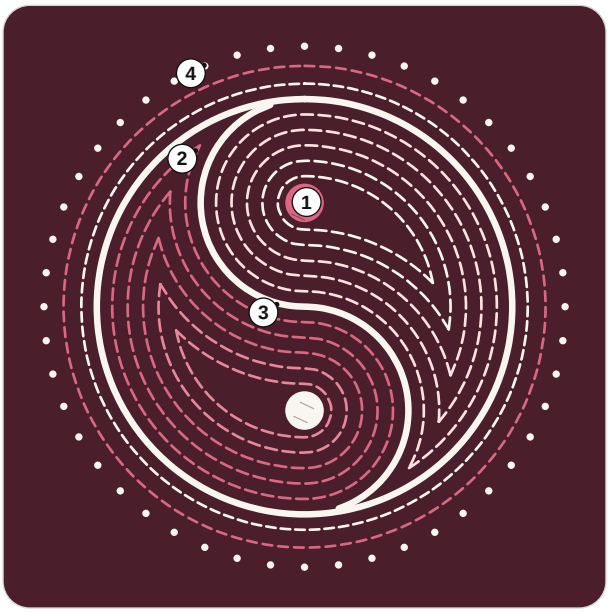
Yin yang outline with ripples

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.9 × 4.9 in (12.4 × 12.4 cm).



Which color goes where. Each number is a stitch of the list.
Fabric: wine red cotton or linen.

Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Satin stitch**, 2 strands
   Dots



2. **Running stitch**
   3 strands: ripples in the light half, ripples in the dark half
   2 or 3 strands: outer ripples

3. **Chain stitch**, 3 strands
   Circle, s curve



4. **French knot**
   2 strands, two wraps
   Outer ring of knots



Floss

- **DMC 3713 Very Light Salmon**
  Ripples in the light half (darker)
- **DMC 3731 Very Dark Dusty Rose**
  Ripples in the dark half, outer ripples and dots (darker)
- **DMC 3865 Winter White**
  Outer ripples and ripples in the light half (lighter), circle and 3 more parts
- **DMC 3733 Dusty Rose**
  Ripples in the dark half (lighter)

How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A dashed line is running stitch.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.

Three ways onto dark fabric

1. **Light shines through it**
   Lay page 2 on a bright light box, tape the fabric over it and trace the lines with a white marking pencil or pen.
2. **No light shines through**
   Print page 2 on a sticky wash-away sheet, smooth it onto fabric that can be washed, stitch through both and rinse it away.
3. **White or yellow carbon paper**
   Lay it colored side down on the fabric with page 2 on top, tape the layers and trace firmly with a ballpoint pen. Go over a faint line with a white pencil.

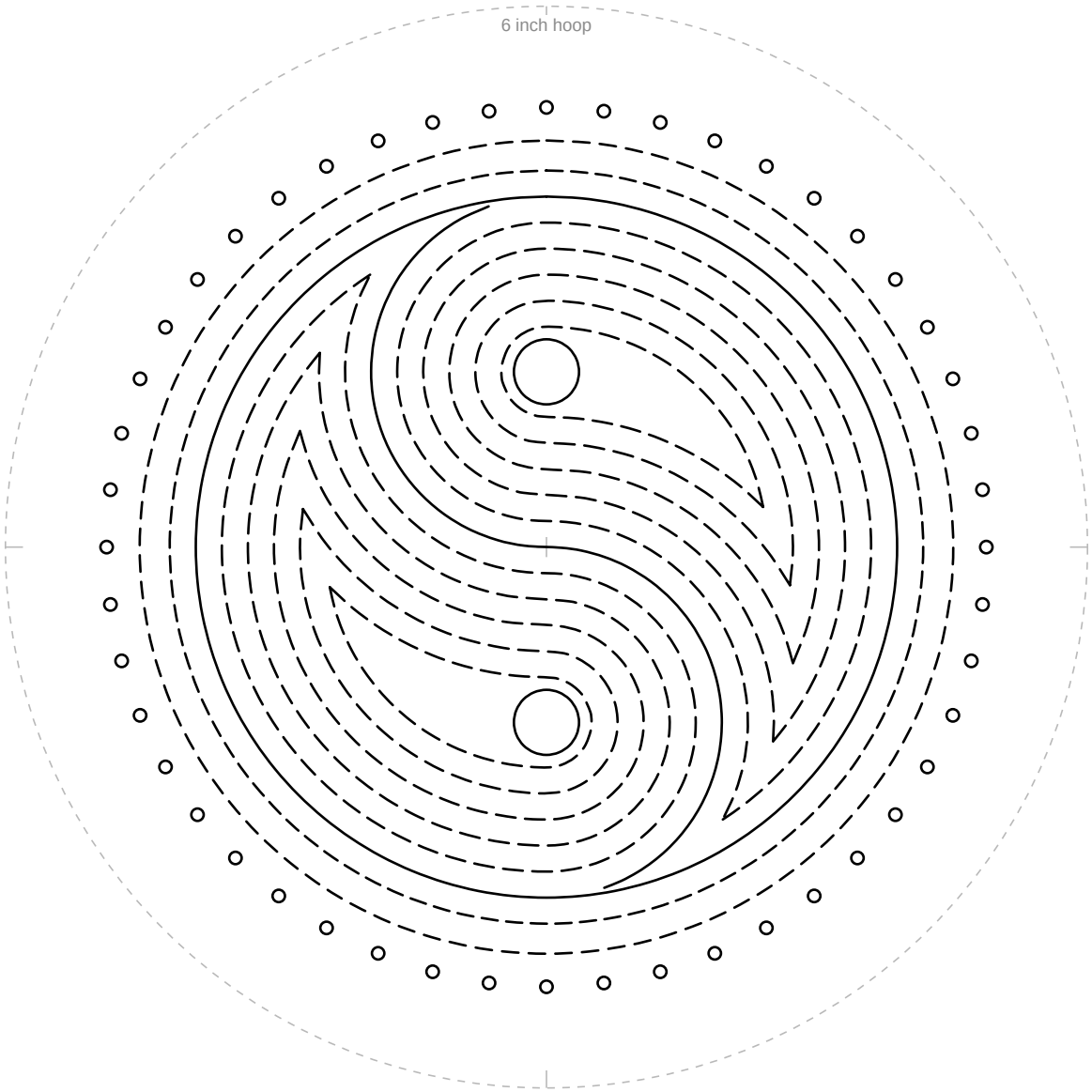
Page 2 is the pattern at actual size (page 3 is its mirror, for an iron-on pen on a light fabric). Print it at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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Yin yang outline with ripples

