



Video Outline

Title of Lesson: Japanese Book Binding (aka Safe Stab Binding)

Ages: 10-16

Video time: 12 min 8 sec

Video link: <https://youtu.be/0rwRmn8Gbvw>

Intro to video: Japanese Stab Binding is a super cool type of book binding was developed in Japan, China and Korea about 500 years ago. There are lots of ways to do this using sharp book binding materials, but we're going to make one that's safe! You'll build your own book block here and after you do you can fill it in with whatever you want! This style of book will make a great sketch book, nature journal, cook book, or diary.

Steps:

1. Chose some paper for your pages and covers, use what you have around. Use scissors or a box knife and ruler to cut it so it's all the same size (5 inches tall is easiest the first time). (1 min 29 sec)
2. Make a template to punch holes – measure and divide the height of one piece of paper by 5... make 4 marks along the paper – about ¼ inch in. If you paper is 5 inches tall it'll be ever 1 inch. Punch holes on these marks – a template! (2 min 55 sec)
4. Use this template to punch holes in all of your paper – then make sure all of the holes line up and clip it together with clothes pins or binder clips. (4 min 5 sec)
5. Get a piece of string that is at least as long as one of your arms. Any string will work. (6 min)
6. Tightly wrap tape around the end of your piece of string or yarn. This is your needle! (6 min 35 sec)

7. Sew up (from the back cover of the book) through the 3rd hole and around the spine so you go back through that hole again. (7 min 23 sec)
8. Sew up over the back cover and through the 2nd hole from the top. Go around the spine and through the same hole again. (7 min 55 sec)
9. Next sew up through the top hole and around the spine again. (9 min)
10. Next you'll sew up over the top of the book and in through the same top hole again. (9 min 26 sec)
11. Then sew over the top of the cover and down through the 2nd hole. (9 min 52 sec)
12. Sew across the back cover and through the 3rd hole. (10 min 2 sec)
13. Now sew up and across the cover so you go through the last hole – and sew around the spine so it looks like the others. (10 min 18 sec)
14. Sew across the bottom of the book – so it looks like the top. (10 min 36 sec)
15. Next tie your yarn, either right where it is or over the 3rd hole. Trim it so it's shorter – but not less than ¼ inch long. (11 min 5 sec)
16. Fill in your book with whatever you want!!!