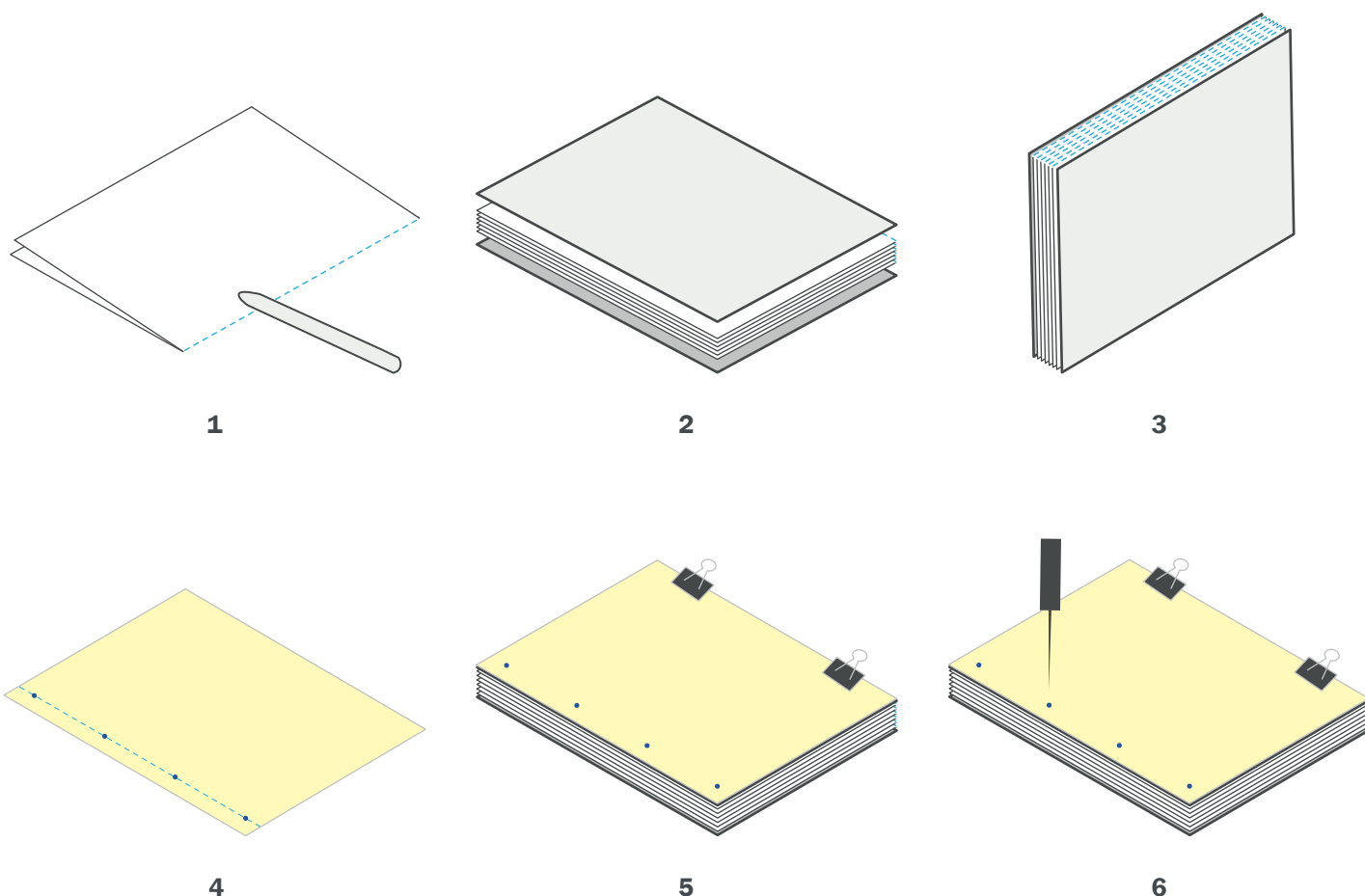


# Bookbinding - Loose Leaf Bindings

## Four-Hole Stab Binding

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Stab Bindings are ideal for sewing together single sheets of paper or French Folded pages (folded so that the folded edge becomes the fore-edge, this is particularly useful when using very thin paper or when double sided printing is not possible). The front and back covers can be either soft or hard (covered board) and are attached to the bookblock by the decorative stitching.

Use 10-20 sheets of text-weight paper (60 - 150gsm). For the cover, use 2 sheets of heavier paper/card. All the paper should be cut so the grain runs parallel to the spine.

01. Fold each sheet in half, keeping the corners aligned and use a bone folder to create a sharp fold. Then measure and trim the card covers to the same size as the pages.
02. Stack the covers and folded sheets, with the folded edge as the fore-edge (to the right-hand side) to form the bookblock.

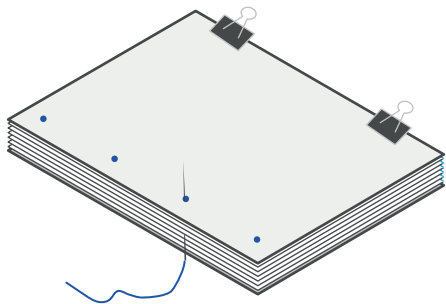
03. Knock the bookblock, first on its tail and then on its spine to ensure all the pages are aligned.