6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

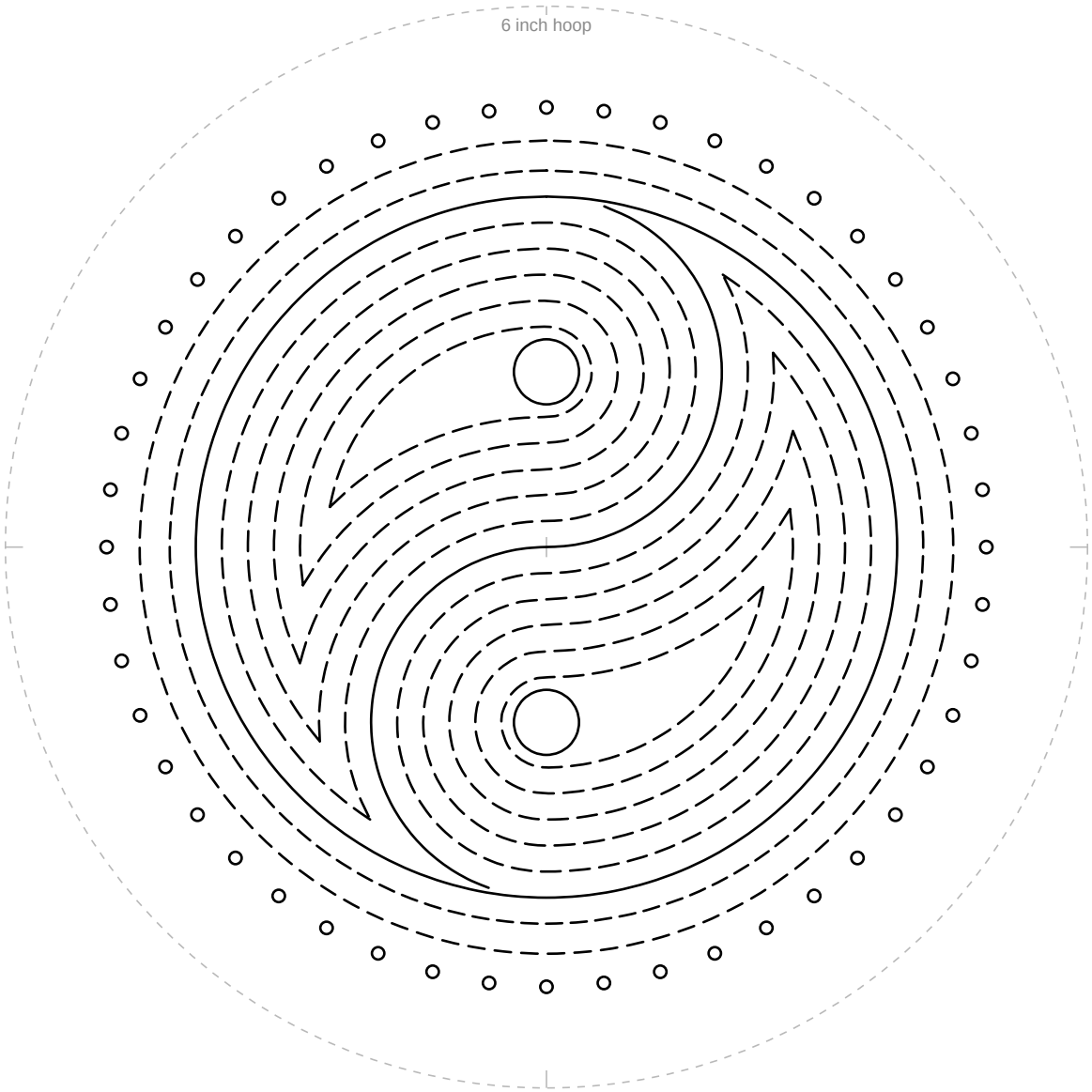
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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Yin yang outline with ripples

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.
If it measures anything else, print again at 100% with scaling off.

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