



**“You’re one simple stitch away from starting your shared creative experience.”**

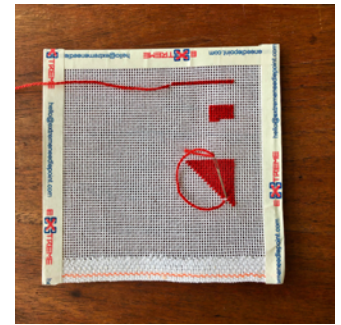
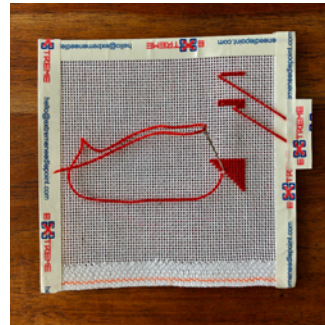
Sarah Greene,  
Founder & Principal Creative

[www.extremeneedlepoint.com](http://www.extremeneedlepoint.com)

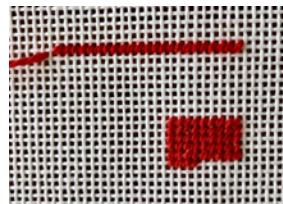
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## Getting Started With Your Practice Canvas

**Step 1:** Use your practice canvas to master the Continental Stitch and Basketweave Stitch. Concentrate on the Basketweave Stitch, as this stitch will give you superior quality in your finished canvases. (Refer to our “**Basic Stitches Workshop**” for a demonstration of needle threading.)



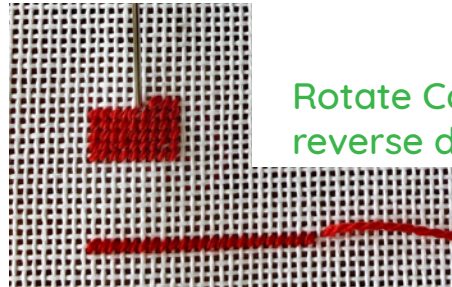
**Step 2:** Thread your Tapestry Needle with the tail end of the single row of Continental Stitch and continue stitching to the left as shown.



Single Row Continental Stitch

Multi-Row Continental Stitch

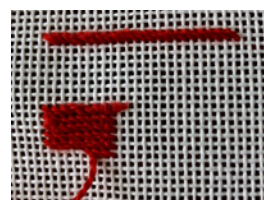
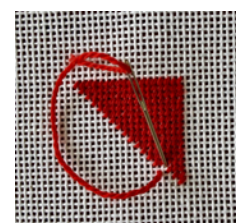
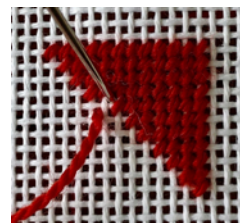
**Step 3:** Thread your Tapestry Needle with the tail end of the multi-row Continental Stitch and continue the pattern. To reverse direction, rotate the canvas 180 degrees and continue as shown.



Rotate Canvas 180 degrees to reverse direction...

**Step 4:** Thread your Tapestry Needle with the tail end of the Basketweave sample and continue the pattern as shown.

### Basketweave Stitch



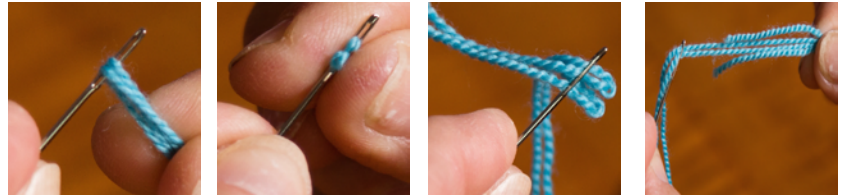
**Step 5:** Examine your canvas from the back and compare to the photos. Adjust your technique as needed and secure your fiber by passing the needle through the back of a few stitches.

## The Continental Stitch

### Getting Started:

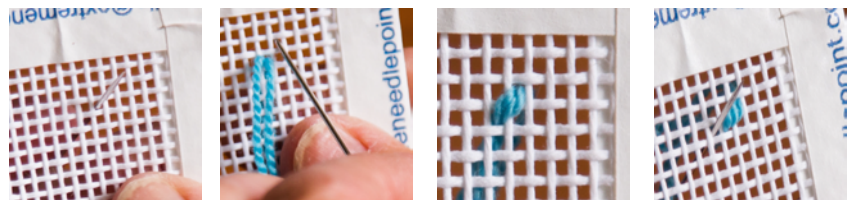
Thread your tapestry needle.

Select a hole near the upper right corner of your practice canvas and pull the needle through from back to front.

