Start to Knit

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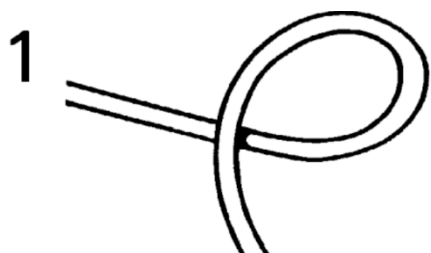
Conventions used in this document

The diagrams in this document use the convention that the working needle is shown in black. This is the needle that creates and then holds the new stitches.

When referring to needles, "left" means the needle held in your left hand, and "right" means the needle held in your right hand.
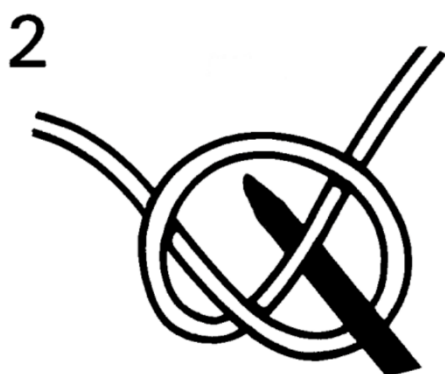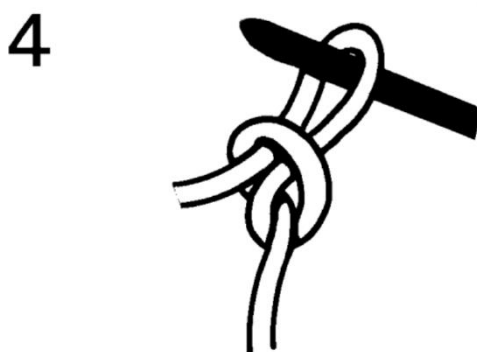
Slipknot

1

To make a starting loop fold the yarn to make a loop about 15 cm from the end.

2

Pass the top strand under the loop and catch it with the right needle.

3

Pull this through to make a new loop.

4

Pull the ends to tighten the slipknot.

Now put this slipknot on the left hand needle.

Cast on

1

Make a slipknot on one of the needles. Hold this needle in your left hand, with the short end trailing away from you to the left.

2

Take the second needle in your right hand and put the tip through the slipknot, passing under the left needle.

Pass the yarn round the tip of the right needle, passing under from right to left then over from left to right.

3

Use the tip of the right needle to pull this loop through the slipknot and make a new stitch.

4

Put this new loop on your left needle, twisting it so that the right side of the loop is at the front of the needle.

Cast-on (cont.)

5

Now push your right needle between the two stitches.

Pass the yarn around the right needle as before.

6

Pull the loop through ...

7

... and put it on your left needle, twisting as before.
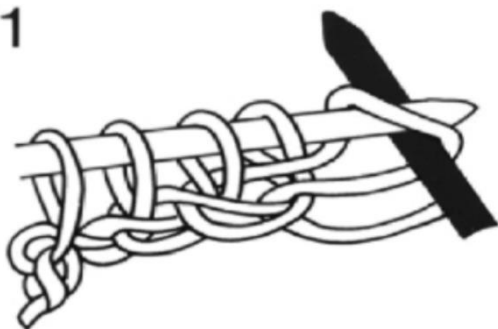
8

Make as many stitches as you need.

Knit

1

Hold the needle with the cast-on stitches in your left hand. Push your right needle through the first stitch, with the yarn hanging down at the back of the needle.
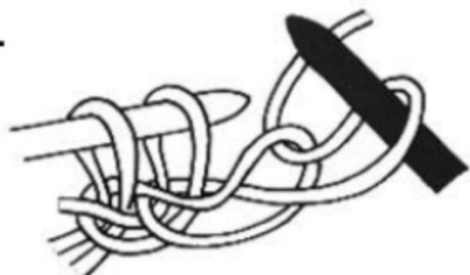
2

