FREE EMBROIDERY PATTERNS

6 Easy Sashiko Patterns

Hitomezashi for beginners · six true-size 6 in templates · running stitch only

SKILL LEVEL	SIZE	GRID
Beginner	**6 in squares**	**3/8 in (about 1 cm)**

THREAD	STITCH	TIME
about 8 yd each	**Running stitch only**	**About 2 hours each**

Materials

- Indigo or dark cotton fabric (medium weight), a 7 in square per design
- White sashiko thread: Kuchizashi (little squares) 8 yd, Hitomezashi 'cozy' pattern 8 yd, Linked cups 8 yd, Diagonal stairs 8 yd, Crosses and squares 8 yd, Zigzag steps 8 yd
- Sashiko needle, thimble, water-soluble pen, ruler

Abbreviations (US terms)

Hitomezashi line-stitch' sashiko: patterns from stitches on a grid
Running stitch in and out along a line
Offset where the first stitch of a line starts

Every stitch is exactly one grid square long and every line alternates stitch / gap. Only the offset of each line changes between the six designs: the templates show it.

How to stitch

Transfer	Print the template at 100% and check the 1 in test line. Trace the grid (not the stitches) onto the fabric with a water-soluble pen and a ruler, or use pre-printed sashiko fabric.
Thread	Cut an arm's length of sashiko thread, knot one end and start from the back. Use a long sashiko needle and a thimble.
Horizontal lines	Work every horizontal grid line first, from right to left: one stitch on the line, one stitch gap, following the template. Each stitch spans exactly one grid square.
Vertical lines	Then work the vertical lines. Where a stitch meets the end of another, leave a tiny gap so they don't touch: that small space is what makes sashiko look crisp.
Turns	At the end of each line, leave a small loop on the back before turning, so the fabric doesn't pucker.
Finish	Knot on the back, rinse out the pen lines and press from the back.

The six designs

1	Kuchizashi (little squares): the original pattern from this guide.	**(272 stitches)**
2	Hitomezashi 'cozy' pattern: the original pattern from this guide.	**(272 stitches)**

