Martial arts kicks, white to black belt

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.3 in (11.4 × 10.9 cm).



Which color goes where.

Stitches

- **Long and short stitch**, 1 strand
  Mountain snow, faces
- **Stem stitch**, 2 to 3 strands
  Mountain, sun
- **Satin stitch**, 2 strands
  Mountain, sun, rank belt, hands and feet, suits, suit shadows, faces, belts, hair, hair ties, white hair and beard
- **Split stitch**, 1 to 2 strands
  Ink lines
- **Back stitch**, 1 strand
  Ink lines
- **Straight stitch**, 1 to 3 strands
  Ink lines, eyes and brows, mouths
- **French knot**, 2 strands, two wraps
  Curls

In a 6 inch hoop the widest satin stitch shape is 1/2 in (13 mm) across. Satin stitches longer than about 12 mm (just under 1/2 in) tend to work loose: divide the shape into sections, or work it in long and short stitch.

Floss

- **DMC B5200 Snow White**
  Suits and mountain snow, rank belt (lightest), belts (light), eyes and brows (lighter)
- **DMC 931 Medium Antique Blue** Mountain (darker)
- **DMC 932 Light Antique Blue** Mountain (lighter)
- **DMC 352 Light Coral** Sun (light)
- **DMC 351 Coral** Sun (middle)
- **DMC 350 Medium Coral**
  Sun (dark), hair ties (darker), mouths (lighter)
- **DMC 743 Medium Yellow** Rank belt (light), hair ties (lighter)
- **DMC 910 Dark Emerald Green**
  Belts (middle), rank belt (middle light)
- **DMC 798 Dark Delft Blue** Rank belt (middle dark)
- **DMC 433 Medium Brown** Rank belt (dark), mouths (darker)
- **DMC 310 Black**
  Rank belt (darkest), hair and ink lines (darker), curls, belts (dark)
- **DMC 823 Dark Navy Blue**
  Ink lines (lighter), eyes and brows (darker)
- **DMC 950 Light Desert Sand**
  Faces and hands and feet (light)
- **DMC 159 Light Gray Blue** Suit shadows
- **DMC 3371 Black Brown** Hair (lighter)
- **DMC 632 Ultra Very Dark Desert Sand**
  Faces and hands and feet (dark)
- **DMC 3064 Desert Sand** Faces and hands and feet (middle)
- **DMC 762 Very Light Pearl Gray** White hair and beard

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on**
   Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
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