

**Beautiful, durable,
and easy to learn.**

*The versatile Japanese technique
for binding stacks of cut paper*

STAB BINDING

**St. Louis
Art Supply**

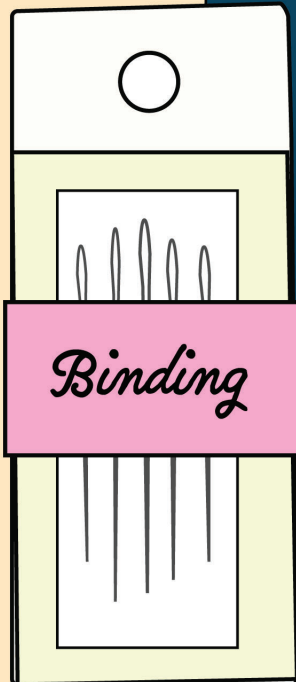
Artist's Manual, Volume 1

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Materials

Washi paper
for covers &
optional accents

Waxed linen
thread



Large,
blunt-tip
needles

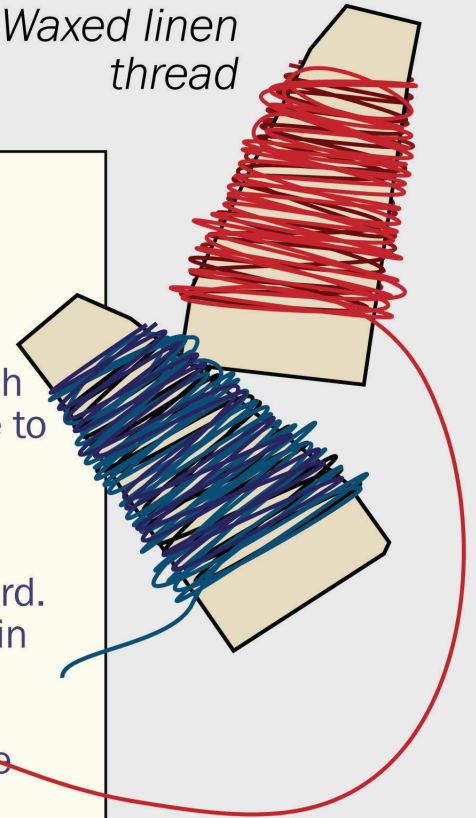


Cutting Paper for Stab Binding

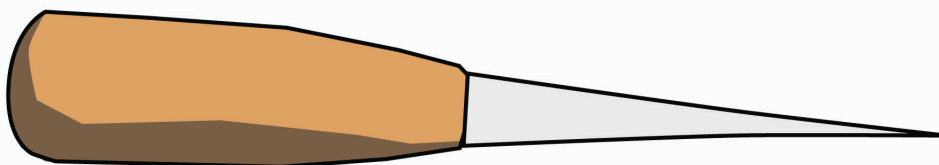
Start with your body paper, which can be any uniform size. We like to use a glue-bound pad with nice paper, since these are usually affordable and easy to separate from their glue and backing board. (Save the backing board to use in your next hardcover book!)

Now cut your covers to the same width as your body paper, using one sheet as a template.

If you want an uncovered spine, cut the covers exactly the same as the body paper. For a covered spine, cut them about 2" longer than the body paper.



20 sheets of soft,
white drawing paper



Tapered awl

Stack & Stab

2

Use a blank sheet to measure & mark

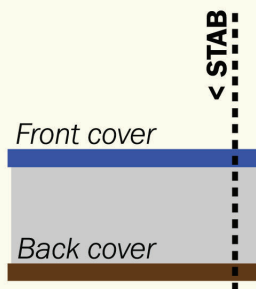
Always stab at a 90-degree angle!



