

## Binding a Hoop

If you are going to stitch using a hoop, we suggest that you bind the inner hoop with tape or bias binding to help keep the fabric in place.

To bind the inner hoop:

- Hold the end of the bias binding and wrap it tightly around the inner ring of the hoop.
- When wrapping the hoop with the bias binding ensure that there are no creases.
- When you reaching the starting point, cut off the excess binding and work small back stitches to attach the end of the bias binding to the starting point.