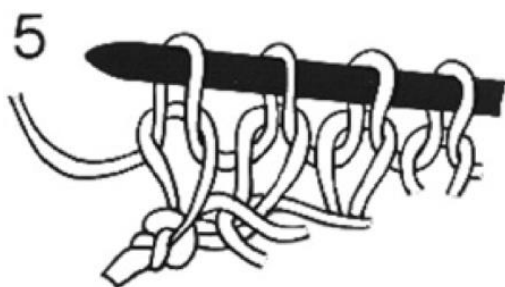Pass the yarn round the right hand needle, passing under from right to left then over from left to right.
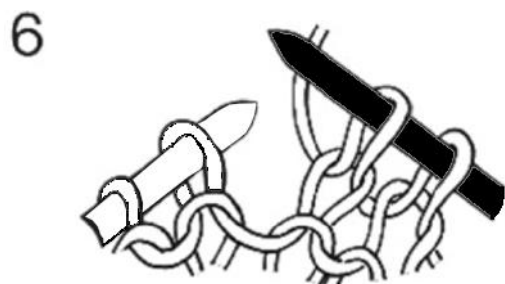
3

Pull the loop through.

4

Slip the old stitch off the left needle, keeping the new stitch on the right needle.
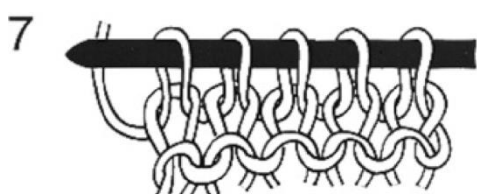
Knit (cont.)

5

Knit every stitch to the end of the row.

6

Take the needle containing the stitches in your left hand. Knit another row.

7
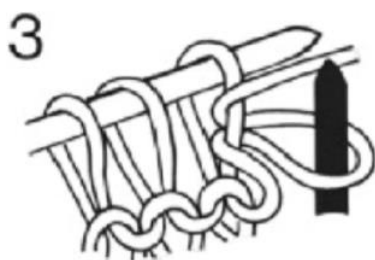
Rows of knit stitches are called Garter Stitch.

Purl

The purl stitch is the reverse of the knit stitch – that is, the front side of a purl stitch looks like the back of a knit stitch and vice-versa.

1 Hold the yarn at the front of your knitting. Push the right needle through the first loop from back to front, towards you.

2 Put the yarn back round the tip of the right needle, passing under from right to left then over from left to right.
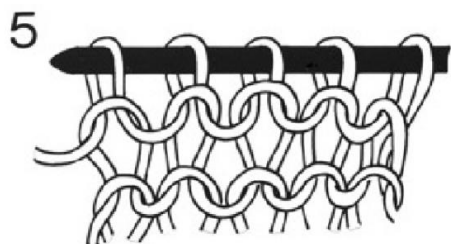

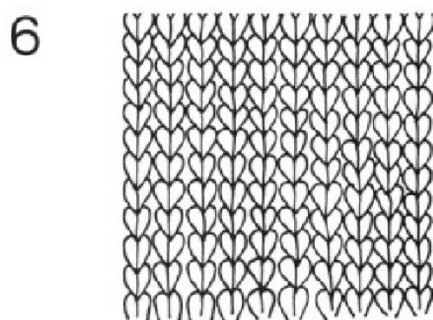**3** Drag the loop through the old stitch from front to back.

4 Slip the old stitch off the left needle keeping the new stitch on the right needle.
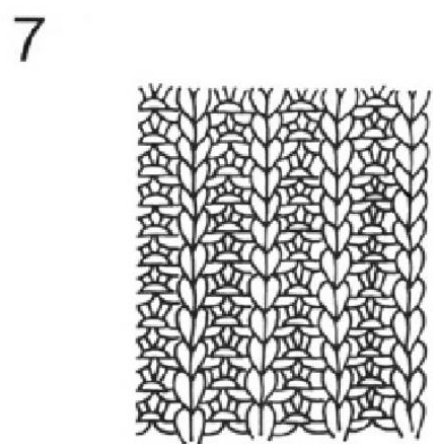
Purl (Cont.)

Purl every stitch to the end of the row. Take the needle with the stitches in your left hand and purl another row.

Now that you have learned knit and purl stitches you can make many patterns. Two useful ones are shown below.

If you knit one row then purl the next, you make Stocking Stitch.

If you knit 1 purl 1 right across you make rib.
If you have an odd number of stitches you need to start alternate rows with a purl stitch, so you knit 1 purl 1 across one row followed by purl 1 knit 1 across the next.