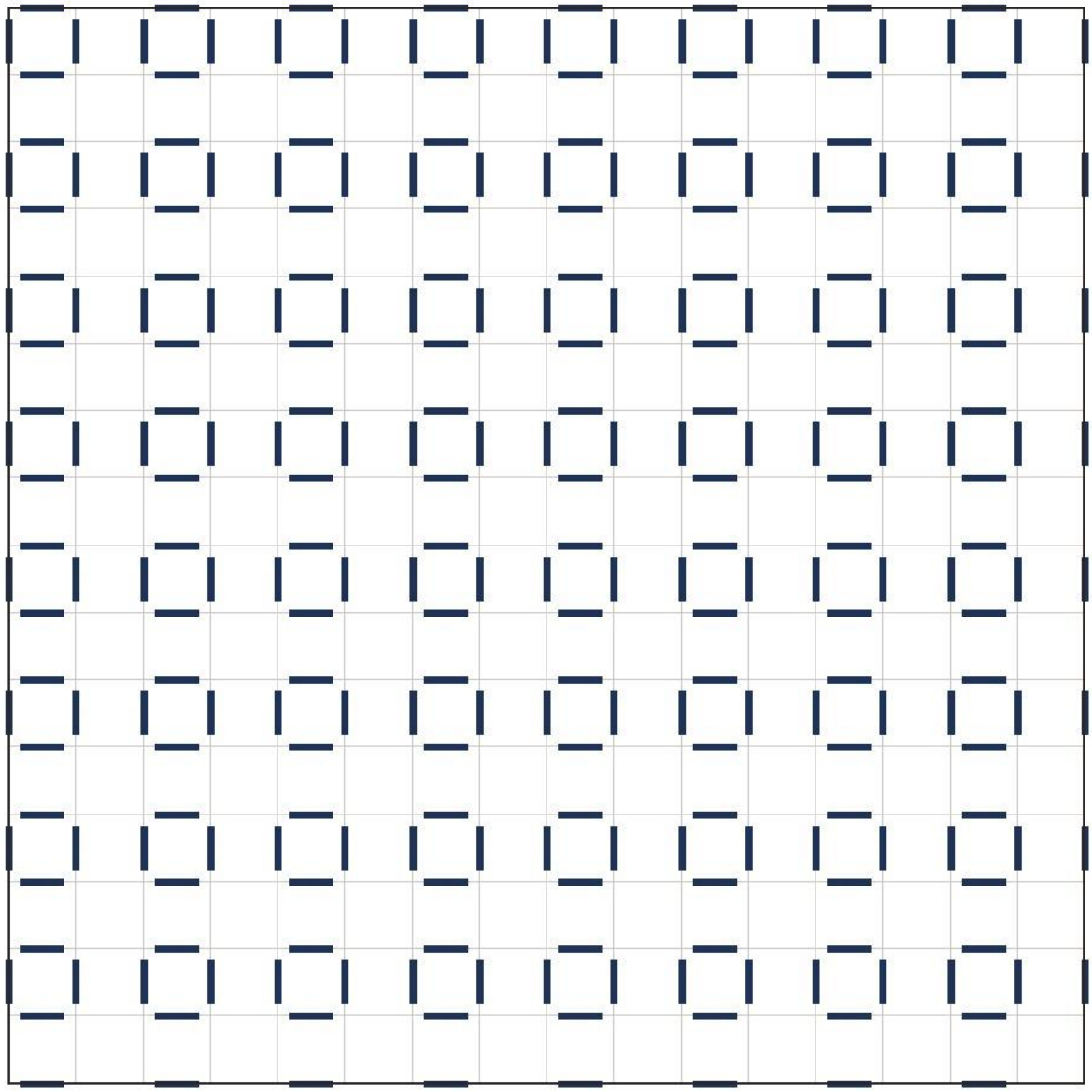
3	Linked cups: Every other horizontal line shifts by one stitch, so the little squares open into rows of linked cups.	**(272 stitches)**
4	Diagonal stairs: Both the horizontal and the vertical lines shift on every other line, so the stitches climb diagonally across the square like tiny staircases.	**(272 stitches)**
5	Crosses and squares: The offset changes every two lines in both directions: plus-shaped crosses alternate with tiny squares.	**(272 stitches)**
6	Zigzag steps: Horizontal lines shift every three lines and vertical lines every other line, so bracket shapes interlock in zigzag columns.	**(272 stitches)**

Make a mug rug

Cut	For each mug rug: the stitched 6 in square plus a 1/2 in border on each side (7 in square), and a 7 in backing square.
Sew	Place right sides together and sew around with a 1/2 in seam, leaving 2 in open. Clip the corners, turn out and press.
Close	Slip stitch the opening closed and topstitch 1/8 in from the edge.

Sashiko template · Kuchizashi (little squares)

