

# Knitting: start to finish for beginners

By Nicole Bottles

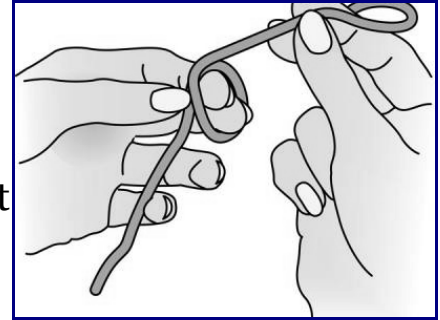
Which Hand is Which?

~dominant hand (D.H): the hand you write with

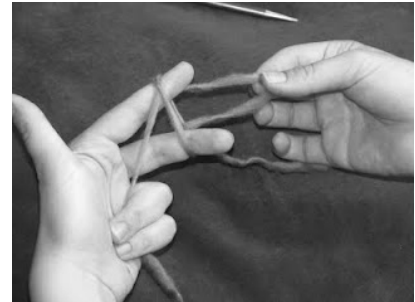
~non-dominant hand (N.D): the other one

## Part 1: Forming a slip-knot, the foundation

1. Pull out about 8" out of the ball of the yarn.
2. Wrap the yarn around your pointer and middle fingers of your dominant hand (the hand you write with). Hold the ends of the yarn (the short end of the yarn, and the 'working yarn') securely in your non-dominant hand. The two ends will cross to form an "X", and you will have a loop around your fingers.
3. Open up your two wrapped fingers like a scissor, and reach through the loop and grab the working yarn with the same pointer finger and thumb and pull the yarn through, forming a loop, still holding the two ends in your non-dominant hand.
4. Pull until the a new loop is created, and a 'knot' is formed below it. You've created a slip-knot.
5. Slip the loop onto your needle, pulling the yarn coming out of the ball to tighten the slip-knot towards the ball (like tying a tie). The tightness of the knot around the needle is adjustable; pull the loop to loosen it more.



"Learn How to Knit - Slip Knot." Red Heart Yarn.



Meerdink, Cameron. "Knit Many Mini Bows."

*Tip: Practice forming slip-knots several times until you are comfortable with them. They are used almost every time you begin a knitting project!*

**Videos:** Make Slip Knot by *expertvillage*~ <http://youtu.be/h1GSglLAdNc>

Alternative Way-> Slip Knot by *verypinkknits*~<http://youtu.be/fFzWoXPazFM>

Part 2: The Knitted Cast-On, putting the first row of stitches onto your needles

1. Using your dominant-hand (D.H.), insert the needle up through the top stitch. Wrap the working yarn around the non-dominant hand (N.D) needle, bringing it between the two needles as you do.
2. Pull back the D.H. needle so you can slip the tip down and through the loop.
3. Pull the loop you've just created out from the needles (making it wider). Transfer the new stitch by inserting your needle into the front of the stitch, and moving it to the N.D. needle (opposite needle).
4. Repeat these 3 steps until you have cast on the required amount.



"First Stitches." Vogue Knitting



*Tip: Your first row might be tight and difficult to move the stitches. If this happens, try casting on with two needles held together, or larger sized needles (2 sizes larger). If your loops are too big for the needles, move down to a smaller size needle. Try and relax while knitting, and make sure you aren't too hot. This will help too.*

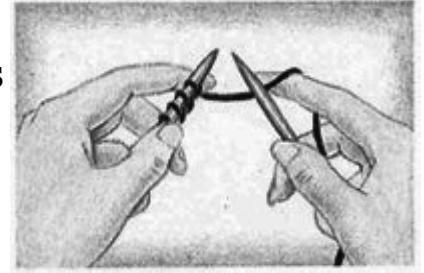
**Video:** Knit Cast On by *elsteffo* ~ <http://youtu.be/CQwscY6flHs>

**Detailed Pictorial Tutorial:** A Beginners Guide (scroll down to 'Casting On'  
~ <http://www.queenofdiy.com/stitchery/knitting-beginners-guide.html>

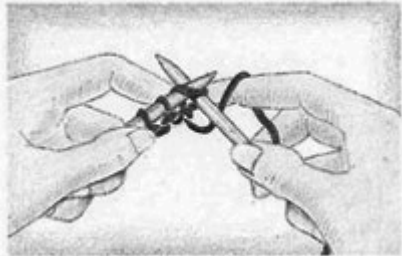
Part 3: The Knit Stitch ('American' or 'Throw' Method), creating a 'fabric' out of interlocking loops (similar method to casting-on!)

"First Stitches." Vogue Knitting.

1. Hold the needle with the cast-on stitches in your non-dominant hand, with the yarn trailing towards your D.H.. Let the 'working yarn' go over your pointer finger.



