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**COLAB  
JAPANESE STAB  
BOOKBINDING**

# COLAB JAPANESE STAB BOOKBINDING

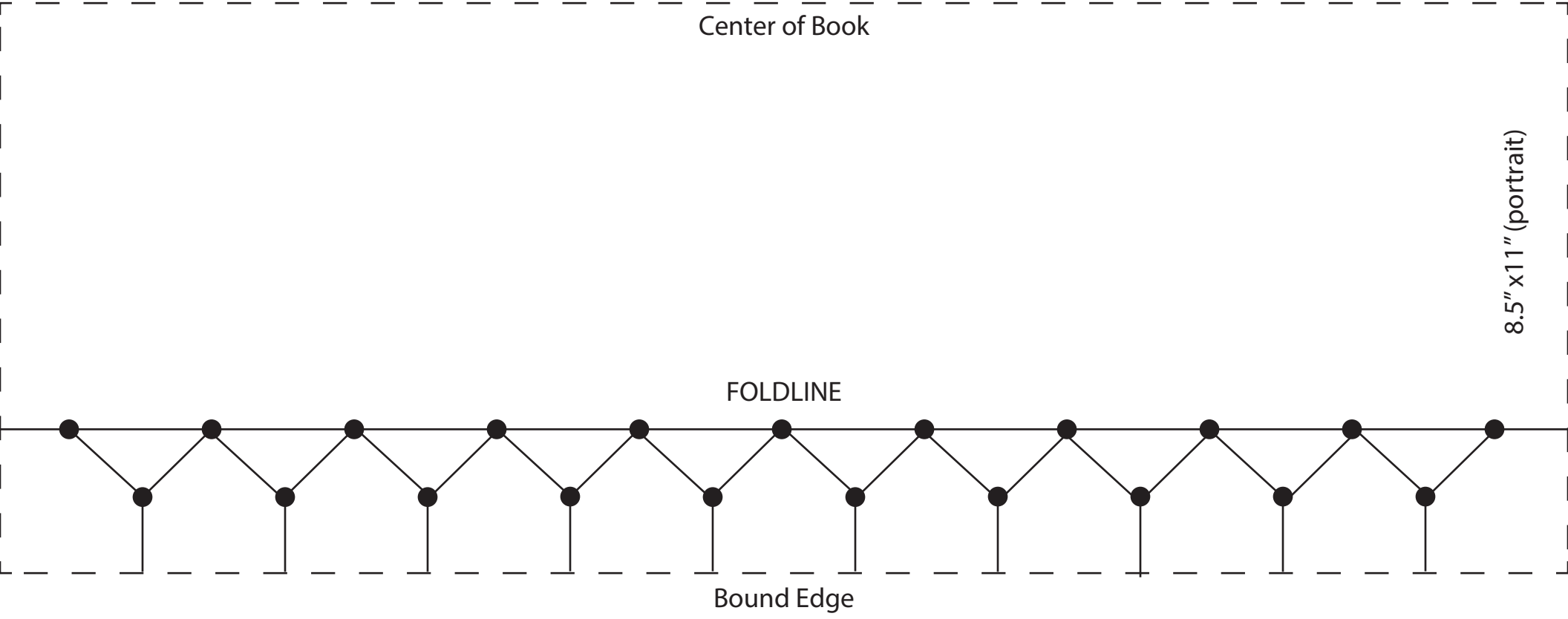
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## Materials

- Paper
- Scissors
- Awl or drill
- Waxed thread or embroidery floss
- Needle
- Pen/pencil
- Ruler
- Binder clips
- Scrapbook paper (optional)
- Paper cutter (optional)
- Binding pattern [PDF] (optional)
- Beeswax (recommended)

