



2021 International Punch Needle Rug Hooking Day Pattern

International Punch Needle Rug Hooking Day is a wonderful way to celebrate this much-loved craft and to participate in the rich world of the fiber arts. The 2021 theme for the day is HOPE, represented by the ever-resilient crocus blooming in the snow. Please enjoy this complimentary pattern.

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Materials Needed:

- Paper Pattern (included in this document)
- Punch Needle (ex. #10 Oxford Regular Needle)
- Rug hooking monk's cloth, 12 count (not sold in box stores)
- Bulky weight rug yarn or doubled up worsted weight.
- Small scissors



Threading your Needle

Hold the punch needle in your non-dominant hand with the channel facing you.

Thread your yarn through the eye of the needle and notch the yarn into the channel near the bottom end of the needle.

Pull on the side of the yarn that is through the eye of the needle, and the yarn will pop into the channel.

Make sure the yarn is moving freely in the channel of the needle. Then pull the yarn back so that you leave about 1/4 inch of yarn sticking out of the eye of the needle.

See our YouTube channel for video instruction of this step and more with our 5-minute mini class.

GETTING STARTED

Print the design and tape it to a window. Tape rug hooking monk's cloth over the design and trace with a permanent marker.

Stretch your pattern on a gripper frame or use a hoop, like a Morgan Hoop, which aids in getting the monk's cloth nice and tight.

Find an area on the cloth to practice. Do not worry, the monk's cloth can handle it. Practice anywhere and then pull it out when you are ready to start your design.

Hold the needle like a pen – then move it into a more vertical position.

Punch all the way down into the monk's cloth. The wooden handle will stop you when it hits the monk's cloth.

Pull up just past the top of the monk's cloth. If you pull too high your stitch will come out.

Keep your needle hovering/grazing the monk's cloth.

Punch every 2 HOLES for border/detail stitches (6 per inch), every 3 HOLES for fill stitches (4 per inch).

Make sure the channel of the needle is facing in the direction you are punching.



How did that go? Flip the frame/hoop over and look at your stitches. Are any of the stitches tiny? You might not have punched down all the way down or the yarn might have gotten stuck under your arm or the frame. Make sure to keep the yarn where you can see it!

Common Questions

I do not understand how the stitches stay in place.

Tension! Tension and the fact that all your tails will be trimmed and pushed through to the front. No glue needed – glue eats yarn, do not be tempted.

Help – I keep counting holes. Isn't this supposed to be relaxing and easy?

Do not worry, you will gain muscle memory for the stitches before you know it. 6 stitches per inch for border/details and 4 stitches for filling in and backgrounds.

My "right side" looks so messy! Is this normal?

This is normal. At the end of the project, you will be nudging those loops where you want them to go and steaming the piece does wonders

Let us get started on the design!

When working on a punch needle project the recommended order goes like this:

1. Border of the piece (6 stitches per inch)
2. Outlines of main details (6 stitches per inch)
3. Main details (4 stitches per inch)
4. Background (4 stitches per inch)

Start on the inner row of the border, in the center of the design. It is tempting to want to start in a corner, but that will give you a tail in the corner and not a full loop. Do not try to punch on the drawn line, you cannot see the monk's cloth holes very well, go one line inside the drawn line.

Punch every other hole. You can use your stitch gauge to check your stitches, there should be 6-ish appearing in the cut-out square.

You made it around the border with punching every other hole. Great job!

Now it is time to move to the next row. The row next to your punched row will be compressed and harder to see. That is a sign that you should not punch in that row, move one more row out and start your next border row. You have not cut your yarn, you are just moving the needle over and continuing. Try to offset your stitches. If you punch directly above your other stitches they will stack up like funny looking teeth. Staggered stitches look best.

Turning corners – When you turn corners or change directions make sure you turn your needle when it is down in the monk's cloth. When you reach a corner and it does not work to only skip one hole, skip two if necessary, to make the turn.

Switching Colors: Pull your needle up, as it clears the monk's cloth place your finger on the yarn to hold it in place as you draw the needle higher, this exposes the yarn where you can snip it with scissors. Leave about ¼ inch tail. Take your closed scissors and poke that tail back through the hole it is occupying. You will trim all the tails at the end. See our YouTube channel for a video on this process.

3 Things to Remember

Punch all the way down to the monk's cloth.

Face the channel of the needle in the direction you are going.

Turn the needle when it is down in the monk's cloth.

Make sure the monk's cloth is nice and tight on your gripper frame or hoop. The best hoops are the ones with a channel and groove, like the ones made by Morgan.

Now it is time to start work on the design

Outline each petal and leaf using 6 stitches per inch. You are creating a fence when you do this. This keeps the background color from coming into your design.

Next, start filling in the areas you outlined. Remember – 4 stitches per inch for filling in areas and backgrounds. Avoid stitching in rows, follow the contours of the petals and leaves.

Less is more – just because you see a tiny area left, do not pack it with lots of stitches. Maintain your 4 stitches per inch for filling in areas. If you put in too many stitches it overwhelms the grid of the monk's cloth and the work can dome upwards.

Do not jump over punched areas to a new area. Stop, trim, poke ends through, start again in a new area. All those tails blend right in, do not worry.