Spine Options

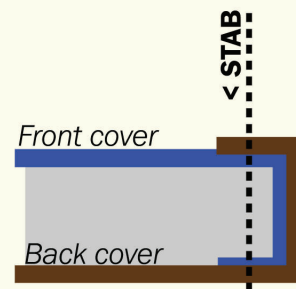
Exposed

Just stack your paper & covers neatly and get ready to stab

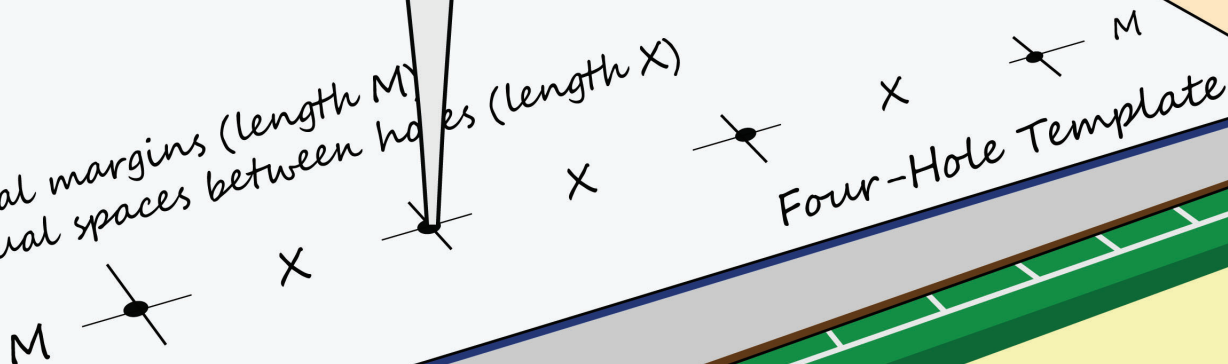


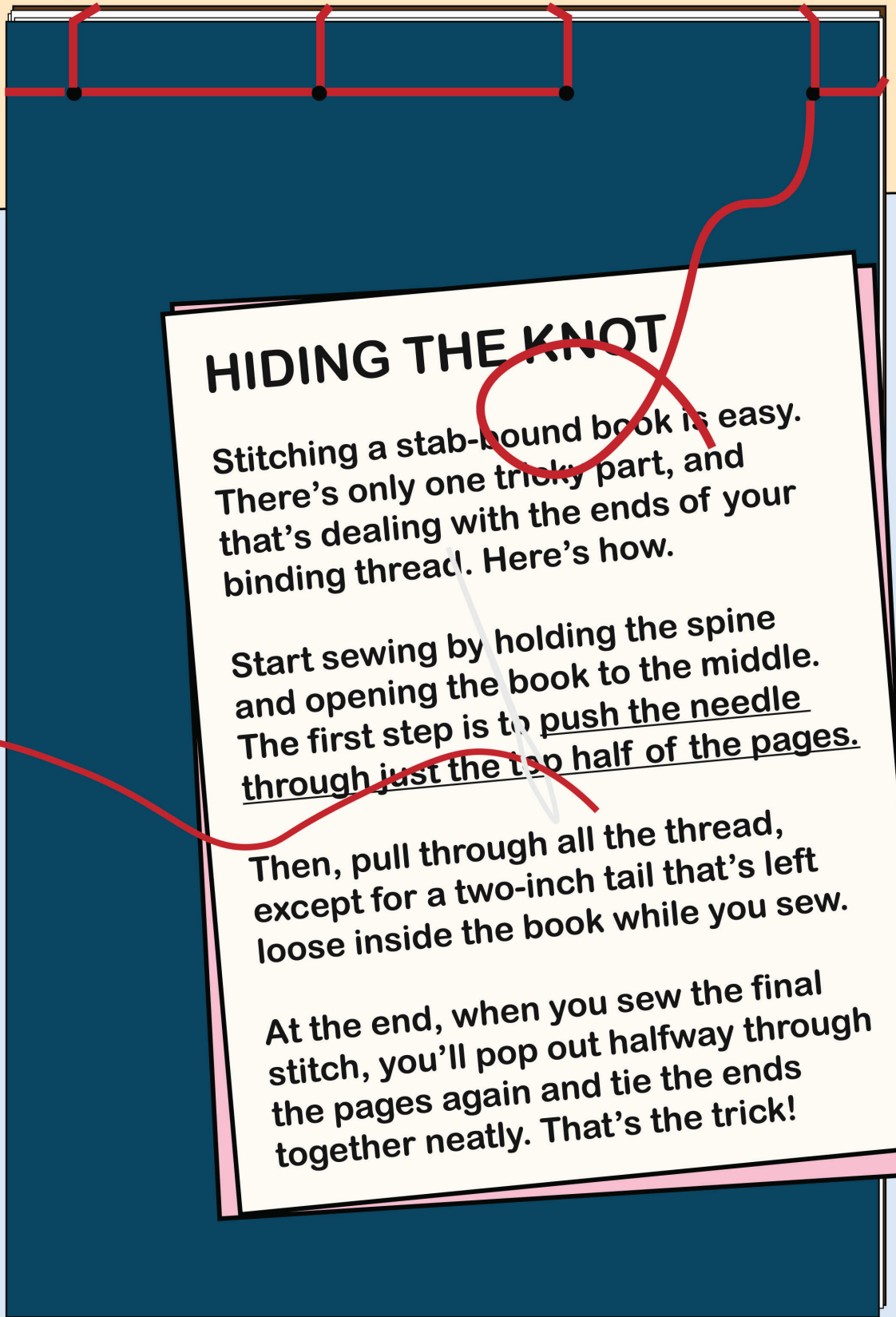
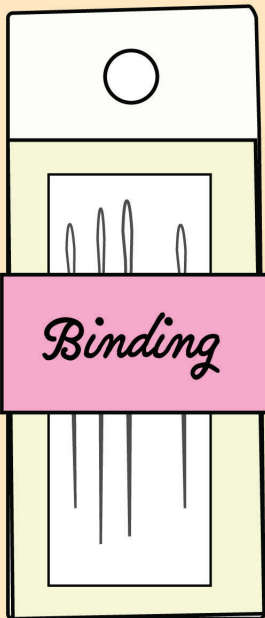
Covered

