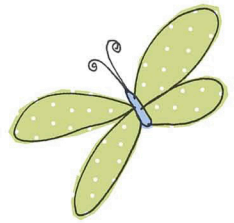


Knit Stitch



Hold the needle with the stitches in your left hand. Hold the empty needle in your right hand. The ball end of the wool should be behind the needles and looped gently over your right hand index finger. Put the point of the right hand needle through the front of the first stitch from left to right.



Wind the wool behind the needle and around from left to right.



Pull the wool through the stitch and slip the original stitch off the left hand needle.



You have formed a new stitch on the right hand needle. Repeat this until you reach the end of the row. For the next knit row, swop the needles into the opposite hands (the stitches will be on the needle in your left hand). Start all over again.

If you use the knit stitch for every row you will create a piece of knitting that looks the same on both sides and has a looped pattern and texture. Many patterns use a stocking stitch, which involves knitting one row and then purling the next row. To do this you will need to know how to purl a row. This creates a smooth texture on one side.

Handy Tip



When you are pulling the wool through the original stitch on the left hand needle you may find it helpful to gently push the point of the right hand needle with your left index finger to ease the point through the loop.

Activity



Using the 10 stitches you cast on. Knit 4 rows. See if you can count the rows.

