3 types of Japanese stab binding

Material
3 stacks of 6 sheets of paper (one stack for each notebook)
needle and thread
ruler
pencil
scissors
awl (can be replaced with a thumbtack)
scrap paper
something to protect your table (cutting mat, cutting board, cardboard, etc.)
optional: 6 sheets of ornamental or colored paper (2 for each notebook), paper clips or binder clips
Japanese Four-Hole Binding

Instructions
1. Start by making your punching guide. Take a scrap strip of paper the same height as your sheets. Draw a vertical line 1 inch from the edge then fold it in half 3 times in height. Unfold your punching guide and draw a dot on the first, third, fifth and seventh fold (see picture below).

![Punching Guide](image)

2. Create your text block by stacking 6 sheets of paper neatly together. Add one sheet of ornamental paper at the top to create your front cover and a sheet of ornamental paper at the bottom to create your back cover.

3. Position your punching guide on the left side of your text block. Make sure everything is perfectly aligned. Use paper clips or binder clips if needed to keep your punching guide in place.

4. Use your awl (or a thumbtack) to make four holes where you drew your four dots. Remove your punching guide (don't throw it away, you can re-use it for the next binding technique).

![Text Block](image)

5. Now, it's time to bind. You will need about 4 times the size of your book in thread.
6. Thread your needle. Gently lift a few pages of your book and insert your needle up through the second hole. Make sure to keep around 2 inches of thread at all times inside your book so be careful when you pull the thread (you can use a small piece of tape to keep the thread inside if needed).

7. Wrap your needle around the spine and back through Station 2.

8. Go through Station 1. Wrap needle around spine and back through Station 1.
9. Wrap needle around head to front cover. Go through Station 1.

10. Go through Station 2. Go through Station 3 and wrap your needle around the spine.
11. Go through Station 4. Wrap around the spine and back through Station 4. Wrap around tail to front cover.

12. Now it's just about filling up the gaps. Go through station 3 then move to station 2. Watch out: don't pull your needle all the way up but stop in the middle of the text block, where the tail of your thread is. Tie a double knot and trim if needed.

13. Your notebook is over. Place it under a heavy book or a weight overnight to flatten it if needed.
Japanese noble binding

1. Start by making your punching guide. Take a scrap strip of paper the same height as your sheets. Draw a vertical line 1 inch from the edge then fold it in half 3 times in height. Unfold your punching guide and draw a dot on the first, third, fifth and seventh fold. You can also reuse the one you made for your Japanese four-hole binding.

2. Now add two dots on your punching guide. To do so, draw one diagonal line from the first dot at the top to the corner of the guide. Draw a dot in the middle of this line. Then, draw one diagonal line from the last dot at the bottom to the corner of the guide. Draw a dot in the middle of this line (see picture below). We will call these two dots "station 1A" and "station 4A"

3. Position your punching guide on the left side of your text block. Make sure everything is perfectly aligned. Use paper clips or binder clips if needed to keep your punching guide in place.

4. Use your awl (or a thumbtack) to make six holes where you drew your six dots. Remove your punching guide.
5. Now, it's time to bind. You will need about 6 times the size of your book in thread.

6. Thread your needle. Gently lift a few pages of your book and insert your needle up through the second hole. Make sure to keep around 2 inches of thread at all times inside your book so be careful when you pull the thread (you can use a small piece of tape to keep the thread inside if needed).

7. Wrap your needle around the spine and back through Station 2.

8. Go through Station 1. Wrap needle around spine and back through Station 1. Wrap needle around head to front cover and back through station 1.

9. Go through Station 1A. Wrap needle around spine and back through station 1A.

10. Wrap needle around head to front cover and back through station 1A.

11. Go through station 1.

12. Go through Station 2. Go through Station 3 and wrap your needle around the spine.
13. Go through Station 4. Wrap around the spine and back through Station 4.

14. Wrap needle around tail to front cover and back through Station 4.

15. Go through station 4A. Wrap needle around spine and back through station 4A.

16. Wrap needle around tail and back through station 4A.

17. Move to station 4 then to station 3.
18. Move to station 2. Watch out: don't pull your needle all the way up but stop in the middle of the text block, where the tail of your thread is. Tie a double knot and trim if needed.