2. Scoot the stitches up the needle, til they are about 1/2" from the tip. Insert the needle in your dominate hand up through the first stitch from front to back. The needle held by your dominant hand should be behind the other, the yarn at the far back of the work.



3. Wrap the yarn behind & in-between the

needles. The yarn will now be at the front of the work.

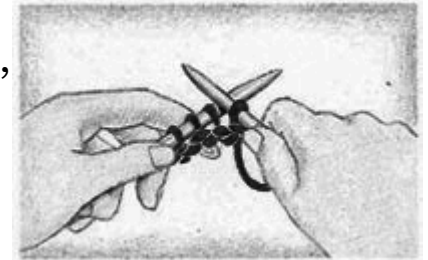
4. Pull the D.H. needle through the loop created by bringing the yarn between the needles



(in step 3). The wrapped yarn should now resemble a almost a stitch on the D.H. Needle.

5. Slip this loop off the non-dominant needle, 'magically

transferring' it onto the dominant hand needle. Tighten stitch a little by pulling on the working yarn.



6. Repeat these instructions for each stitch until you reach the end of the row. When you reach the end of the row and all the stitches are on the opposite needle, switch hands with your needles, and repeat steps 1-6 again.

*Tip: You will get very good at the motion of knitting, because it's the same for each stitch, every row. Take it slowly, and eventually you will establish a rhythm and your tension will be even.*

**Videos:** English-Style by *fordummies* ~ <http://youtu.be/xkeGgEhdyHw>  
Knit Stitch-English by *knitpicks* ~ <http://youtu.be/chFWCePFAdk>

**Detailed Pictorial Tutorial:** A Beginners Guide (scroll down to 'Knit Stitch' ~ <http://www.queenofdiy.com/stitchery/knitting-beginners-guide.html>

Garter stitch~ [www.dummies.com/how-to/content/how-to-knit-the-garter-stitch.html](http://www.dummies.com/how-to/content/how-to-knit-the-garter-stitch.html)

**Knitting Rhymes:** "Up, around, through, off", "Under the fence/Catch the sheep/Back we go/Off we leap", "In through the front door, Once around the back, Peek through the window, And off jumps Jack!"

*Part 4: Cast<sup>ing</sup> Off, creating a finished edge*

1. Once you have finished knitting and have enough yarn left for one last row (usually around 3 feet), you are ready to cast off. Knit 2 stitches (as in part 3).

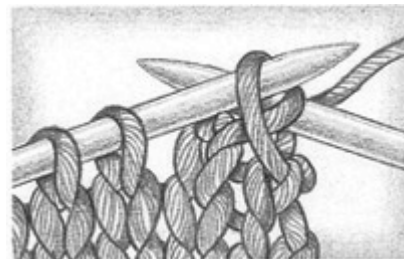


2. With your needle or fingers, slip the bottom stitch on your N.D needle over the second, and off your needle.

3. Knit another stitch.

4. With your needle or fingers, slip the bottom stitch on your N.D needle over the second, and off your needle.

5. Continue until you have only one stitch left on your dominant hand needle.



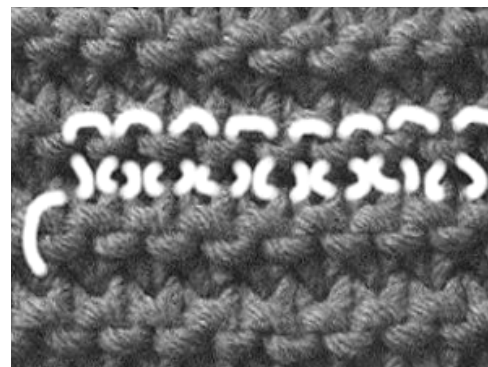
6. Cut the yarn, and slip the end of the yarn through the final stitch, and pull.



**Video: Bind Off** ~ <http://www.knittinghelp.com/video/play/basic-knit-bind-off-english>

*Part 5: Weave in Ends, finishing touches*

1. Thread the ends of the yarn (white in picture) through a needle.
2. Weave them in and out of the bumps of the garter stitch, until you run out of yarn.
3. Clip ends.



**Video: Weaving in Ends** LiatMGat ~ <http://youtu.be/O51m7EHMdEA>

## Part 6: Garter Stitch Neck-Warmer, simple yet elegant project for beginners

1. Cast on 20 stitches. (see part 1 & 2)
2. Knit every row until your neck-warmer has reached 22” long (enough to comfortably slip around an adult head). (see part 3)
3. Cast off. Weave in ends. (see part 4&5)
4. Sew together the two ends of the “scarf” with more yarn, working on the wrong side. The neck-warmer will form one, continuous loop. It will probably be around 7” in width.

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