

Essential techniques sheet 1

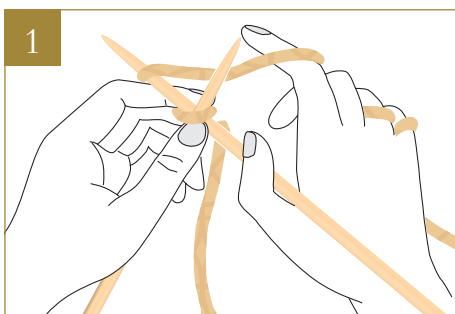
Carol Chambers explains the basic techniques needed for most knitting patterns with this handy reference guide

Slip knot

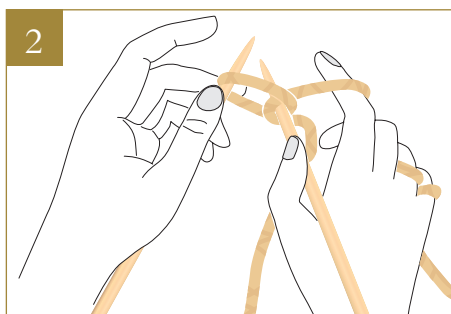


To cast on you start with a slip knot – **diag 1**. This serves as your first stitch. When made correctly it is easy to adjust its size. Pull on the loop and it gets bigger, pull on the tail to tighten. If your knot does not do this, follow the route of the yarn as shown in the diagram carefully when making it again. Now you have one stitch on your left-hand needle and are ready to make another.

Easy cast-on

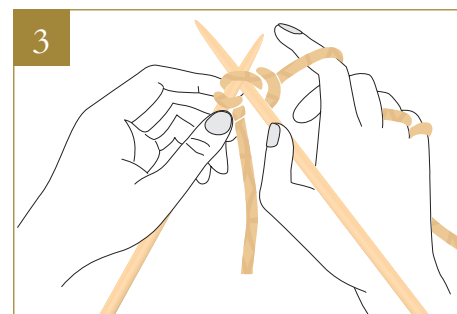


Insert the right-hand needle into the stitch loop and lay the yarn across – **Diag 1**. To control the yarn hold it as shown, over the forefinger, under the middle finger, over the last finger and then loop it around the little finger. This is something that needs a little perseverance, but helps feed



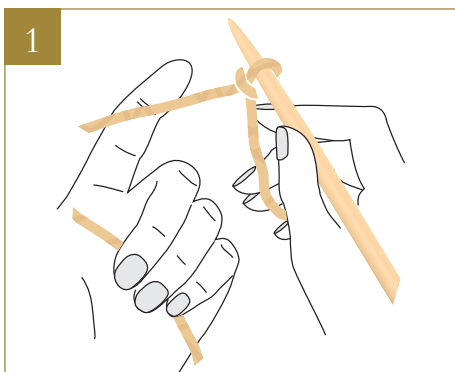
the yarn evenly and therefore gives an even tension, and later will help you to knit more quickly. Pull a new loop through the first loop – **Diag 2** and then slide it onto the left-hand needle – **Diag 3**.

You now have two stitches on the left-hand needle. All the rest of the stitches are made

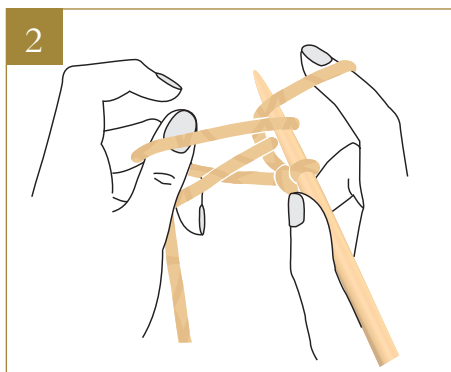


the same way, so carry on until you feel comfortable. Don't worry if your stitches are slightly different sizes, even tension comes with a little practice. So if a pattern tells you to cast on 30 sts (stitches) you will make your slip knot (counting as stitch 1) and then make a series of 29 new stitches, making 30 in all.

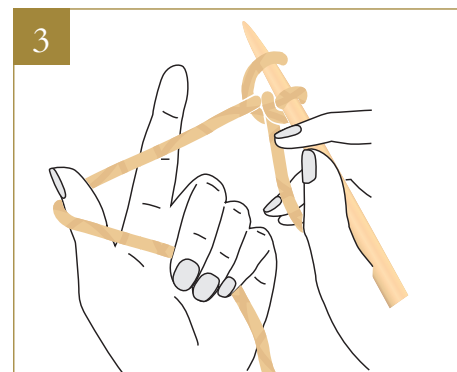
Thumb cast-on



This is made on one needle, make a slip knot and slide it on ensuring you have a long tail (see **diag 1**)



Wrap yarn from long tail over your thumb and onto needle as in **diag 2**.



Using yarn from ball, knit the loop to turn it into a stitch (**as in diag 3**) sliding your thumb out as you do so. Repeat for number of stitches required.