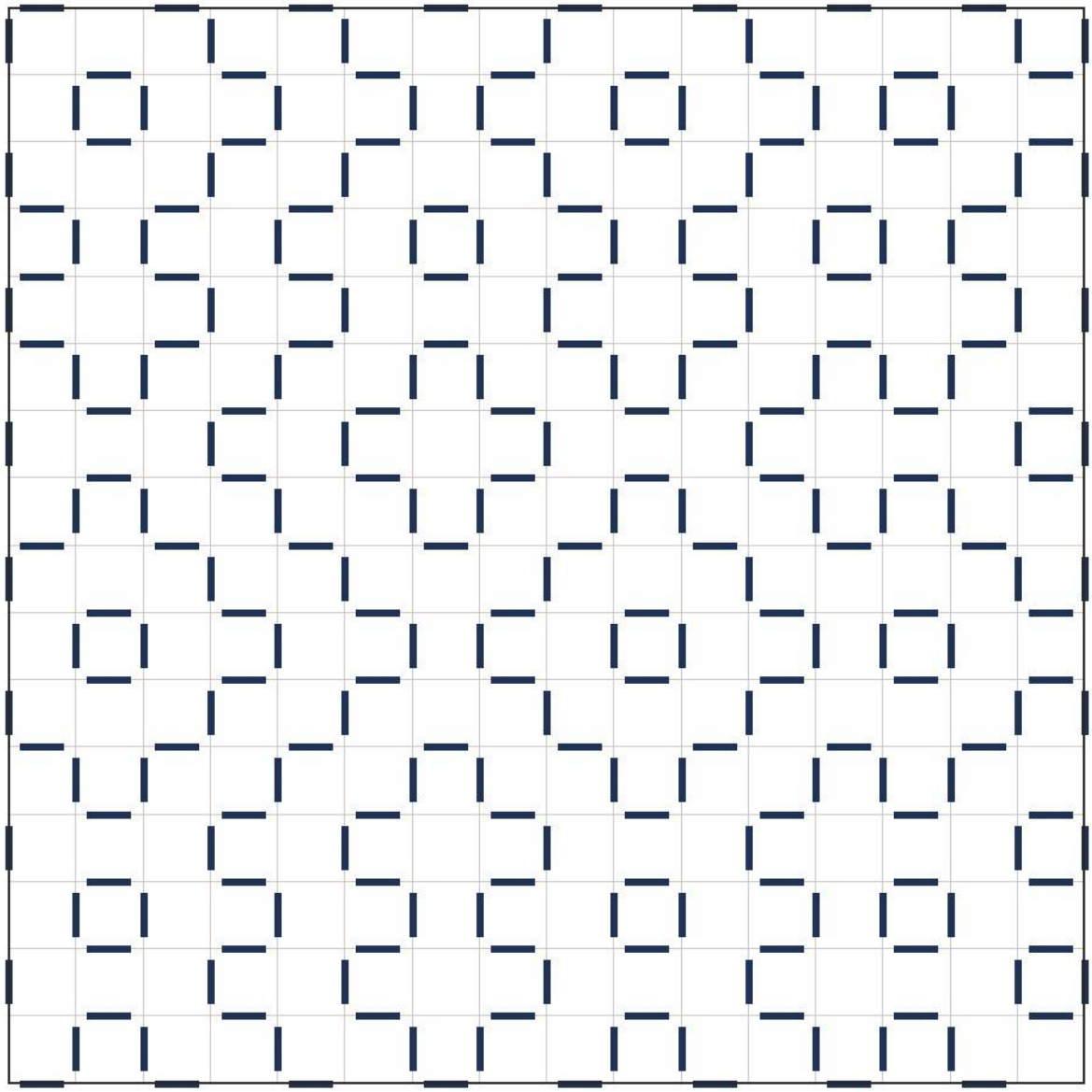
TRUE SIZE: print at 100% (no 'fit to page'). The square must measure 6 in (15.2 cm).



