

how to knit

how to cast on

Easy step 1

Make a slip knot about 10cm from the end of yarn and place it on a needle, as follows:

A. Twist the yarn, right over left, forming a loop.



B. Take the yarn to the back of the loop and put the point of the needle underneath the strand from the front of loop.



C. Draw the strand up through the looped thread, forming a loop stitch on needle.



D. Pull the end of the thread to tighten the knot.

E. The slip knot becomes the first stitch.

Easy step 2

A. Insert the right hand needle through the slip knot.



B. Pass the yarn under and over the right hand needle.



Easy step 3

New loop on right hand needle is brought to front under left hand needle.



Easy step 4

A. Place this loop on the left hand needle by inserting the needle through the stitch in the same direction as the right hand needle.



B. Slip the stitch off the right hand needle.



Easy step 5

Insert the right hand needle between the first two stitches on the left hand needle.



Easy step 6

A. Pass the yarn under the right hand needle and draw a loop and place on left hand needle (as before).



B. Continue in this manner until there are the required number of stitches on the left hand needle.



how to knit garter stitch (every row knit)

The 1st Row

Easy step 1

Insert the right hand needle from front to back through the 1st/next stitch on the left hand needle.



Easy step 2

Begin with the yarn at the back of work, wind the yarn anti-clockwise under and over the right hand needle creating a loop.



Easy step 3

The right hand needle with new loop is brought to front under left hand needle.



Easy step 4

'Old loop' is slipped off left hand needle and new loop becomes 'New Stitch' on right hand needle.



Rep steps 1 to 4 until all sts have been knitted and knitting is now on right hand needle. Congratulations, you have completed your 1st row.

The 2nd Row -

Easy step 5

To begin your 2nd row transfer from Right hand to Left hand and repeat steps 1 to 4 (as before) until all sts have been knitted and knitting is now on right hand needle once again. Last 2 rows form garter stitch.

how to knit stocking stitch (One row knit, one row purl)

Easy steps 1 to 4

Follow easy steps 1 to 4 for 'Garter St'.

Easy step 5

the purl row (the 2nd row) Insert the right hand needle from back to front through the 1st/next stitch on the left hand needle.



Easy step 6

Begin with the yarn at front of work, wind the yarn anti-clockwise over and under the right hand needle creating a loop.



Easy step 7

The right hand needle with new loop is brought to back under left hand needle.



Easy step 8

'Old Loop' is slipped off left hand needle and new loop becomes 'New Stitch' on right hand needle.



Rep steps 5 to 8 until all sts have been purled and sts are now on right hand needle.

how to knit

how to cast off

Easy step 1

Knit the first two stitches (as before).



Easy step 2

A and B. * Using the left hand needle, pass the first stitch over the second stitch.



Easy step 3

A. Slip it off the needle - one stitch cast off. It is important to note that 2 stitches are required to 'cast off' 1 stitch.



B. The second stitch remains on the right hand needle.



Easy step 4

Knit the next stitch, repeat from * until all the stitches have been cast off and one stitch remains on the right hand needle.



Easy step 5

Cut the yarn, leaving an end of about 8cm, draw the end through the last stitch and pull to fasten off.



how to decrease in stocking stitch

There are many ways of decreasing, the simplest way of decreasing one st is to work 2 stitches together.

Easy step 1

Decreasing on a knit row.

A. Insert right hand needle from front to back through 2 sts instead of one.



B. Knit them tog as one st. In an instruction the abbreviation is K2tog.



Easy step 2

Decreasing on a purl row.

A. Insert right hand needle from back to front through 2 sts instead of one.



B. Purl them tog as one st. In an instruction the abbreviation is P2tog.



how to increase in a knit row

There are many ways of increasing, the easiest way of increasing is to work twice into a stitch.

Easy step 1

Increasing on a knit row.

Follow easy steps 1 to 3 as given for how to knit garter stitch.

Easy step 4

Instead of slipping old loop off left hand needle, take right hand needle behind left hand needle and knit into the back of old loop still on left hand needle.



Easy step 5

Slipping old loop off needle.

There are now 2 sts on right hand needle made from original stitch.

