

Tatreez Traditions



Getting Started

Visit TatreezTraditions.com to learn more

Required Materials

- 14 Count Waste Canvas + Fabric
 - Size 1-5 Embroidery Needle
 - Size 8 Pearl Cotton
- Or**
- 11-14 Count Aida Cloth
 - Size 22 Tapestry Needle
 - Separated Size 25 Embroidery Floss
Or Size 8 Pearl Cotton

Thread Your Needle

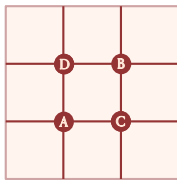
A single layer of thread is the most common way to thread your needle for Tatreez Cross Stitching.

- Cut desired length
- Thread needle
- Knot only the longer piece at the end to secure this thread. (The shorter end will remain untied)

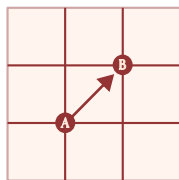


How to Cross Stitch

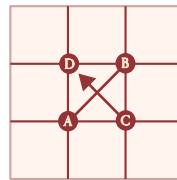
Basic Cross Stitch



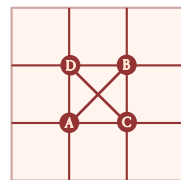
One cross stitch is made up of 4 points (A,B,C,D)



Enter point **A** from the back and stitch to point **B**

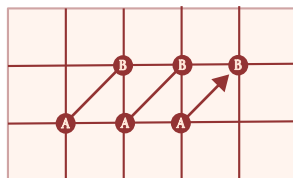


Enter point **C** from the back and stitch to point **D**

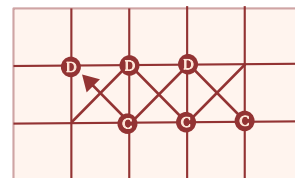


Half Stitching

To create rows or columns



To create a row, stitch from point **A** to **B** until your desired number of stitches



Stitch backwards from point **C** to **D** to complete the previous halves



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Repeating Sleeve Pattern





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