Fold back cover over front cover as shown below. Hide any extra paper by folding the edge back



Equal margins (length M)
Equal spaces between holes (length X)





HIDING THE KNOT

Stitching a stab-bound book is easy. There's only one tricky part, and that's dealing with the ends of your binding thread. Here's how.

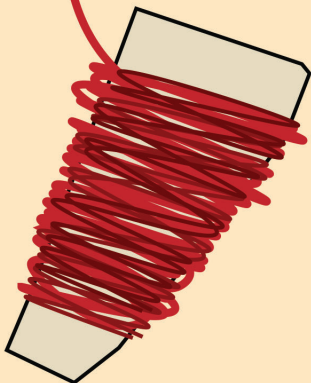
Start sewing by holding the spine and opening the book to the middle. The first step is to push the needle through just the top half of the pages.

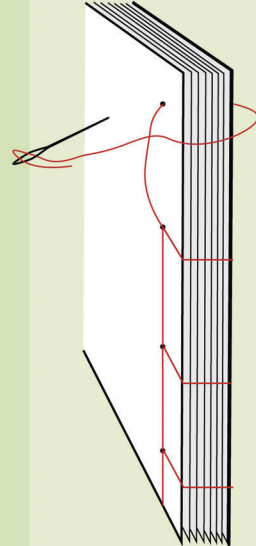
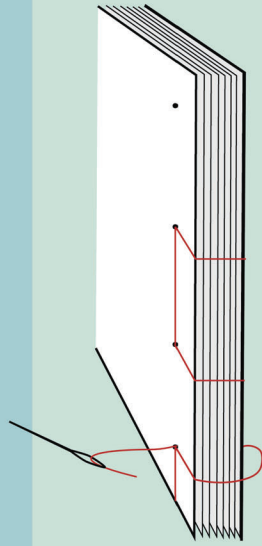