FINISHING YOUR PIECE

This is an often overlooked, but very important step. Make sure all your tails are poked through to the front of your work. Flip your work over and tug slightly on the ends and trim them flush to the piece.

Next is your clean up phase, push and nudge your yarn loops where you want them to go. Go along your curves and push the background yarn away from the detail lines to help make them look crisper.

Take the work off the frame/hoop. Your piece should roll up like a taco when it is off the frame. This is a great sign that you used enough yarn.

1. Lay your work face up on an ironing board.
2. Place a very wet dish towel over it.
3. Press with a hot iron for 10 seconds at a time.
4. Be careful handling your piece - ouch – yarn can get hot!

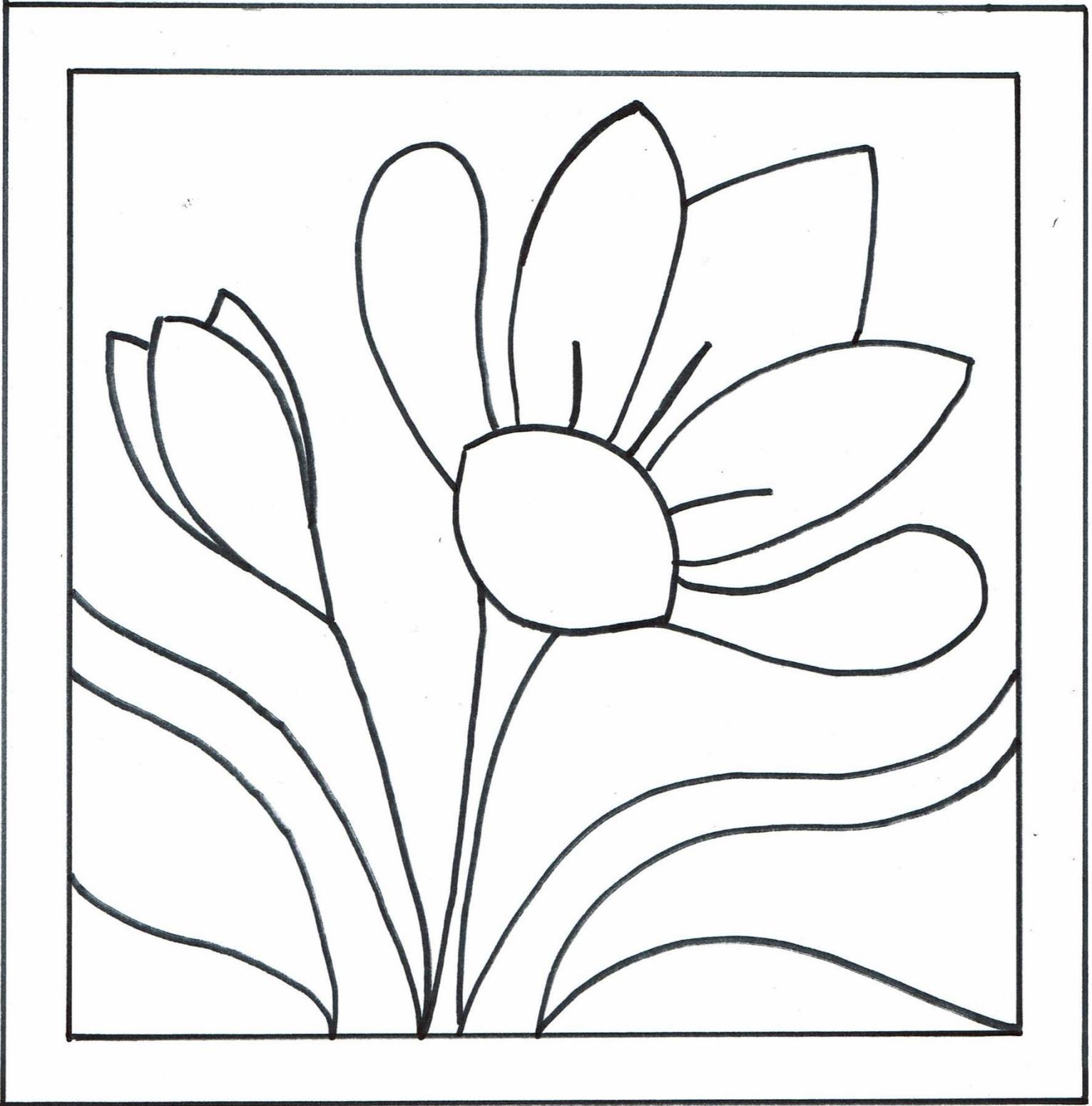
After you steam your work, it is time for a final clean up. You might have discovered a few tails that need to be trimmed or some other areas that can be nudged into better alignment.

Next step is your final pressing with the iron -

5. Lay work upside down and trim off the excess monk's cloth, leaving 2 inches.
6. Cut across each corner about an inch from the piece, Press the monk's cloth back onto the piece
7. Press sides back onto the piece (you are creating a mitered corner)
8. Steam and press.
9. Stitch the folded monk's cloth down.
10. Admire your work!



Final Step: We would LOVE to see a photo of your work. Please feel free to post it on social media and use the International Punch Needle Rug Hooking Day hashtag **#IPNRHD**



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