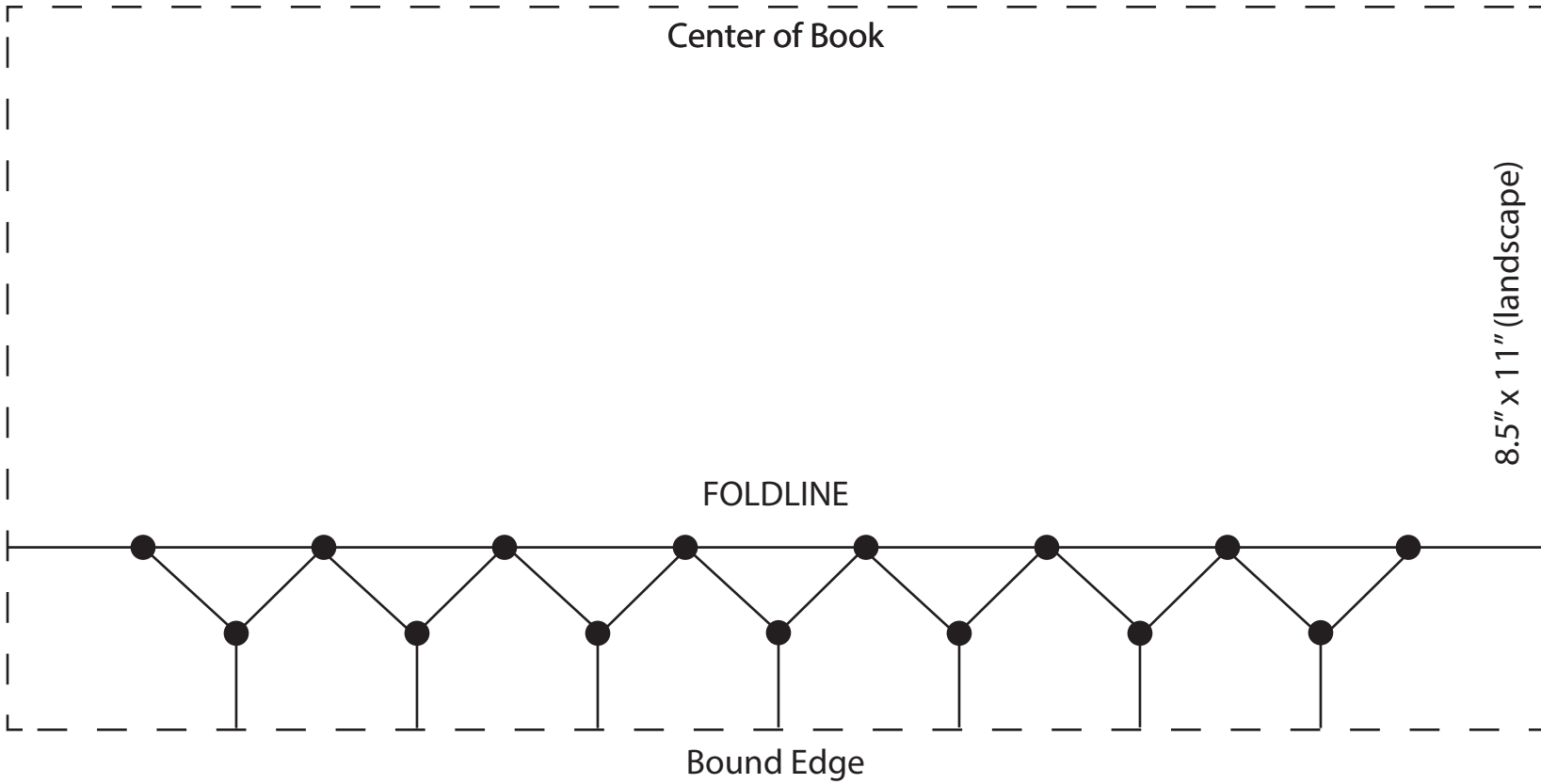
# BINDING PATTERN

8.5" X 11" (PORTRAIT)



