

# The Basics

*NB... this is all written for right-handers*

## Needle sizes

Metric (mm)	English	American
2	14	0
2.25	13	1
2.75	12	2
3	11	
3.25	10	3
3.75	9	5
4	8	6
4.5	7	7
5	6	8
5.5	5	9
6	4	10
6.5	3	10.5
7	2	
7.5	1	
8	0	11
9	00	13
10	000	15

## Gauge

Gauge is how many stitches there are to an inch. This is affected by how tightly you knit, the size of needle and the thickness of the wool.

## Weights of Wool

The most common weights of wool are the following, with the thinnest first: 4 ply, double knit, worsted or aran, chunky or bulky, and extra bulky.

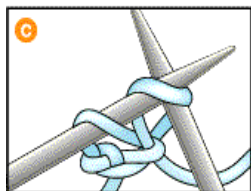
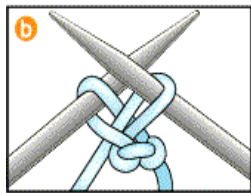
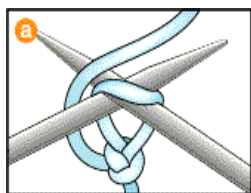
## Types of needles:

Choose suitable needles for your weight wool, and for what you are knitting. The needle and wool combination should create a neat stitch that is not too tight, and you cannot see daylight through!

Use longer needles if you are knitting something large like a jumper that needs lots of stitches on the needle at once.

Use circular needles (two needle points joined by a length of flexible plastic tube) or four double pointed needles to knit continuous tubes (for hats, socks, dresses etc)

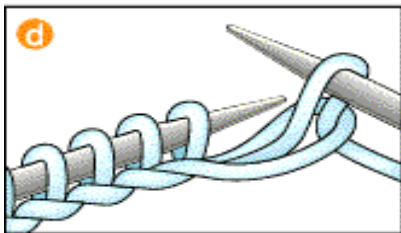
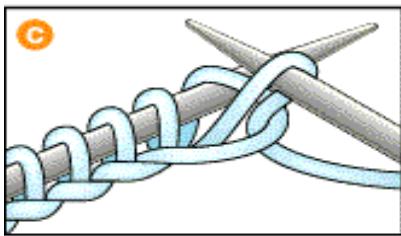
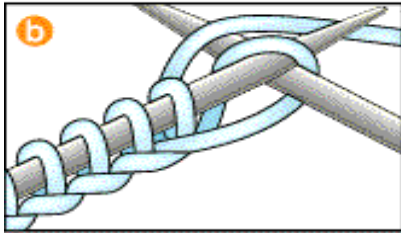
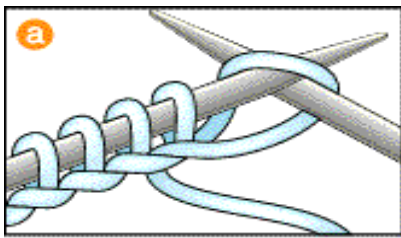
## Casting on using the knitting method:



1. Make a quick release knot (a simple knot that you don't pull the end through) and place on the left (LN) needle.
2. Push the Right needle (RN) up through the loop and towards the back.
3. wind the wool around the back of the RN from right to left.
4. Pull the wool through, using the RN, to make the new stitch
5. Place the new stitch on the LN by pushing the LN up through it. Always place the stitch on the LN in the same way to get a neat edge.

NB. Cast on tightly using this method to get a neat edge

## How to Knit:

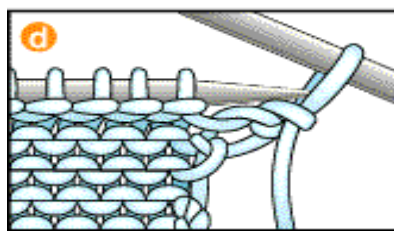
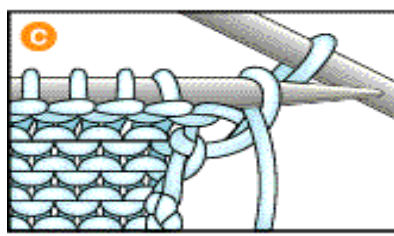
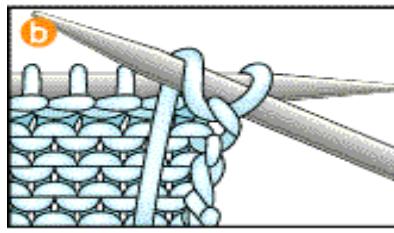
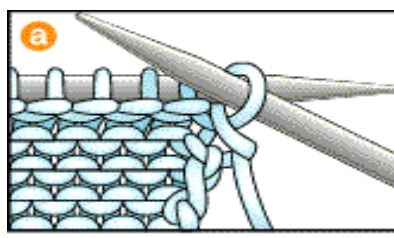


Work as if casting on, but slip stitch you were knitting from off the LN and keep new stitch on RN

Things to remember:

- Wool should always be held at the back
- Always put the RN up through the stitch and towards the back
- Always wind the wool, from right to left around the back of the RN

## How to Purl:

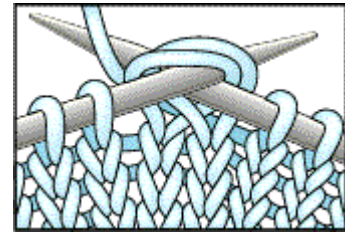


Very similar to knitting stitch, but done on the front of the needle.

Things to remember:

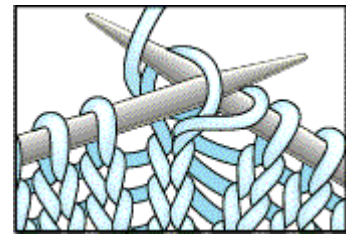
- Always hold wool at the front of the knitting
- RN goes down through stitch, from above to below, heading left.
- Wool is wound around behind RN from right side to left.

## Decreasing number of stitches



Knit two stitches together to decrease the number of stitches.

## Increasing number of stitches



To increase whilst knitting, place wool in front of the needle and then knit as normal creating an extra wind of wool in front of the normal stitch, which acts as a new stitch

## Creating decorative holing

Knitting two stitches together and making a new stitch at the same time results in the same number of stitches but a creative hole!

**Casting Off:** To cast off a row, knit two stitches then pull first over second, leaving on stitch behind. Knit 3<sup>rd</sup> stitch and then pull 2<sup>nd</sup> over 3<sup>rd</sup>. Continue this until you are at the end of the row.