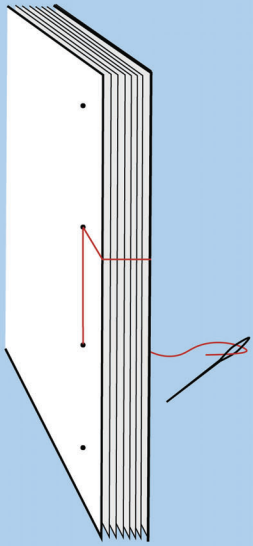
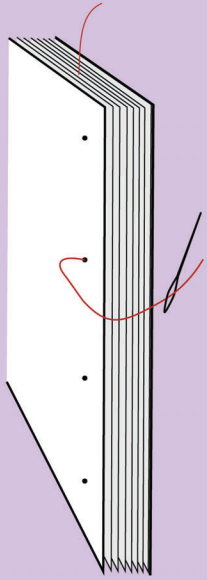
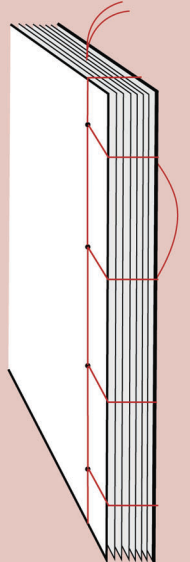
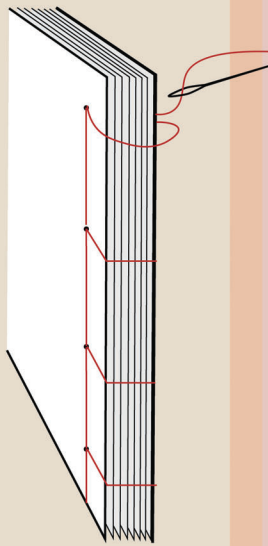
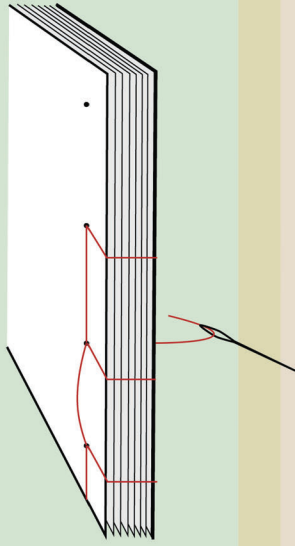
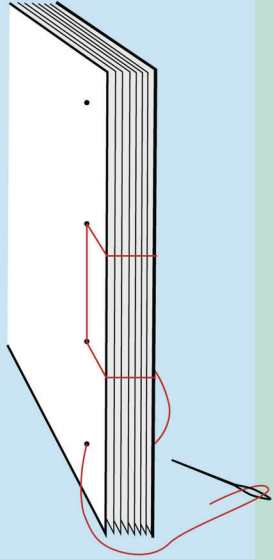
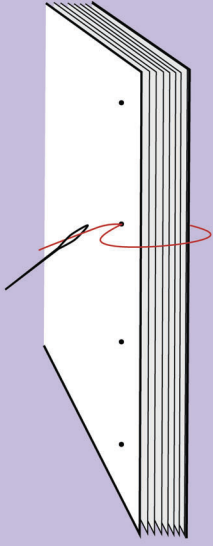
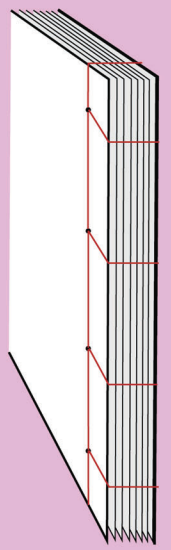
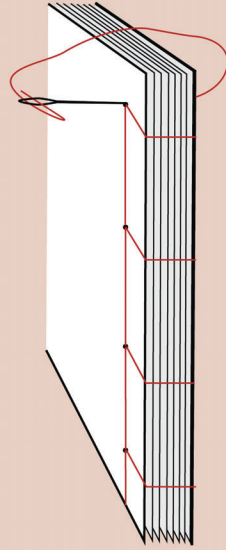
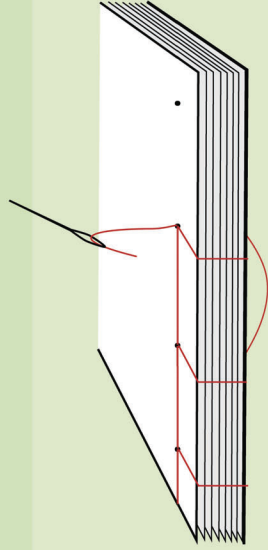
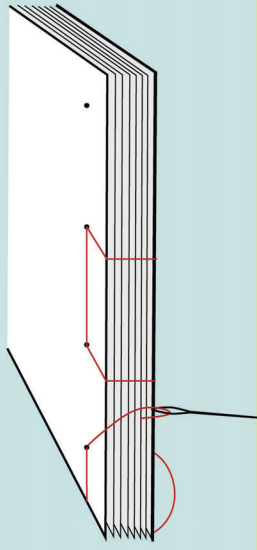
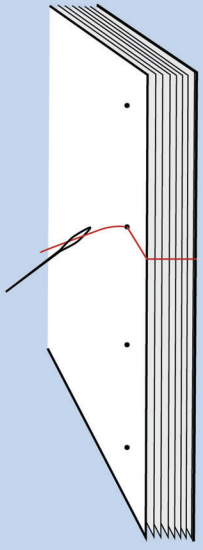
Then, pull through all the thread, except for a two-inch tail that's left loose inside the book while you sew.