19. Your notebook is over. Place it under a heavy book or a weight overnight to flatten it if needed.
Hemp leaf Japanese binding

1. Start by making your punching guide. Take a scrap strip of paper the same height as your sheets. Draw one vertical line half an inch from the edge and a second line one inch from the edge. Fold your guide 3 times in height.

2. Unfold your punching guide and draw a dot on the first, third, fifth and seventh fold of the second line (the one that's one inch from the edge), to create sewing stations 2, 4, 6, and 8.

3. Then draw a dot on the second, fourth and sixth fold of the first line (the one that's half an inch from the edge), to create sewing stations 3, 5 and 7.

4. Every dot, except for dot 1 and dot 9, intersects with one fold of the paper. Draw a dot on the first line, evenly spaced between the first fold and the top edge of the paper. This is your sewing station 1. Then draw a dot on the first line, evenly spaced between the last fold and the bottom edge of the paper. This is your sewing station 9. Your punch guide is now ready (see picture below).
5. Create your text block by stacking 6 sheets of paper neatly together. Add one sheet of ornamental paper at the top to create your front cover and a sheet of ornamental paper at the bottom to create your back cover.

6. Position your punching guide on the left side of your text block. Make sure everything is perfectly aligned. Use paper clips or binder clips if needed to keep your punching guide in place.

7. Use your awl (or a thumbtack) to make nine holes where you drew your nine dots. Remove your punching guide.

8. Now, it's time to bind. You will need about 8 times the size of your book in thread.

9. Thread your needle. Gently lift a few pages of your book and insert your needle up through the sixth hole. Make sure to keep around 2 inches of thread at all times inside your book so be careful when you pull the thread (you can use a small piece of tape to keep the thread inside if needed).
10. Bring your needle to the fourth hole, thus making a vertical line across. Loop around the spine and back into that same hole.

11. Flip your notebook over to the back. Stitch across to the second hole, making a vertical line to the right. Loop around the spine, back into hole 2.
12. Loop around the head of the book, then back in hole 2.

13. Take your needle through hole 1, creating a short diagonal line. Loop around the spine into hole 1 again.

14. Loop once more through hole 1 around the head of the book. Flip your notebook and create a diagonal line by connecting hole 1 to hole 2. You have just completed the small pattern at the top of your notebook.
15. Turn your book to the frontside again. Connect across into hole 4 to create a vertical line.

16. Flip your notebook over and connect hole 4 to hole 6 with another vertical line. Then loop around the spine, back into hole 6.

17. Connect hole 6 to hole 8 with a vertical line. Loop around the spine and back into hole 8.

18. Loop around the tail of the notebook back into hole 8.

19. Flip your notebook over. Connect hole 8 to hole 9. Repeat the looping around the spine into hole 9, and then around the tail of the book, back into hole 9 again.

20. Connect hole 9 and hole 8 on the front side with a small diagonal. You have just completed the small pattern at the bottom of your notebook.

21. Flip your notebook over. Connect hole 8 to hole 6 with a vertical line.

22. Flip your notebook over. Connect hole 6 to hole 5 with a diagonal line. Loop around the spine and back into hole 5.

23. Flip your notebook over. Diagonally connect hole 5 to 4.

24. On the front, connect 4 to 3 diagonally. Loop around the spine back into hole 3.
25. On the back side, connect hole 3 to hole 2 with a diagonal stitch. Flip your notebook to the front, connect hole 2 to hole 3 with a diagonal stitch.

26. Flip your notebook to the back. Connect hole 3 to hole 4 with a diagonal line.

27. On the front, connect diagonally to hole 5.


29. On the front, connect a diagonal line to hole 7 then loop around the spine into the same hole.

30. On the back side, connect diagonally to hole 8.

31. On the front, connect back to hole 7.

32. For the final stitch, flip your notebook to the back and connect hole 7 to hole 6, where we started. Watch out: don't pull your needle all the way up but stop in the middle of the text block, where the tail of your thread is. Tie a double knot and trim if needed.

33. Your notebook is over. Place it under a heavy book or a weight overnight to flatten it if needed.