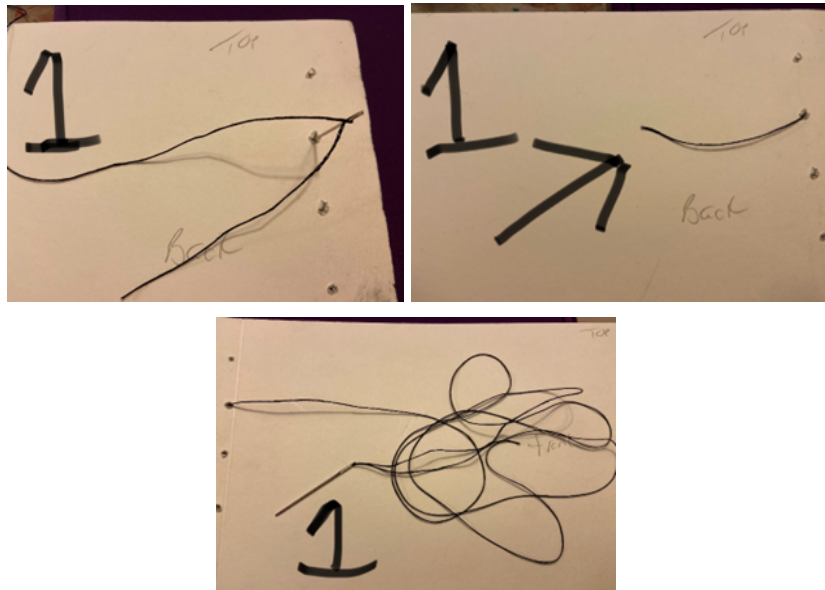
- *This is not a regular thread that you would use to sew a button. It is a waxed linen thread used for bookbinding. It is not necessary to place a knot at the end of the thread. You will tie a knot at the end of the sewing process.*

Use the eye end (the eye of the needle is the hole at the top of the needle) to flatten one end of the thread. Insert the flattened end into the eye of the needle. Pull the thread through until you have approximately four inches remaining. You are only using one thread to pass through the holes, do not double the thread.

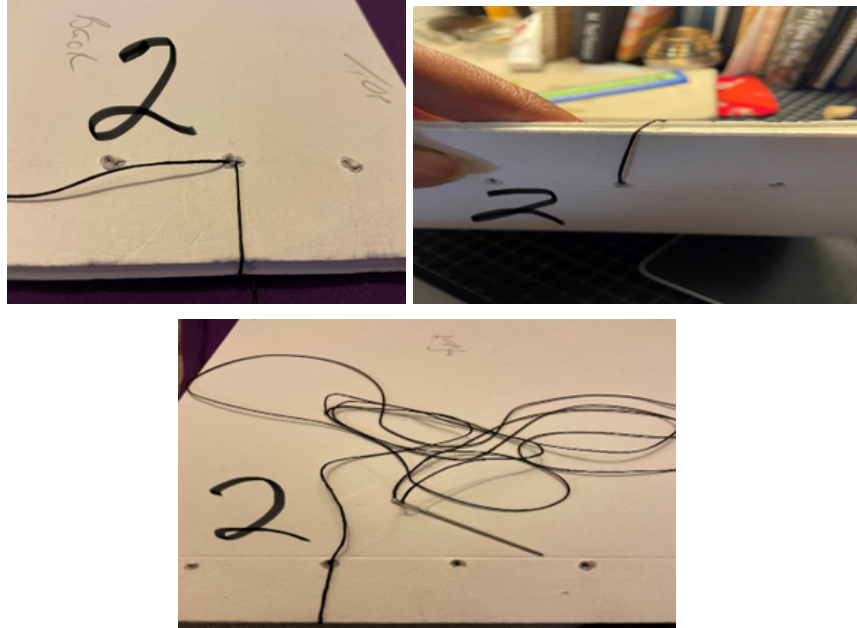


Place the stack of paper in front of you with the **BACK** facing you. Remove the binder clips from the ends. If you think you may have trouble keeping all the papers together, you may leave them on.