04. Make a sewing template on a paper off-cut the same size as your bookblock, measure and mark 4 equidistant points 10mm in from the spine edge, with the first and last 10mm in from the head and tail.

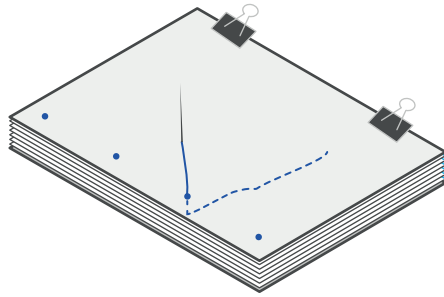
05. Align the sewing template to the bookblock. Use a binding clip or two to secure the pages in place.

06. Use an awl to pierce through the bookblock ensuring you go through all the pages. Begin by piercing through the first few pages then fold them back. Use the marks left by the awl to continue piercing a few at a time until you are all the way through.

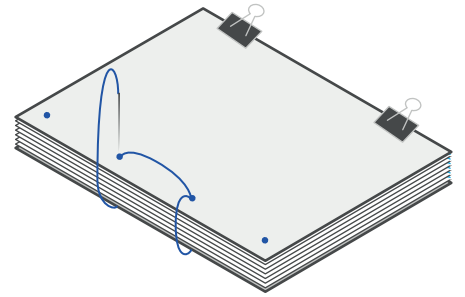
For thicker bookblocks, piercing through the top few pages, remove them, and place the sewing template back on the rest of the bookblock and repeat, piercing a few sheets at a time until all the pages are done.



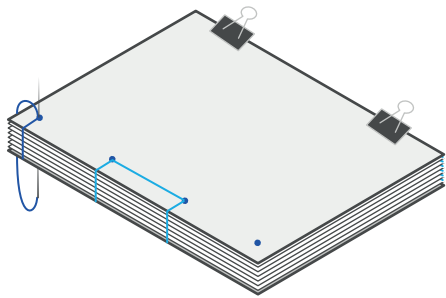
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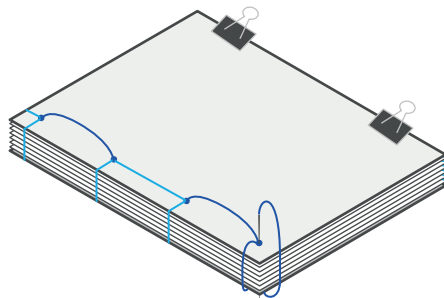
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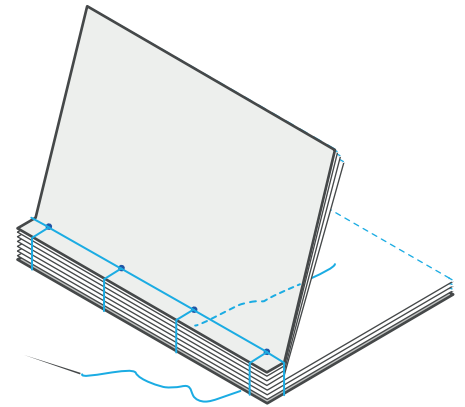
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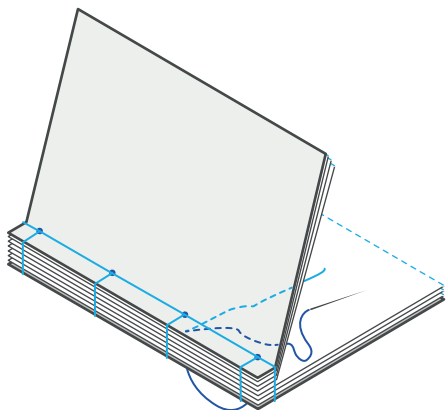
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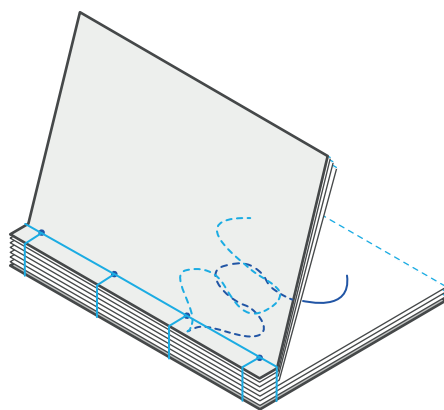
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Use a waxed thread 4 times the length of the spine and thread it into a sewing needle.

07. Open your bookblock halfway through from the spine edge and push your needle through Station C towards the front of the bookblock leaving at least 5cm hanging loose.
08. Tuck the loose end of the thread down in between the pages towards the fore-edge.
09. Sew around the spine and up through Station C again, pulling the thread taut. Sew down through Station B, around spine and back down through Station B.
10. Continue along the back of the bookblock up through the Station A, around the spine and back up through. Go over the head and through Station A one last time.

11. Work your way back along the spine towards Station D, catching any gaps along the way. Go down through Station D, around the spine and back through, then around the tail of the bookblock and back down through Station D.
12. Remove the binding clips and open the bookblock to the loose end of thread where you began sewing.
13. From the back of the bookblock, go up through Station C, bringing the needle out between the pages where the loose thread is.
14. Pull the two end threads taut to take up any slack in the binding and tie a square knot. Trim the loose ends leaving 10mm of thread, tucking it into the spine.