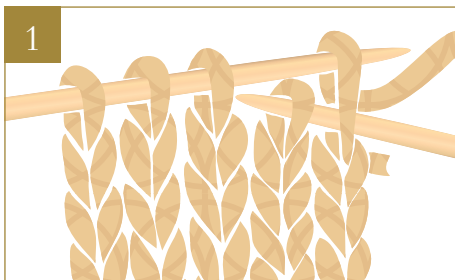
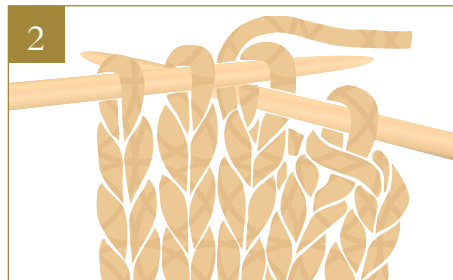


# Essential techniques sheet 2

## Casting off



To cast off, knit the first two stitches so that they are now both on the right-hand needle.



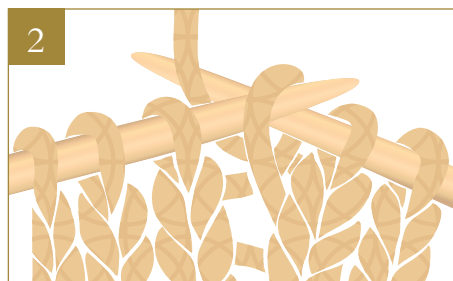
Put the tip of the left-hand needle into the first stitch you knitted – **diag 1**.

Lift it over the top of your second stitch and let it come off the tip of the needle. It will now be around the neck of your second knitted stitch – **Diag 2**. Knit the next stitch and repeat. You will always lift the stitch farthest away from the tip of the right-hand needle over the last stitch that you knitted. Repeat all the way along the row until one stitch remains. Break off the yarn and pull the stitch loop until the end comes through, fastening off the last stitch securely.

## M1 Make one extra stitch



This means the same as inc 1 (increase 1 stitch). There are several ways of increasing, but the one which is generally written as m1 can be done like this:



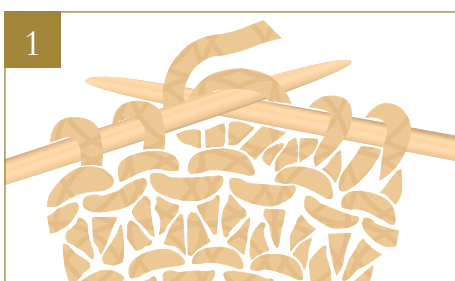
**Knit row:** Pick up the strand between the two needles using left needle – **Diag 1**. Knit (k) into the back of the picked up loop thus forming a new stitch – **Diag 2**.



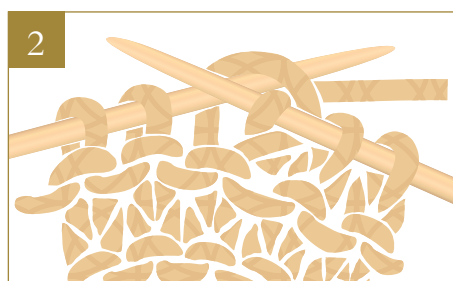
Slip on to right-hand needle.

**Purl row:** As diag 1 for k row, then p into the back of the new stitch – **Diag 3**. Slip on to the right-hand needle.

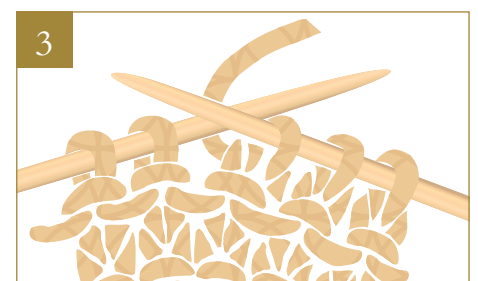
## Plain knitting



If you have tried out the first casting-on method, then you have already started plain knitting. Holding the needle which has the stitches in your left hand and the empty needle with your right, insert the tip of the right-hand needle into



the first stitch nearest the needle point. Hold the yarn as shown in picture 1 of 'easy cast-on'. Wind the yarn over the needle – **Diag 1**. Pull a new loop through – **Diag 2**. Now slip the new stitch onto the right-hand needle – **Diag 3**.



You have now knitted a stitch and should work in the same manner until the left-hand needle is empty and the right-hand needle holds a new set of stitches. Swap hands so that the needle with stitches is in your left hand and you can start another new row. Stitches which knit into the front of the 'old' stitch are known as knit (K or k) stitches.