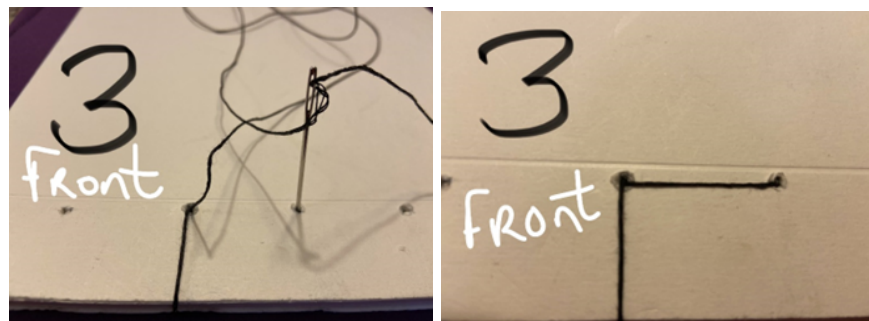
1. Insert the needle in the **SECOND** hole from the **TOP** through all the paper and pull it to the **FRONT** leaving a tail on the back. You will need to leave enough hanging (this is the tail) so that you can tie a knot at the end. You will know you did this correctly if your needle and the rest of the thread is on the **FRONT**.



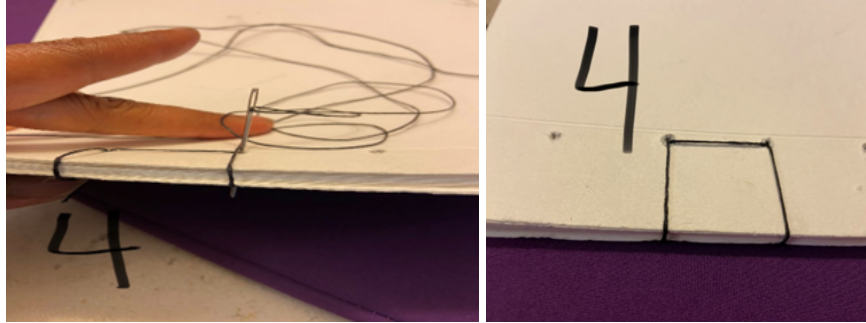
2. Wrap the thread around the spine (side of the book, from the front to back) and insert the needle **IN THE SAME HOLE** (second hole from the top). You are sewing from the **FRONT** to the **BACK**. Pull it snug but do not pull it all the way through or you will have to start over. You will know you did this correctly if your needle and the rest of the thread is on the **FRONT**.



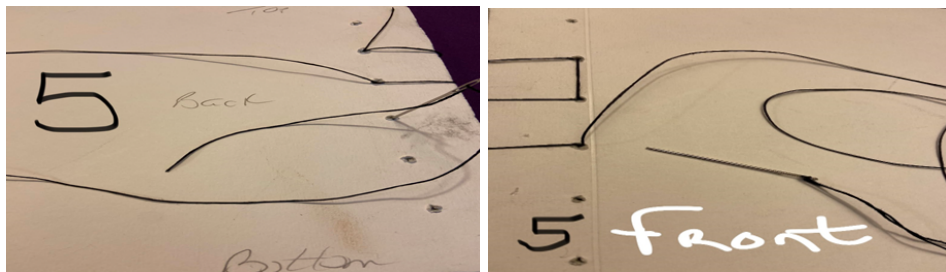
3. Insert your needle in the THIRD hole through all the paper and pull it through. You are sewing from the FRONT to the BACK. You will know you did this correctly if your needle and the rest of the thread is on the BACK.



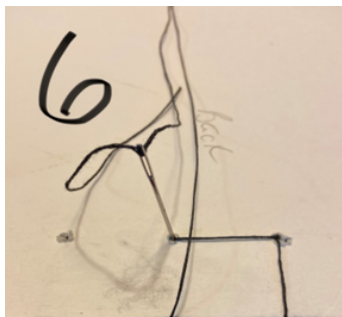
4. Wrap the thread around the spine (side of the book, from the BACK TO THE FRONT) and insert the needle IN THE SAME HOLE (third hole from the top) through all the paper and pull it through. Pull it snug. You will know you did this correctly if your needle and the rest of the thread is on the BACK.



