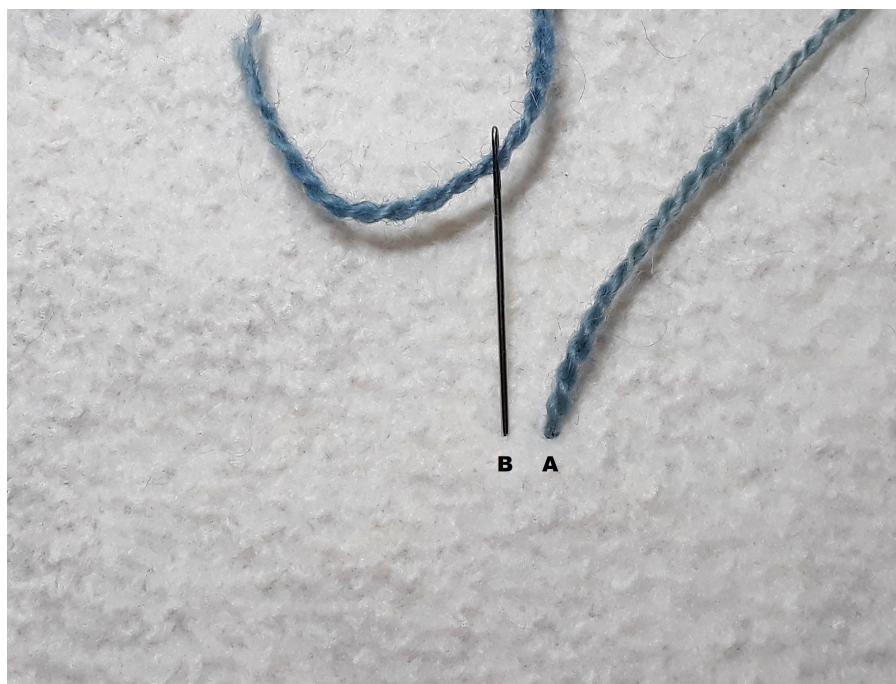


## RUNNING STITCH



Running stitch is one of the basic stitches in hand embroidery and also in hand sewing. It's a very simple but versatile stitch, it has many uses in hand sewing.



Bring the needle up at **A** and bring your needle down at **B** in a distance from **A**.



Bring the needle up at **C** and go down at **D** and continue the line.



The distance between stitches and spaces are determined by the work running stitches are used.

In our work the distance between stitches and spaces are the same.

This stitch is called Running stitch because you can gather several stitches on your needle in the same time and that makes it a fast working stitch, but this technique is **NOT recommended** when you embroider nuno-felted fabrics with wool yarn.

In our wool embroidery we only go with single stitches and work the design stitch by stitch.

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