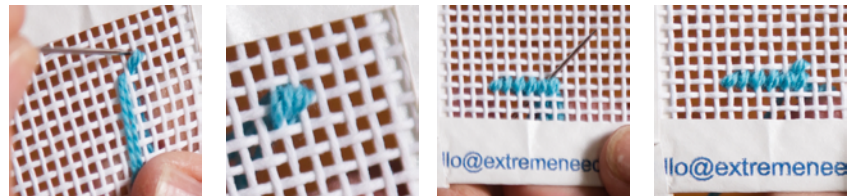


### Continental Stitch:

Pass the needle back through the canvas one hole to the right and one hole above. (Congratulations on your first needlepoint stitch!)

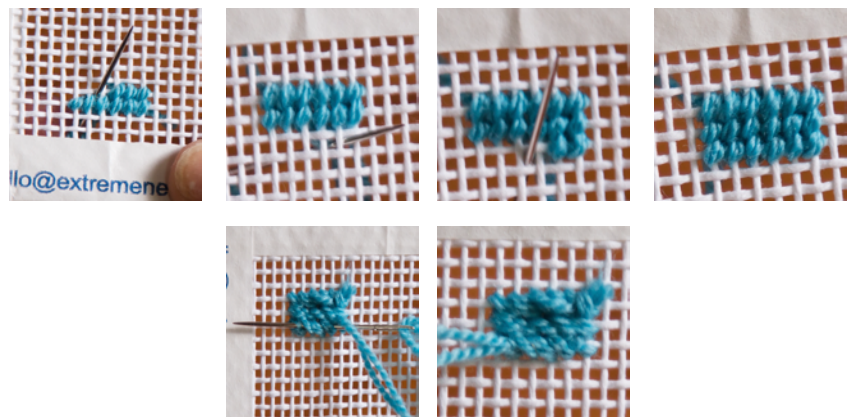


Work to the left of your first stitch, pull the needle to the front of canvas. Repeat until you have made about 10 stitches. Be sure to catch/secure the tail of your wool under your stitches as you work.



To reverse direction, rotate the canvas 180 degrees and repeat. That's all there is to it!

When you have finished stitching the desired area, end with your needle in the back and secure it by passing it underneath several stitches on the backside of the canvas. The fibers will tangle on their own and you will have a flat finished canvas without the bumps that would be caused by knotting.



For a demonstration of the Continental Stitch visit  
<https://www.extremeneedlepoint.com/product-category/needlepoint-hobbyist/needlepoint-workshops/>

## The Basketweave Stitch

Begin by making two Continental Stitches, working from right to left. Make sure to catch/secure the tail of your wool under your stitches as you go.

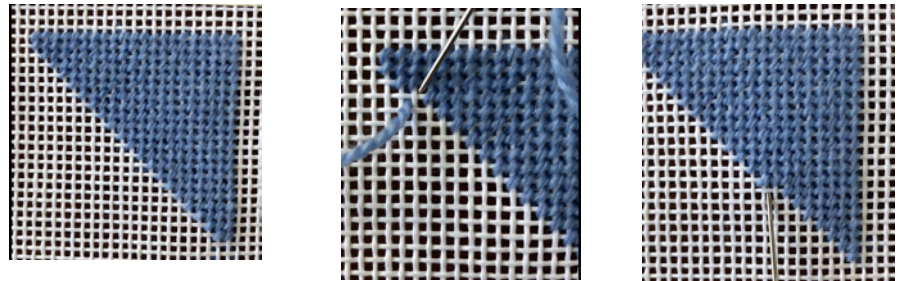


For your third stitch, pass the needle from back to front one hole below your first Continental Stitch, and return it one hole to the right and one hole above.

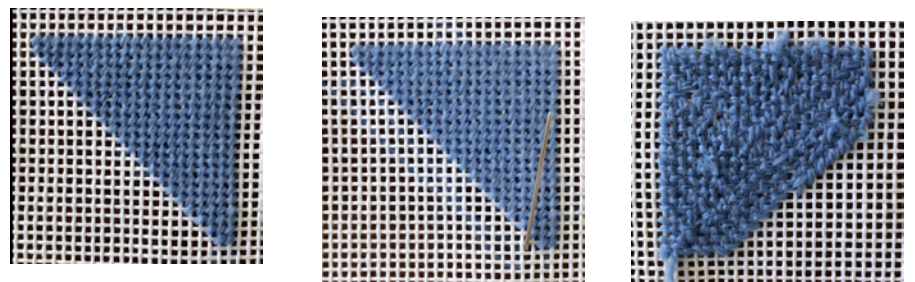


These three stitches establish the upper right-hand corner of your stitching area.

For your fourth stitch, pass the needle from back to front one hole below the beginning of your third stitch. Then return it one hole to the right and one hole above.



Fifth stitch, pass the needle from back to front one hole to the left of your THIRD stitch. Continue working your stitches by moving diagonally up to the left and diagonally down to the right as shown. Your stitched area will be a growing triangle.



From the front your stitches will look the same as the Continental Stitch. From the back of the canvas your stitched area will resemble a basketweave.