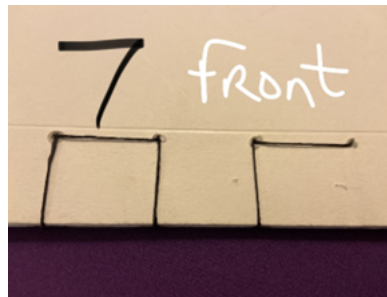
5. Flip the book over (the needle and the rest of the thread should be on the BACK) and insert your needle in the FOURTH hole through all the paper and pull it through. Pull it snug. You are sewing from the BACK to the FRONT. You will know you did this correctly if your needle and the rest of the thread is on the FRONT.



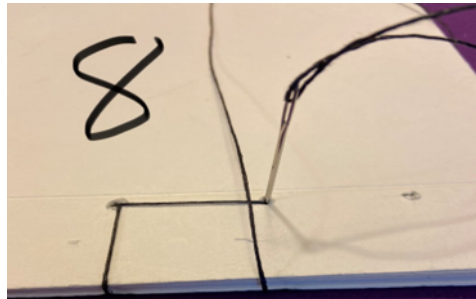
6. Wrap the thread around the spine (side of the book, from the FRONT to the BACK) and insert the needle IN THE SAME HOLE (fourth hole from the top) through all the paper and pull it through. Pull it snug. You will know you did this correctly if your needle and the rest of the thread is on the FRONT.



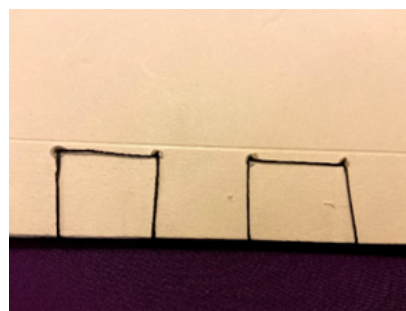
7. Insert your needle in the FIFTH hole through all the paper and pull it through. Pull it snug. You are sewing from the FRONT to the BACK. You will know you did this correctly if your needle and the rest of the thread is on the BACK.



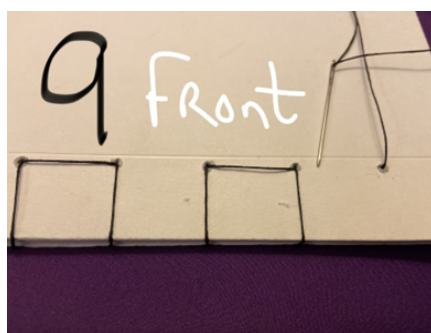
8. Wrap the thread around the spine (side of the book) and insert the needle IN THE SAME HOLE (FIFTH hole from the top) through all the paper and pull it through. Pull it snug. You will know you did this correctly if your needle and the rest of the thread is on the BACK.



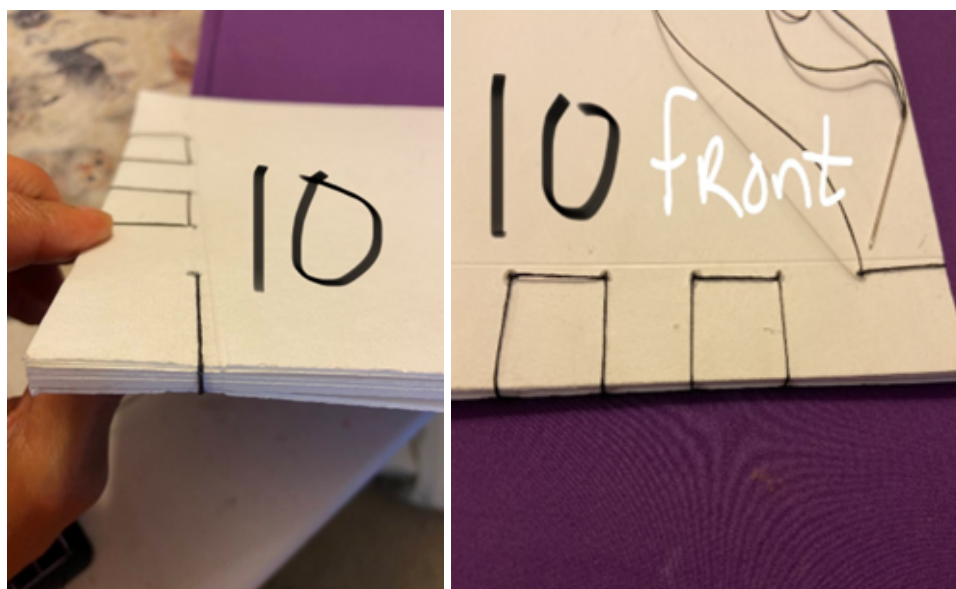
Stop and look at the front of your work. It should match the picture below. If it doesn't, please stop, remove your needle and remove the thread. You will have to begin again. Do not cut your thread!



