

Whether you will be learning to Knit or Crochet, first you need to get the yarn onto your needle or hook with a Slip Knot. A slip knot will secure your yarn on your needle or hook in order to begin.

There are other methods, but my method is to lay the yarn over the needle or hook with about 4 inches of the tail on the side facing you.

Holding your needle or hook in your right hand, with your forefinger on top of the needle or hook, place your left hand just under the needle or hook and twist the yarn one half turn, so that the long end of the yarn is facing you.

Pinch this with your other fingers of the right hand to hold under the needle or hook.

With your left hand, take the long end of the yarn and yo (yarn over) the needle or hook from back to front.

Transfer the "pinch" to your left hand with your thumb and middle finger. Pull back on the needle or hook so that you pull the "yo" loop through the original loop. (This is easier with a crochet hook; sometimes you need to pull it through with your fingers on a knitting needle).

With your Slip Knot made, you are ready to begin your Cast-On (for Knitting) or make a Chain (for Crochet).

All knitting instructions will begin with the term, "Cast on _ stitches."

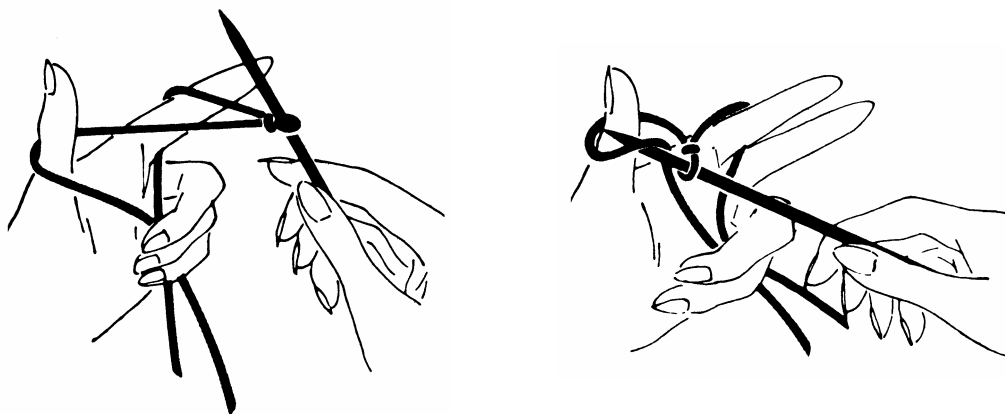
Whether you knit or purl (or combine the 2 to make a rib) in your first row, you will need something to get your needle into. Right now, after you have made the Slip Knot, you only have 1 stitch.

So, you will need to make "loops" on the knitting needle— as many as are called for in your cast on.

There are many methods to cast on, but this is my method:

1. Hold the needle with the Slip Knot in your right hand.
2. Pick up the long end of the yarn in your left hand, making a tight fist with the yarn inside. Drape yarn outside of your thumb and forefinger (holding them somewhat apart).
3. With right hand needle, lift up the yarn by your left thumb (going underneath the yarn), and push down on the yarn between your left thumb and forefinger. Go completely down (toward your palm), then lift up with your right needle until you have a "loop" on the needle.
4. Keep practicing this same movement until you have the amount of stitches (loops) you are to cast on. (The slip knot counts as one stitch).
5. Remember to always use the long end of the yarn, not the short tail. Also, keep the loops untwisted. The "ridge" will be at the bottom of the needle and the loops facing the top.
6. The most important thing to remember is to not work tightly. It will be nearly impossible to knit these stitches if you have really tight loops.
7. Don't worry if your first few rows look a bit rough; they will settle down as you go. It's more important to focus on your tension being even. (So that you don't have a mix of tight and loose stitches).

Since you have cast on the number of stitches you need (or as a sample), you are ready to begin knitting!



1. Hold the needle with loops (not ridged edge) facing you in your left hand. The long end of the yarn should be at top, and the tail end of the yarn trailing at the bottom of the needle.
2. If you don't have some kind of tension when you are knitting, it will not feel comfortable or natural to you. To hold the yarn with tension, think of extending your left hand in a hand shake. You will need to slide your left hand up (under the long end of the yarn), draping the long end of the yarn outside of your forefinger, and placing the yarn inside of your next 3 fingers below. (You can bring your pinky finger back out, if you like).
3. Hold the empty needle in your right hand.
4. Slide your right hand needle up through the top loop, behind your left needle, making an "X".
5. Still with your tension in the left hand, lift the yarn with your left forefinger and "yo" (yarn over) the back (right needle), counter-clockwise.
6. Put your right forefinger on the loop you just made (on the back, right hand needle) and point that needle tip straight down until you clear the loop on the left needle.
7. Pull that new loop up (still holding on to it with your right forefinger), then transfer your right forefinger to the very tip of the left needle.
8. Start sliding your left loops up until you take the top left loop off the needle. (You have just knitted one stitch).
9. Continue to knit everyone of the stitches off, repeating Steps 4-8.
10. When all loops are off the needle, transfer your right hand needle to your left hand needle, and begin again.
11. At first you will think you don't have enough fingers to do all of this, but God has given us enough, I promise! After practicing it will become natural.

At some point, you will need to end the work you have knitted.

It's very important that you have a long enough tail to be worked in later. (Approx. 8"). You also need enough length to knit another row. (Actually called the Bind-off Row).

- 1. To bind off, k (knit) 2 stitches.**
- 2. With the tip of your left needle, lift up the first stitch that you knitted (on the right needle), and pass it over the 2nd stitch that you knitted. By doing this, you will have 1 loop on the right needle.**
- 3. Knit another, and do the same.**
- 4. Repeat Step 3 until you have only 1 stitch (loop) left on the right needle.**
- 5. Pull the long tail of the yarn all the way through that loop, and pull to tighten.**
- 6. To work ends in, thread a large child's (plastic) sewing needle and take each tail through the top loops of the work, in a long, paperclip fashion. Then trim ends off close to knitting. (No knots are tied).**