How to Thread the Ito
Under the Folds for the Tsuka Knots

One of the more challenging aspects of tying the tsuka knots is threading the ito under tight tsukamaki folds. I have observed several innovative methods, but one of the simplest involves a needle and thread (or string).

First, you will need to acquire a curved needle with the relatively large eye, and some string. Most any fabrics store should have them both.
Next, thread the needle with the sting, looping it through several times, then put the end of the ito that you want to pull into the loops.
Finally, after sliding the tip of the needle under the twists, you should be able to pull the needle, sting, and ito all the way under.

You should be able to remove the needle and string by reversing the processes, except leaving the ito in place.