1 inch test line

Sashiko template · Hitomezashi 'cozy' pattern

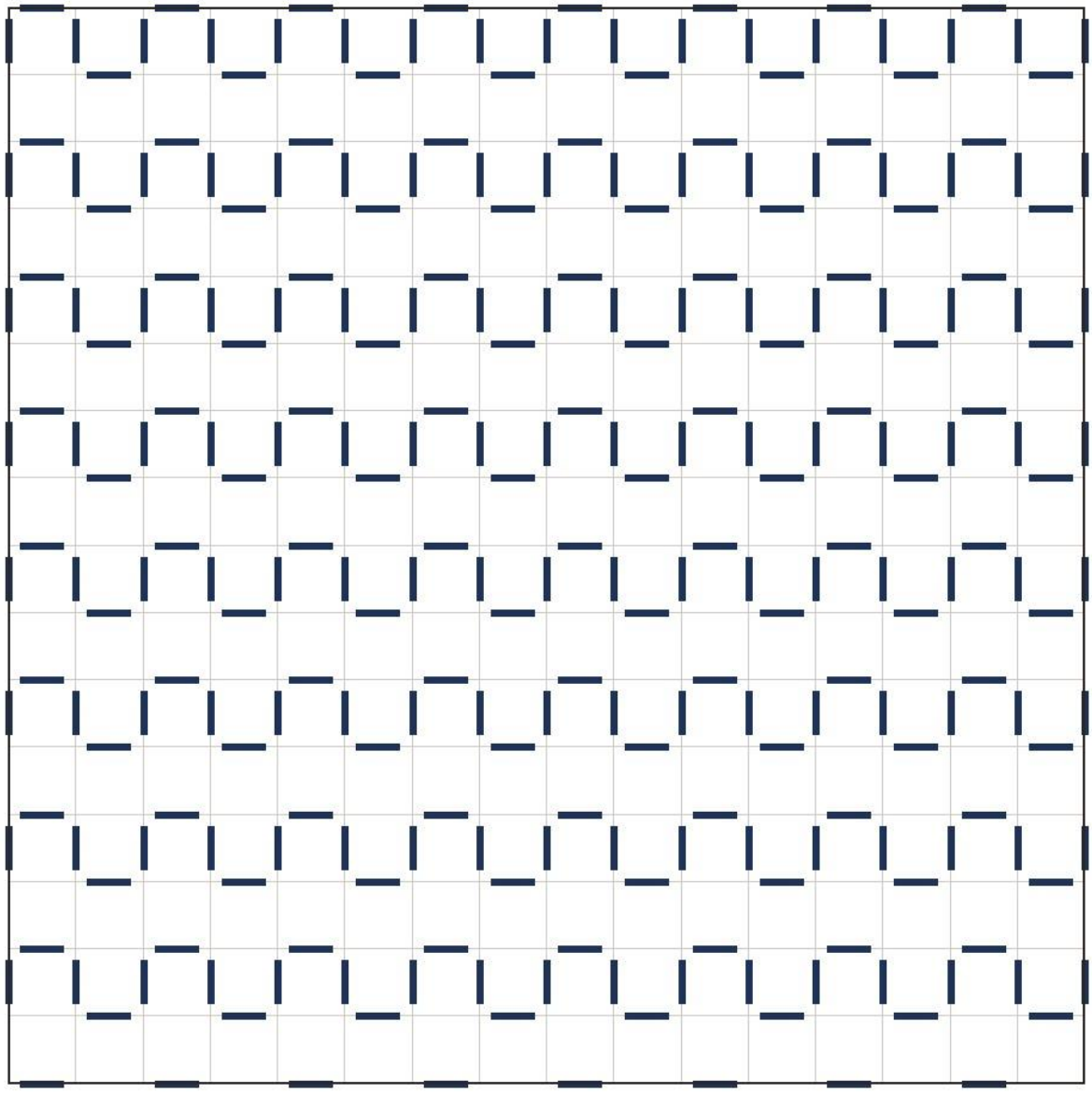
TRUE SIZE: print at 100% (no 'fit to page'). The square must measure 6 in (15.2 cm).