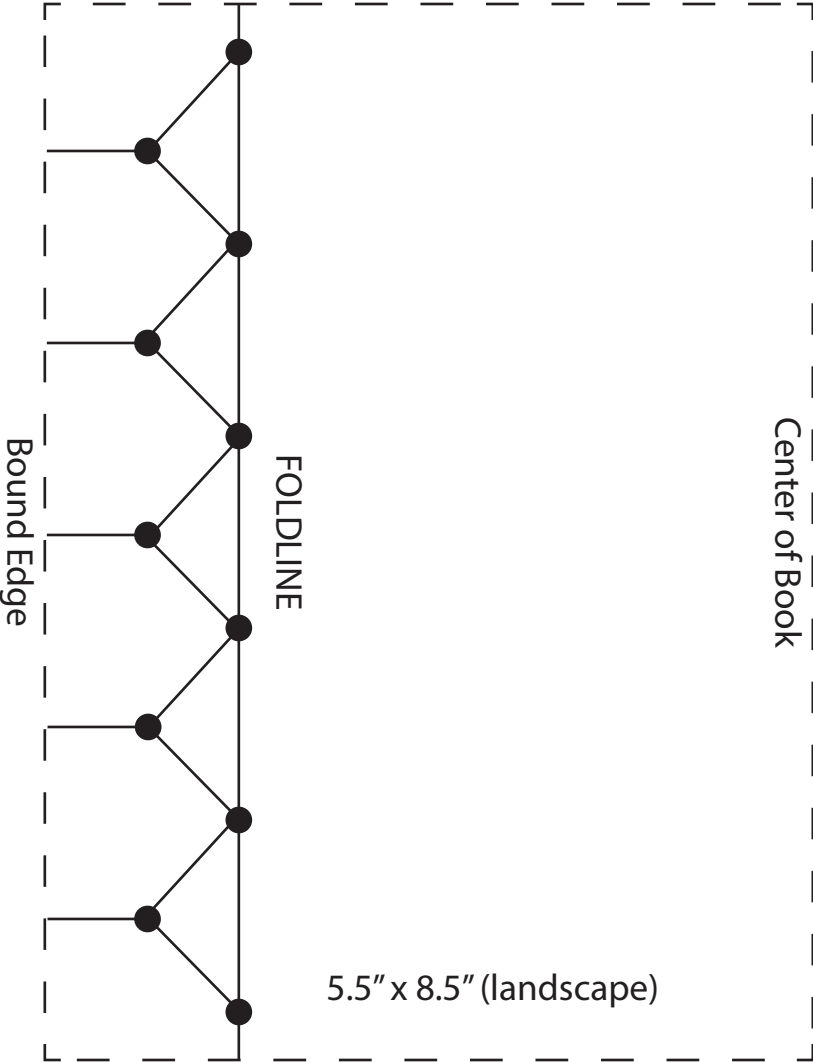
# BINDING PATTERN

8.5" X 11" (LANDSCAPE)



# BINDING PATTERN

5.5" X 8.5" (LANDSCAPE)



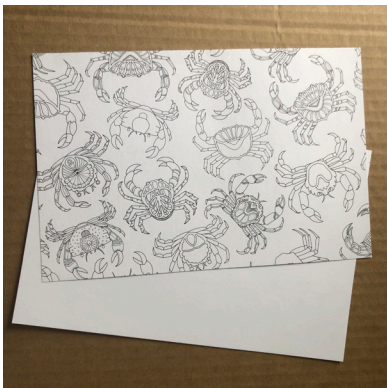
## Step 1: Cut Paper to Size

Choose which dimensions you want your book to be. While planning, be aware that your binding will take at least 1 inch of space from each page on the edge you wish to bind. For longer-lasting books, you may consider using a heavier paper for the inside pages to avoid tearing. However, regular copy paper does the trick. Scrapbook paper makes an excellent front and back cover.

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- 1. Cut your inner pages to the desired size using a paper cutter or scissors.**



- 2. Cut your cover pages to the same dimensions as the inner pages.**

## Step 2: Plan Your Binding Pattern

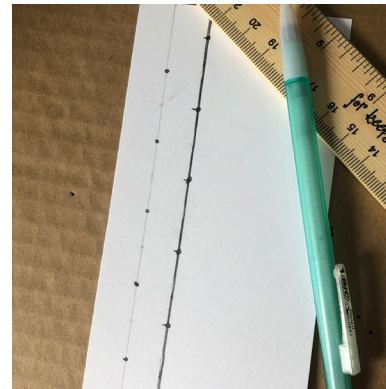
Skip this step if you wish to print and use one of our binding pattern [PDF] templates. These templates are de-signed for creating an 8.5" x 11" journal (landscape or portrait) or a 5.5" x 8.5" journal (landscape).