At the end, when you sew the final stitch, you'll pop out halfway through the pages again and tie the ends together neatly. That's the trick!

Fold out this booklet to see the full stitch pattern.

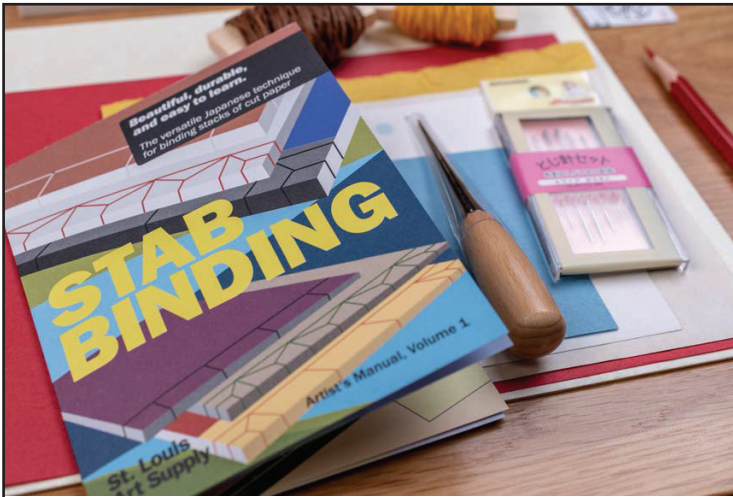
Once you've made one, try creating your own!



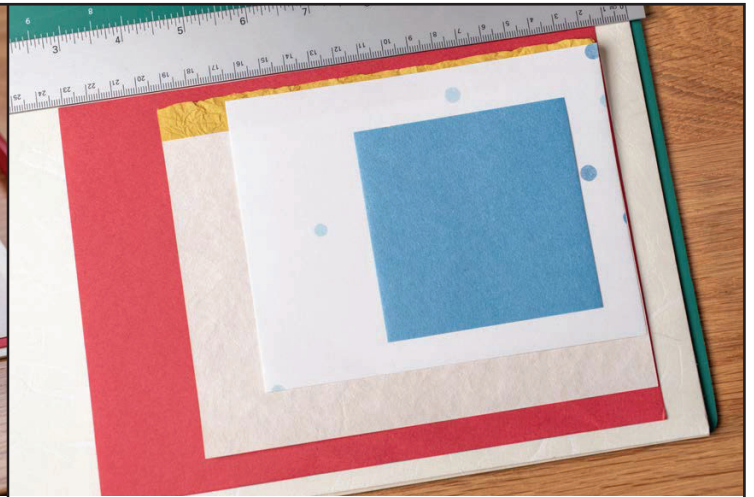


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Supplemental Instructions for Stab Binding, p. 1/2



Gather materials. Besides the items in the kit, you'll need: a craft knife, a cutting mat (or other safe surface for cutting), a pencil, and a straight edge.