As you continue your ribbing, you will see that you always knit into a knit stitch and purl into a purl stitch.
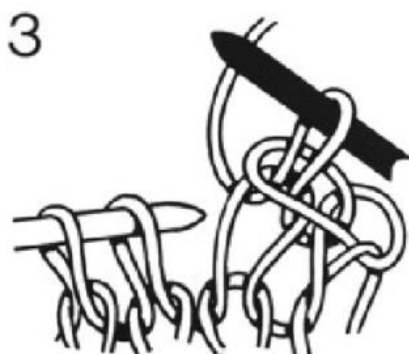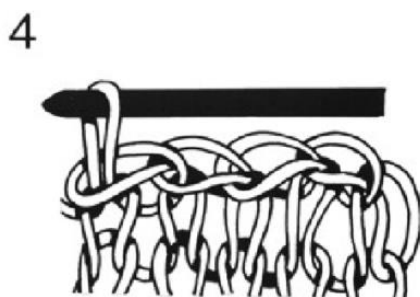
Cast off

Knit two stitches.

Use the tip of the left needle to pick up the first stitch and lift it over the second stitch,

Then drop it off the right needle.

Knit another stitch to make 2 on your right needle. Lift the first stitch over as you did before.
Carry on like this until there is only one stitch left.

Cut the end of the yarn about 15 cm long and feed it through the last stitch.
Slip the stitch off the needle and pull the end tight.

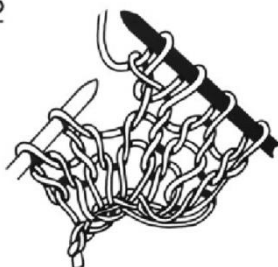# Increase and Decrease

To **increase** is to make one stitch.

Knit the stitch as usual, but don't slip it off the needle.

Now put the tip of the right needle between the left needle and the back (left) leg of the same stitch and knit another stitch.

This time slip the stitch off the needle.

You have made two stitches out of one.

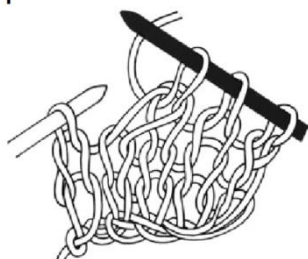To **decrease** is to lose one stitch.

Put your right hand needle through two stitches.

Pass the yarn round the right hand needle, passing under from right to left then over from left to right.

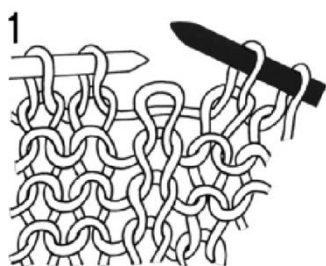Pull the yarn through both stitches on the left needle.

Slip the two stitches off the left needle.

You have reduced by one stitch.

Tips

Pick up a dropped stitch

If you drop a stitch, turn your knitting so that the loop of the stitch in the row below the dropped stitch is in front of the strand from the dropped stitch.
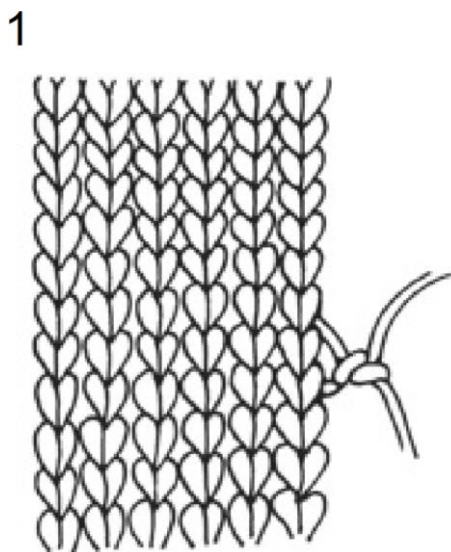
With a crochet hook or tip of a knitting needle pick up the strand and pull it through the loop.

If your dropped stitch has laddered down your knitting, repeat steps 1 and 2.

Do this until you reach the row you are knitting. Put the loop back on the needle.

Joining yarn

When you have to **join** your yarn, join at the end of a row. You may like to knot the ends loosely together until you have finished your work and then sew them in.