

# Tatreez Traditions



## Getting Started

Visit [TatreezTraditions.com](https://TatreezTraditions.com) to learn more

### Required Materials

- 14 Count Waste Canvas + Fabric
  - Size 1-5 Embroidery Needle
  - Size 8 Pearl Cotton
- Or**
- 11-14 Count Aida Cloth
  - Size 22 Tapestry Needle
  - Separated Size 25 Embroidery Floss  
Or Size 8 Pearl Cotton

### Thread Your Needle

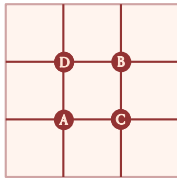
A single layer of thread is the most common way to thread your needle for Tatreez Cross Stitching.

- Cut desired length
- Thread needle
- Knot only the longer piece at the end to secure this thread. (The shorter end will remain untied)

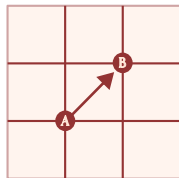


## How to Cross Stitch

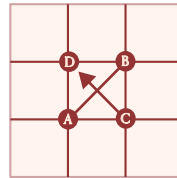
### Basic Cross Stitch



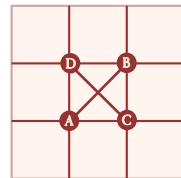
One cross stitch is made up of 4 points (A,B,C,D)



Enter point **A** from the back and stitch to point **B**

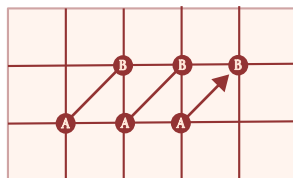


Enter point **C** from the back and stitch to point **D**

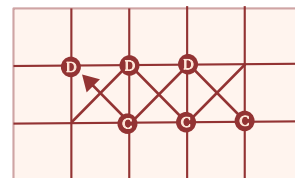


### Half Stitching

To create rows or columns



To create a row, stitch from point **A** to **B** until your desired number of stitches



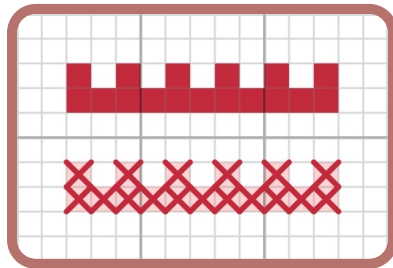
Stitch backwards from point **C** to **D** to complete the previous halves

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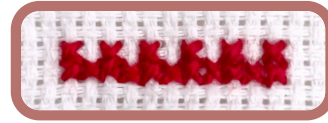


## Old Man's Teeth

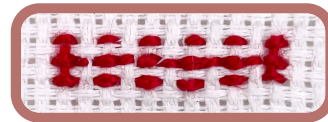
### Snan El 'Ajouz Step-By-Step



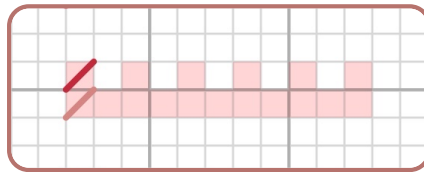
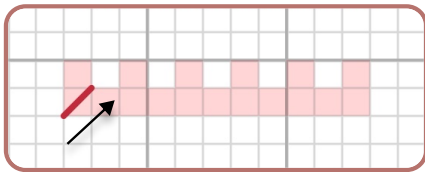
Front



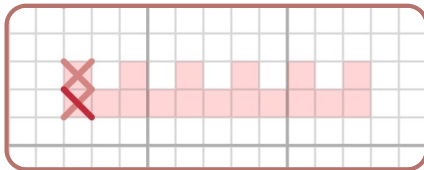
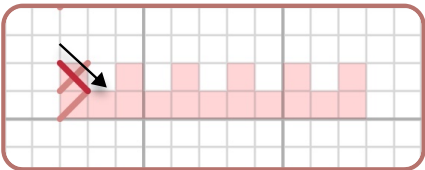
Back



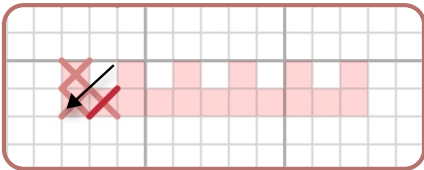
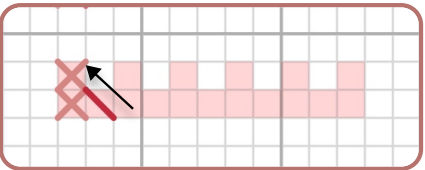
Step 1



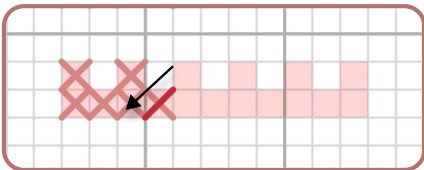
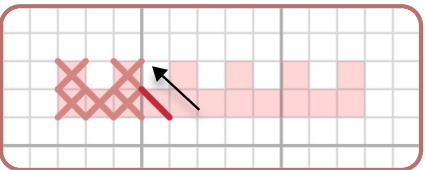
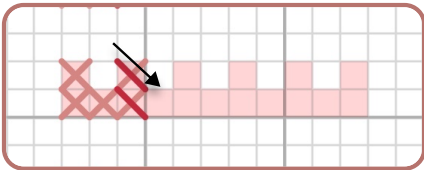
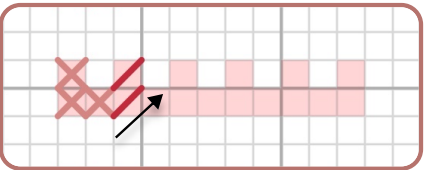
Step 2



Step 3



Repeat



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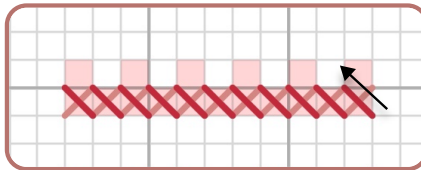
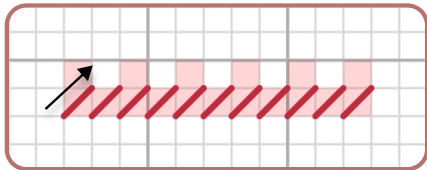


## Old Man's Teeth

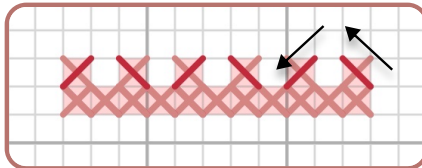
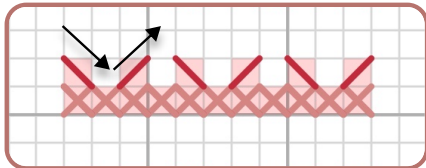
### Snan El 'Ajouz Step-By-Step

#### Alternative Steps

Step 1



Step 2



Back



**The border can be stitched using various alternative methods.**



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