1 inch test line

Sashiko template · Linked cups

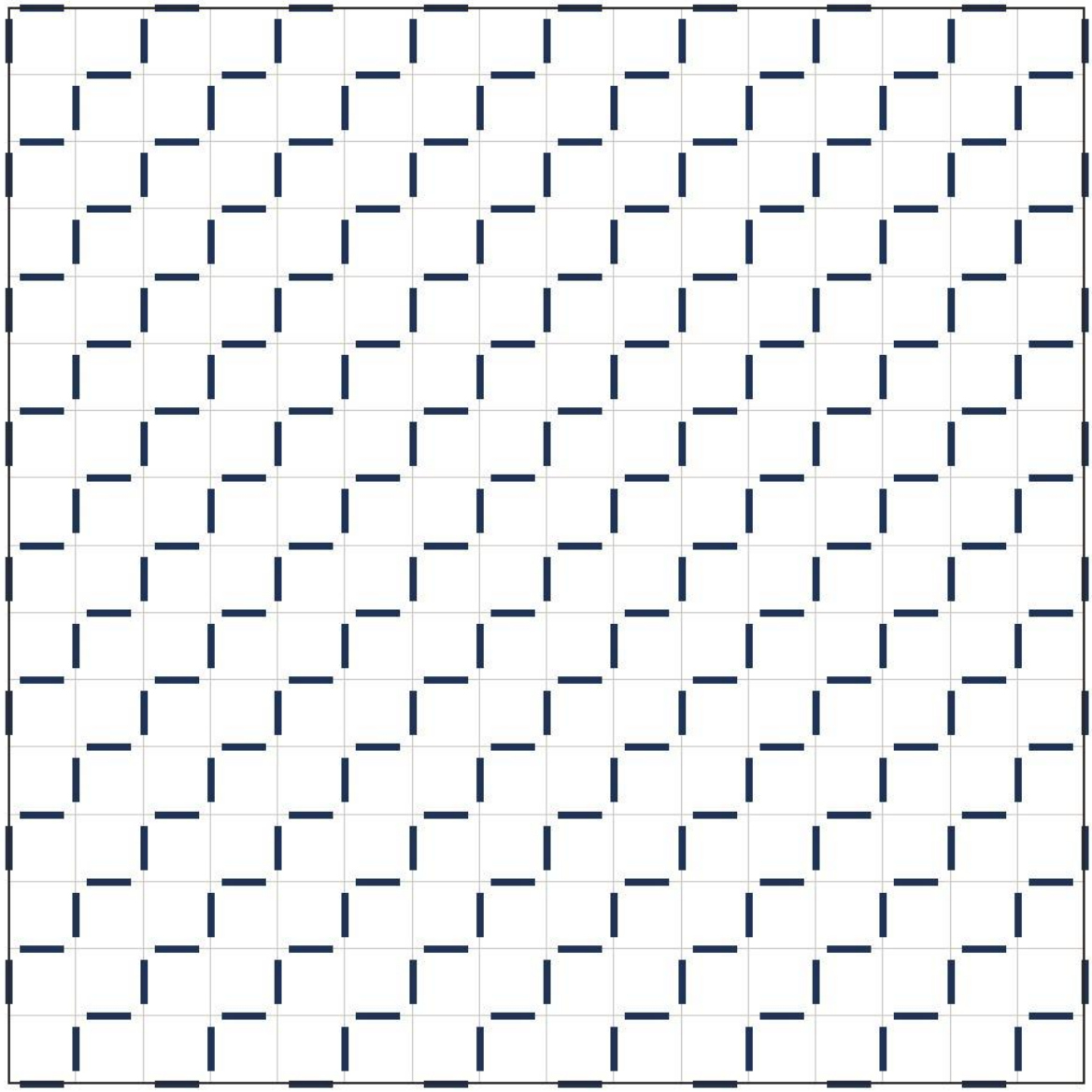
TRUE SIZE: print at 100% (no 'fit to page'). The square must measure 6 in (15.2 cm).