Before you start, you will want to plan out the pattern you wish to use for binding. To create your own pattern follow these basic guidelines:

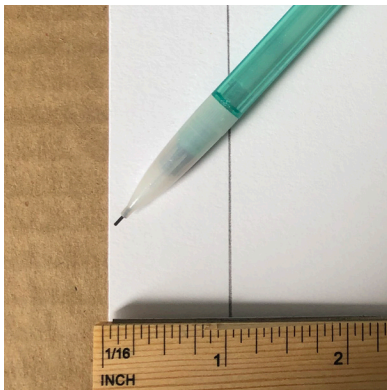
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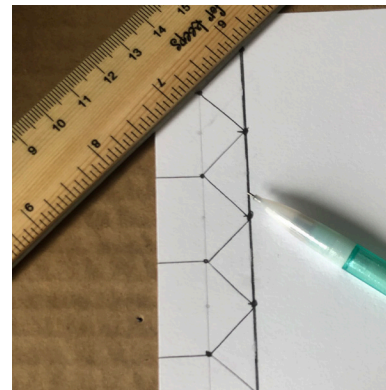
**1.**  
**Cut a piece of paper that is the same height as your pages and 3-5 inches wide. You want it to be wide enough to allow for the binder clips.**



**3.**  
**Start marking dots where you wish holes to be made. The set of dots furthest from the bound edge must be located on the fold line.**



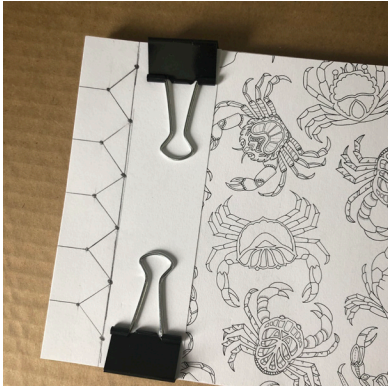
**2.**  
**Draw a line the length of the paper that is at least 1 inch away from the bound edge. This will be the fold line.**



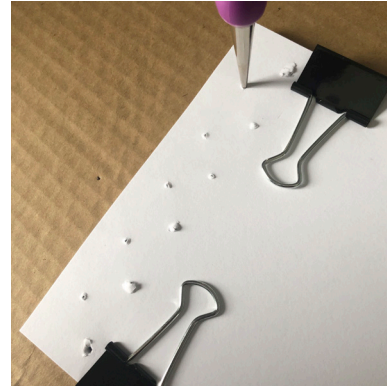
**4.**  
**Use your ruler and connect the holes with lines. This will show you the pattern the thread will make when the book is bound.**

### Step 3: Make Your Holes

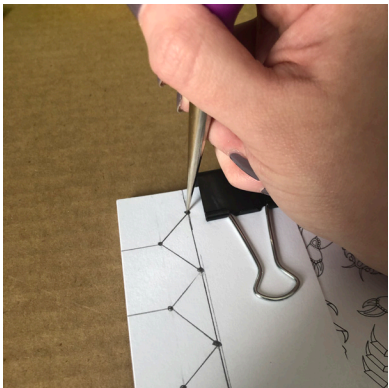
Now you will need to use an awl or a drill to make the holes in your paper. You want your holes to be large enough for the eye of the needle to fit through, but small enough that the thread is held in place.



**1.** Stack your pages and cover in the correct order. Clip the binding pattern in place with binder clips.



**4.** Flip your book over and punch holes from the backside to be sure you made it through each layer.



**2.** Use your awl to punch holes. You could also use a drill for this step. Be sure that you are doing this on a surface that you do not mind damaging.



**5.** Use your awl to enlarge the holes if needed. You want holes to be large enough for the eye of the needle to pass through easily.