9. Flip your book over to the back and insert your needle in the SIXTH hole through all the paper and pull it through. Pull it snug. You will know you did this correctly if your needle and the rest of the thread is on the FRONT.



10. Now, wrap the thread around the **BOTTOM** of the book, from the **FRONT** to the **BACK** and insert the needle **IN THE SAME HOLE (SIXTH hole)** through all the paper and pull it through. Pull it snug. You will know you did this correctly if your needle and the rest of the thread is on the **FRONT**.



11. Wrap the thread around the spine (side of the book) and insert the needle **IN THE SAME HOLE (SIXTH hole from the top)** through all the paper and pull it through. Pull it snug.

Now we're going to fill in the gaps. I'm sure you have the hang of it by now but continue to read carefully!

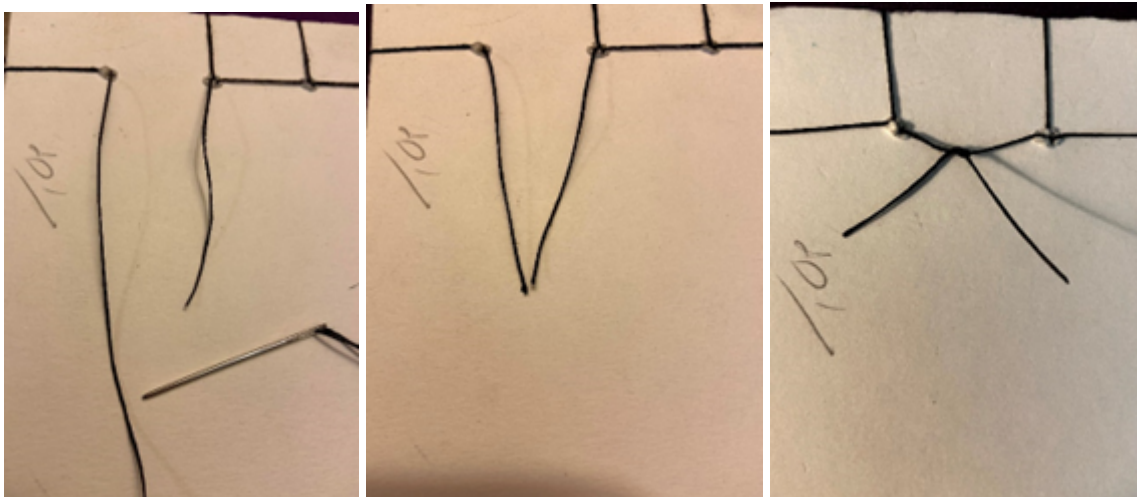
a. Insert your needle in the **FIFTH hole** through all the paper and pull it through. Your thread should be on the back of the book. If it isn't, please stop, remove your thread, and begin again. Do not cut your thread!

- b. Insert your needle in the FOURTH hole (you are still working from the back), through all the paper and pull it through. Remember you are filling in the GAPS!
- c. Flip it over and insert it in the THIRD hole through all the paper and pull it through. Make sure to pull it snug and remember you are filling in the gaps.
- d. Insert your needle in the SECOND hole, through all the paper and pull it through. You are now back on the FRONT.
- e. Insert your needle in the FIRST hole, through all the paper and pull it through. You are now at the BACK.

12. Wrap the thread around the TOP OF THE BOOK and insert the needle IN THE SAME HOLE (FIRST hole) through all the paper and pull it through. Pull it snug. You should be on the back side of your book.

13. Wrap the thread around the spine (side of the book) and insert the needle IN THE SAME HOLE (FIRST hole from the top) through all the paper and pull it through. Pull it snug. You will know you did this correctly if your needle and the rest of the thread is on the BACK

Check your work to make sure it looks like this. If it doesn't, please stop, remove your needle, and remove the thread. You will have to begin again. If it does, cut your thread the same size as the tail from the beginning.



Now, tie the threads together into a knot and cut the strings BELOW the knot. Great job!!!