1 inch test line

Sashiko template · Diagonal stairs

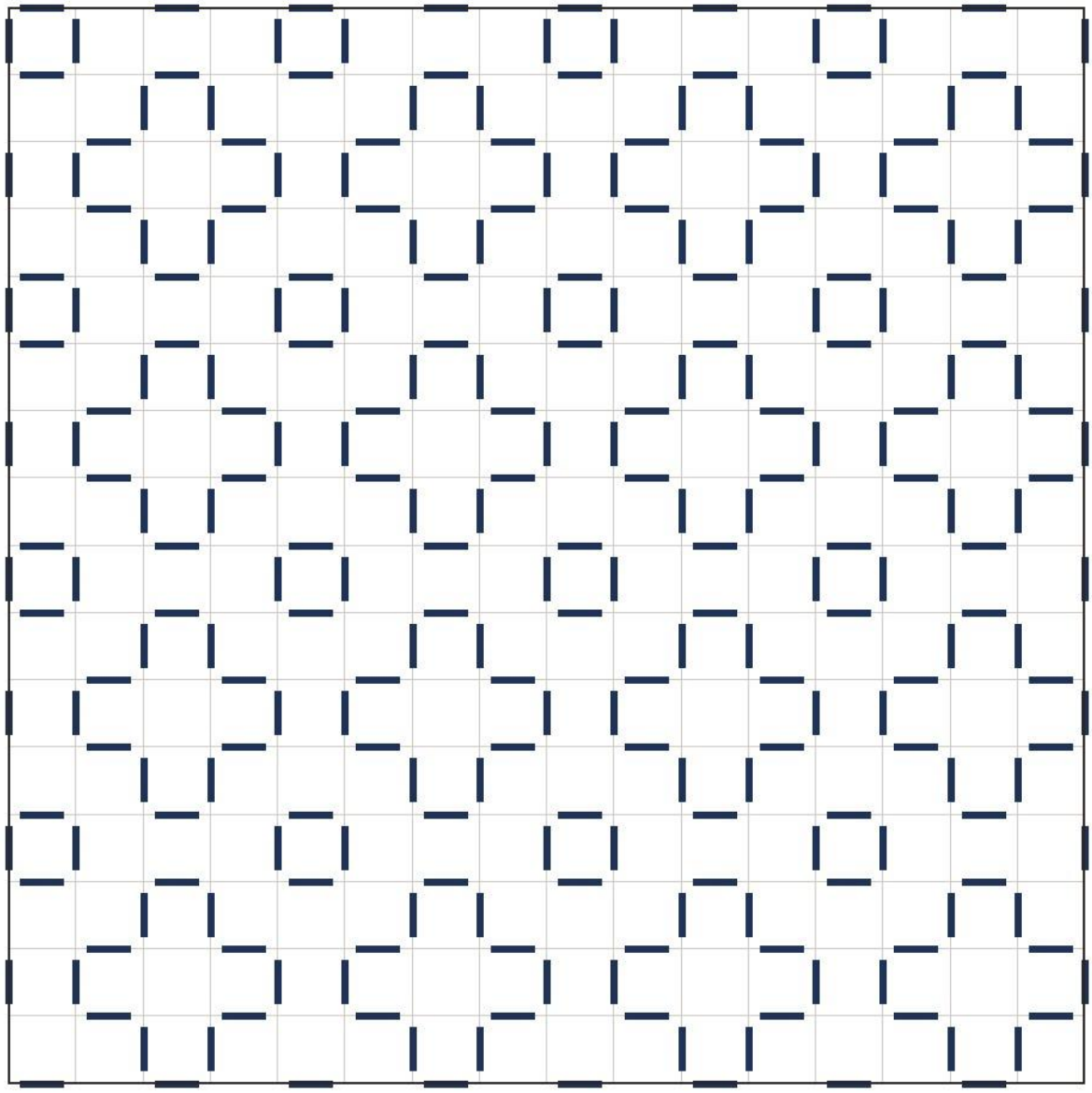
TRUE SIZE: print at 100% (no 'fit to page'). The square must measure 6 in (15.2 cm).