**3.** Punch all the holes on the front side of your book.



**6.** Remove the punch pattern from the binder clips one side at a time.



## Step 4: Prepare your Thread

For our binding patterns, you will want to measure the following amount of

thread:  
8.5" x 11" journal (landscape)  
7 spine lengths

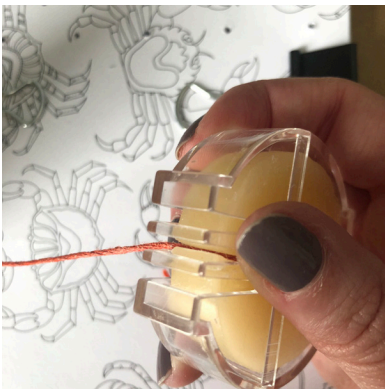
8.5" x 11" journal (portrait)  
8 spine lengths

5.5" x 8.5" journal (landscape)  
7 spine lengths

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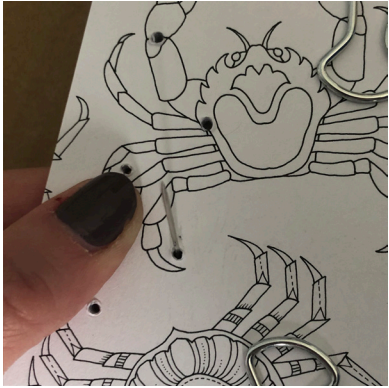
- 1. Measure the length of thread needed for binding your book along the side you wish to bind.**



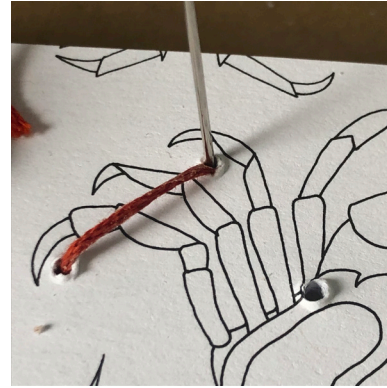
- 2. If desired, wax the thread. This helps keep it from tangling during the binding process or catching and fraying during future use.**

## Step 5: Sew Your Binding

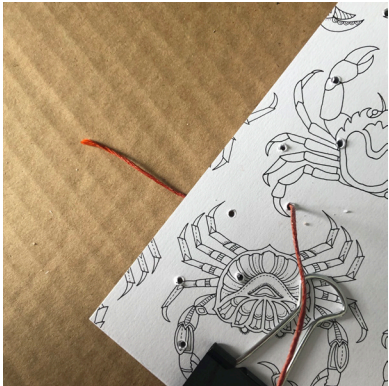
If you chose to bind your book using one of our binding pattern templates, you will want to do the following:



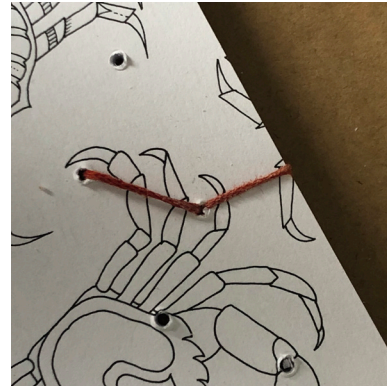
**1.** Start by coming up through a middle hole located on the foldline from the back of the book.



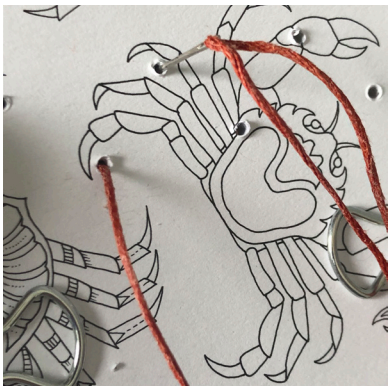
**4.** Loop around the outside of the book edge and come back up through the same hole. Be careful not to sew through your thread.



**2.** Pull the thread through. Be sure to leave a tail 1-2 inches long so that you can tie the final knots.



**5.** Pull your thread tight with each stitch. It is difficult to tighten the binding at the end.



**3.** Go down through the next hole, the one located diagonally up and to the right from the hole where you started. Pull your thread tight.



**6.** From the back of the book, come up through the hole diagonally down and to the right from your last stitch. This hole should be on the fold line.