Choose & cut paper. To start, it's easiest to cut all sheets to identical sizes. The pages in your book are A5 size, 148 x 210 mm, so cut a front cover, a back cover, and endpaper (optional) to that size.



Mark stab holes. Use a sheet of A5 paper to mark the binding pattern. Mark a line 10 mm from the spine. Then, mark through this line at 10 mm, 53 mm, 95 mm, and 138 mm. These are your stab holes for a standard four-hole binding on A5 paper.



Use the awl to poke holes. Firmly but without shifting your weight, press the awl through the guide sheet into each mark. Once you've pierced all four, flip the book over and pierce in the reverse direction to open the holes a bit wider.



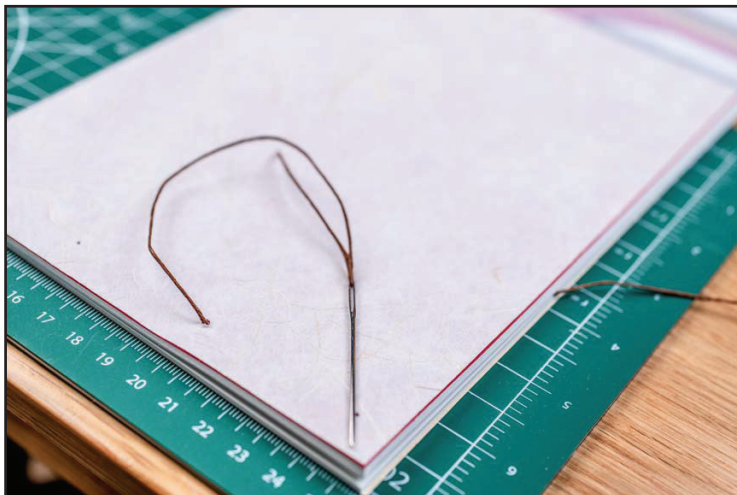
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Thread your needle. To make threading easier, flatten the waxed thread a bit with the back of a fingernail.



Start inside the book. To hide the knot later, start sewing halfway through the book. Pull up through the front cover.

Supplemental Instructions for Stab Binding, p. 2/2



Spine Loop (1) Pull through the thread, leaving only a few inches loose inside the book. Now we'll do the first spine loop—the key move in this technique.



Spine Loop (2) Grab the book tightly and push the needle through the bottom, using the same hole you sewed through before. You've formed the first loop.



Spine Loop (3) Pull the thread through, tightening the loop around the spine. These loops are the main source of strength for stab bindings.

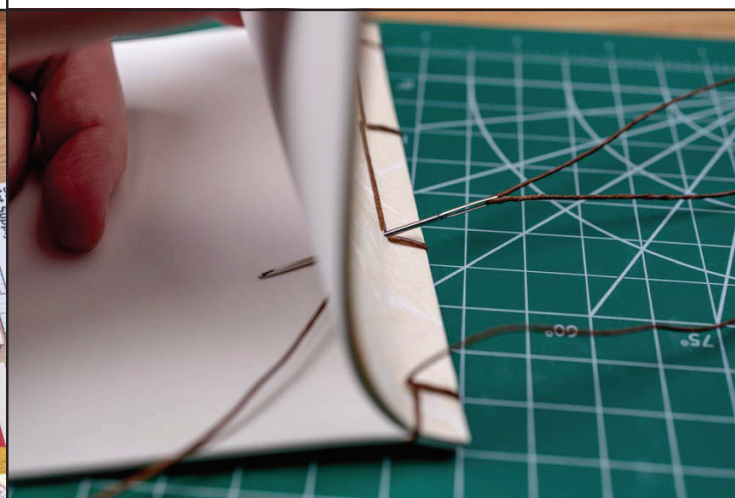


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Spine Loop (4) Fully tightened, the loop holds the pages securely. Now it's easier to proceed with the sewing, because this won't come loose easily.



Finish sewing. Following the full sewing diagram inside our Stab Binding guide, continue forming loops and connecting holes.



Tie the knot. For the last stitch, don't sew all the way through the book—you need to come back out at the same spot inside that you left the loose thread from the first step. Pull tight and tie a neat single knot.