1 inch test line

Sashiko template · Crosses and squares

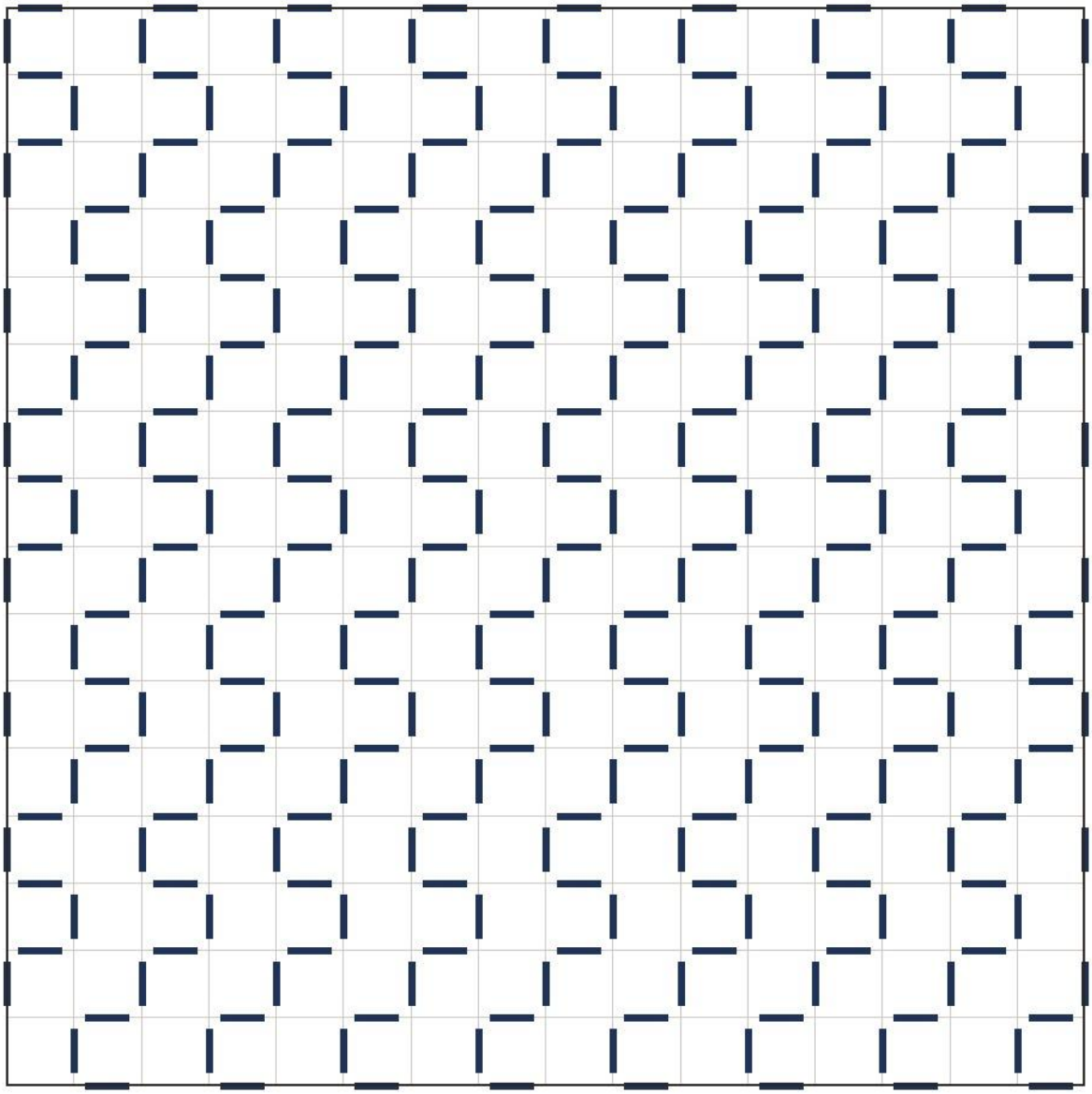
TRUE SIZE: print at 100% (no 'fit to page'). The square must measure 6 in (15.2 cm).



1 inch test line

Sashiko template · Zigzag steps

TRUE SIZE: print at 100% (no 'fit to page'). The square must measure 6 in (15.2 cm).



1 inch test line