FREE EMBROIDERY GUIDE + SAMPLER

15 Hand Embroidery Stitches

Stitch guide with numbered diagrams and a printable 15-box stitch sampler · beginner friendly

SKILL LEVEL **Beginner**	SAMPLER **about 7 x 9.5 in**	HOOP **6 or 8 in, moved box by box**
FLOSS **DMC stranded cotton, 2 strands**	NEEDLE **Embroidery needle size 7**	TIME **An afternoon**

Materials

- DMC floss in 5 colours: DMC 3363 green, DMC 321 red, DMC 3768 teal, DMC 725 gold, DMC 3865 white
- 10 x 12 in cotton or linen, a 6 in hoop, embroidery needle, small scissors
- Water-soluble pen; print the sampler page at 100% / actual size

Abbreviations (US terms)

1, 3, 5	needle comes up	**2 strands**	separate 2 of the 6 strands
2, 4, 6	needle goes down	**DMC**	floss colour number

Work the boxes in order: the first stitches teach the moves that the later ones build on. Stitch counts below are how many stitches each practice box takes.

The 15 stitches

1. Running stitch	Up at 1, down at 2, up at 3: even stitches with even gaps. For outlines, quilting and gathering. (7 stitches in the box)
2. Backstitch	Come up one stitch ahead, go back down into the end of the last stitch. A solid line for text and outlines. (12 stitches in the box)
3. Split stitch	Like backstitch, but come up through the middle of the last stitch, splitting the floss. A smooth, rope-like line. (10 stitches in the box)
4. Stem stitch	Work forward with the thread always on the same side; each stitch overlaps half of the last. Perfect for stems and curves. (11 stitches in the box)
5. Chain stitch	Come up, go back into the same hole leaving a loop, come up inside the loop and pull. Each loop holds the next. (8 stitches in the box)
6. Lazy daisy	A single chain stitch tacked down at the tip with a tiny stitch. Petals and leaves. (7 stitches in the box)
7. Satin stitch	Straight stitches laid side by side across a shape, edge to edge. Fills small shapes with a smooth sheen. (29 stitches in the box)
8. Long and short stitch	First row: alternating long and short stitches; next rows fill in with long stitches. Shading for petals and leaves. (50 stitches in the box)
9. French knot	Wrap the floss twice around the needle, go down right next to where you came up, hold the wraps snug. (6 stitches in the box)

10. Blanket stitch	Go down at the top, come up at the bottom line with the thread under the needle. Edges and appliqué. (16 stitches in the box)
11. Feather stitch	Open V-shaped loops worked alternately left and right down a line. Vines and borders. (12 stitches in the box)
12. Fly stitch	A V-shaped loop held down by a straight tacking stitch. Leaves, ferns and little birds. (12 stitches in the box)
13. Cross stitch	Two diagonal stitches that cross in the middle; work all the / first, then come back with the \. (14 stitches in the box)
14. Seed stitch	Tiny straight stitches scattered in different directions. A speckled texture fill. (24 stitches in the box)
15. Couching	Lay a thread along the line and hold it down with small stitches in a second thread. Bold or metallic lines. (7 stitches in the box)

15 Hand Embroidery Stitches · Stitch Guide

Odd numbers = needle comes up, even numbers = needle goes down. Each box matches the printable sampler.

1. Running stitch



Up at 1, down at 2, up at 3: even stitches with even gaps. For outlines, quilting and gathering.

2. Backstitch



Come up one stitch ahead, go back down into the end of the last stitch. A solid line for text and outlines.

3. Split stitch



Like backstitch, but come up through the middle of the last stitch, splitting the floss. A smooth, rope-like line.

4. Stem stitch



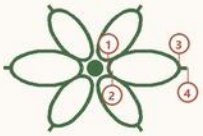
Work forward with the thread always on the same side; each stitch overlaps half of the last. Perfect for stems and curves.

5. Chain stitch



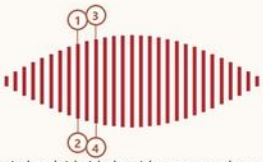
Come up, go back into the same hole leaving a loop, come up inside the loop and pull. Each loop holds the next.

6. Lazy daisy



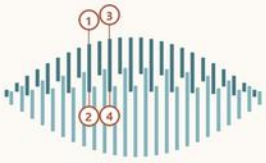
A single chain stitch tacked down at the tip with a tiny stitch. Petals and leaves.

7. Satin stitch



Straight stitches laid side by side across a shape, edge to edge. Fills small shapes with a smooth sheen.

8. Long and short stitch



First row: alternating long and short stitches; next rows fill in with long stitches. Shading for petals and leaves.

9. French knot



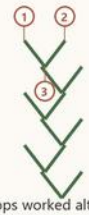
Wrap the floss twice around the needle, go down right next to where you came up, hold the wraps snug.

10. Blanket stitch



Go down at the top, come up at the bottom line with the thread under the needle. Edges and appliqué.

11. Feather stitch



Open V-shaped loops worked alternately left and right down a line. Vines and borders.

12. Fly stitch



A V-shaped loop held down by a straight tacking stitch. Leaves, ferns and little birds.

13. Cross stitch



Two diagonal stitches that cross in the middle; work all the / first, then come back with the \.

14. Seed stitch



Tiny straight stitches scattered in different directions. A speckled texture fill.

15. Couching



Lay a thread along the line and hold it down with small stitches in a second thread. Bold or metallic lines.

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Embroidery Stitch Sampler · print at 100% (actual size)

Trace onto a 10 x 12 in piece of cotton or linen. Work one stitch per box, in the order of the stitch guide.

1. Running stitch

2. Backstitch



3. Split stitch



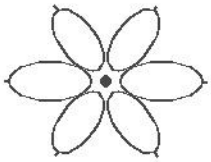
4. Stem stitch



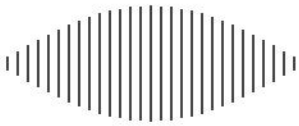
5. Chain stitch



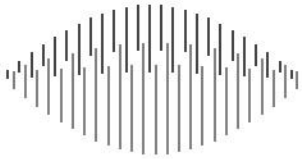
6. Lazy daisy



7. Satin stitch



8. Long and short stitch



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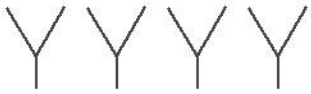
12. Fly stitch



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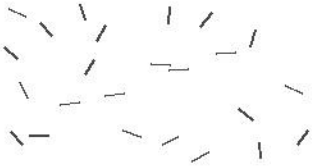
14. Seed stitch



15. Couching



1 in check bar: measure it after printing