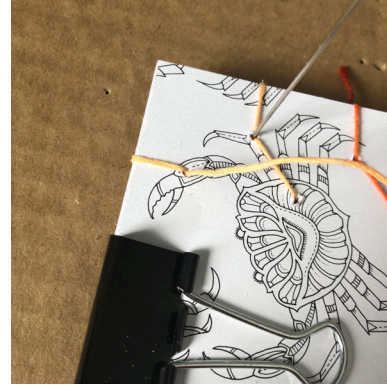
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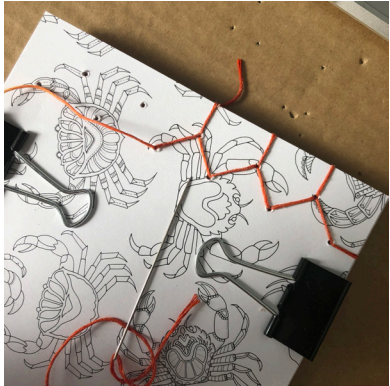
## Step 5: Sew Your Binding (continued)



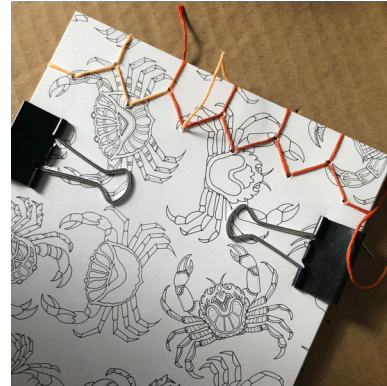
**7.** When you get to the last hole on the fold line, loop around the outside edge and pull tight.



**10.** When you get to the left edge, loop around the outside of the book and return to the middle filling in the pattern.



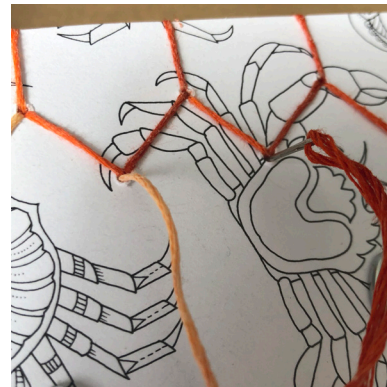
**8.** Continue back towards the middle by taking stitches to fill in the empty spots in the pattern. Your book should look like this.



**11.** Your book should now look like this. Your thread should be in the hole that was your original starting point.

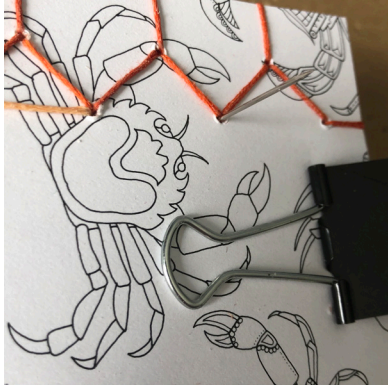


**9.** Repeat this same pattern of stitching to the left. Go through the hole diagonally up and to the left from your original starting point on the fold line.



**12.** Now, you will now sew along the fold line. Take a stitch through the hole to the right.

## Step 5: Sew Your Binding (continued)



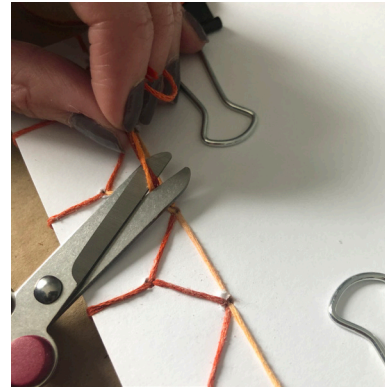
**13.** Come back up through the next hole to the right. Be sure to continue pulling your thread taut as you go.



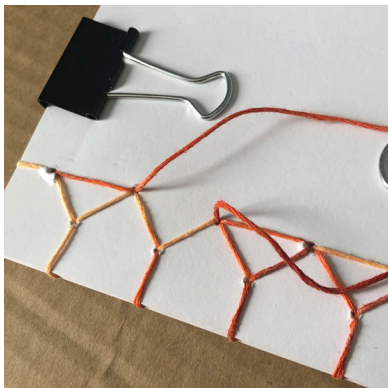
**16.** Stretch your thread across the gap and tie your ends together in a square knot.



**14.** When you reach the end, turn around and fill in the empty spaces until you reach your starting point. Repeat this process to the left.



**17.** Trim the tails off with scissors. You can tuck them out of the way under the stitches if you wish.



**15.** Your final stitch should leave you with a single gap in the pattern on the back of the book.



**18.** Congratulations, your first book is finished! Decorate your cover and fill the pages as you wish!