



### Introduction

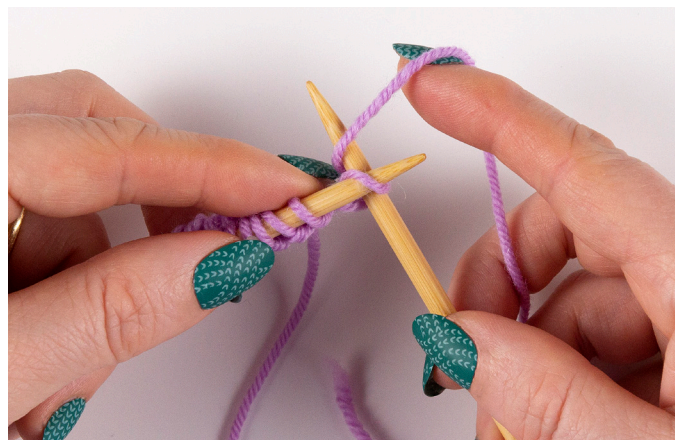
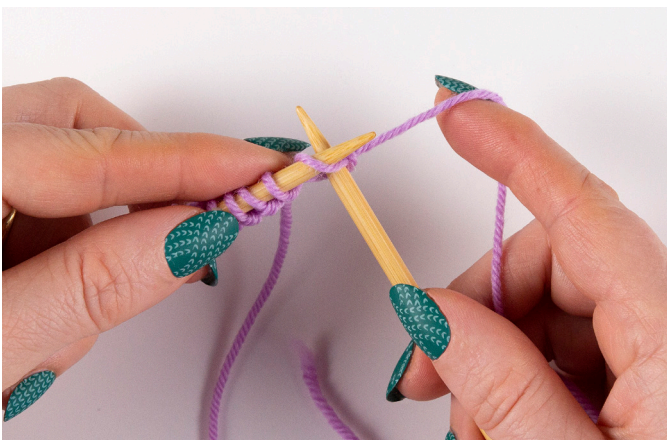
The term “knitting” encompasses all the stitches and processes associated with making fabrics using sticks and string. We talk about learning to knit, can you knit, are you bringing your knitting and so on whenever we talk about the craft. So it can be a little puzzling when we talk about the knit stitch.

The knit stitch is in fact a specific stitch in its own right. It is the first stitch that most knitters learn and once you have mastered it a whole world of patterns and projects open up to you. Armed with just the knit stitch you can begin to create beautiful, exciting projects. The knit stitch forms the basis of many of the more complex knitting stitches and patterns and is a fundamental part of many techniques such as colourwork, lace knitting and cables to name just a few.

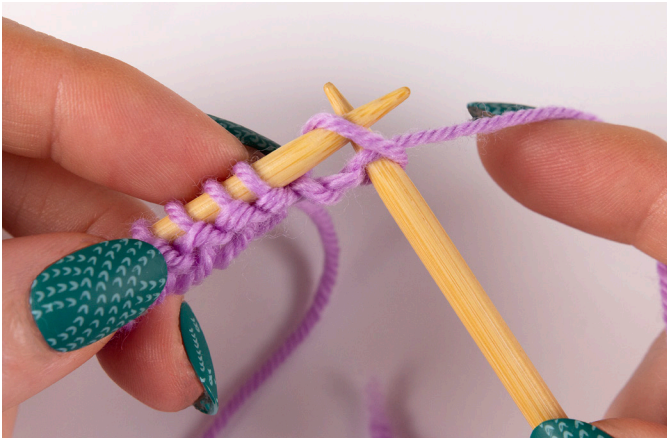
You may also have heard the term garter stitch used to describe knit stitches. Garter stitch is simply a pattern stitch where all the stitches are made using the knit stitch. Every stitch and every row is made using the knit stitch. This creates a distinctive, attractive fabric with a familiar ridged appearance. It is a reversible fabric making it useful for items where both sides may be visible. It is also one of the few stitch patterns that gives a square fabric – each stitch has the same height and width. So, a fabric that is 20 stitches wide and 20 rows tall will be square.

### The Knit Stitch

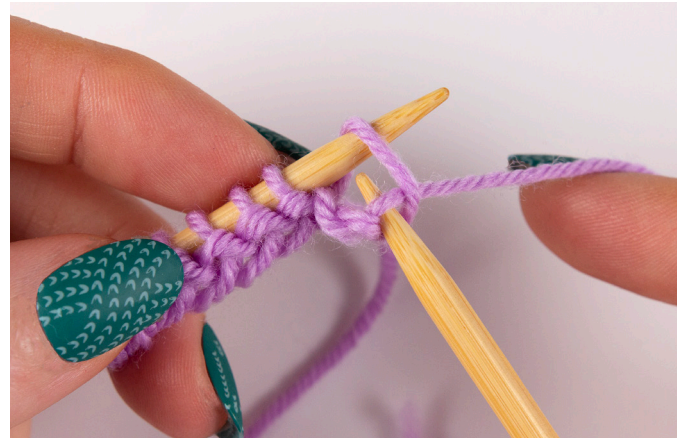
The knit stitch is very versatile and can be worked on virtually any size needle with any yarn. Here 4mm needles and double knitting yarn have been used. Very large needles and super-chunky yarn will make a quick, easy scarf.



1. With the working stitches on the needle in your left hand (LH), hold the yarn to the right, lightly tensioned in your right hand (RH). Insert the tip of the RH needle into the front of the first stitch on the LH needle, entering the stitch from left to right. The RH needle goes beneath the LH needle with the tip pointing away from you.
2. With the RH, bring up the working yarn beneath the RH needle from right to left (anticlockwise). Take the yarn over the front of the RH needle from left to right. The yarn should be snugly wrapped around the needle but not too tight.



3. Maintaining light tension on the working yarn open out the hands slightly as though opening a pair of shears. You should see a small opening in the work with the wrapped RH needle behind.



4. Keeping the LH needle steady, angle the RH needle and bring the tip towards you through the opening.



5. With the tip of the RH needle now in front of the LH needle you should see a loop of yarn on the LH needle behind the RH tip.



6. Carefully slide this loop of yarn off the LH needle keeping the working yarn to the right. The completed knit stitch is now on the RH needle. Draw up the working yarn so that the stitches are even, not too tight or floppy. Note that the stitch is smooth on the front of the work with a bump on the back.



7. Repeat steps 1-6 until all the stitches have been worked and are now on the right needle. Now you have completed your first row of knitting, swap the needle that now holds all the stitches back into your left hand and you are ready to start the next row.

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