

## CGF.M2.L2-12-5: Line – Lace

### Knit one, yarn over, knit one (kyok)

#### Introduction

This next stitch in our lace repertoire is the knit one, yarn over, knit one (k1, yo, k1 or KYOK). It is a great way to create a lacy double increase as the yarn over makes both the central eyelet and the additional stitch. Knitting twice into the same stitch makes the second of the two new stitches. It is great for central ridges in shawls but has many other creative uses.

#### Knit one, yarn over, knit one (kyok)

To make a KYOK, work as follows:



1. Knit into the next stitch as normal but, where you would normally allow the loop to drop off the LH needle to complete the stitch, keep this loop in place.



2. Bring the yarn from the back to the front of the work, between the needles, taking it over the RH needle and holding to the right.



3. Insert the RH into the stitch a second time, going into the front of the stitch on the LH needle as for a normal knit stitch.



4. Knit this stitch (you are now working a second time into the same stitch).

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5. Now you can allow the loop to slide off the LH needle to complete the stitch.

6. The yarn over can be seen between the two knitted stitches and you have made two increases into one stitch.

### TOP TIPS

- Many interesting patterns can be made using eyelets. The more eyelets, the more lacy and open the pattern will be. Lace patterns look different depending on the yarn. A smooth yarn will give crisp, clear eyelets and good pattern definition. Fluffy yarns give a softer look.
- For lacy edgings with waves, yarn overs are worked on several rows without decreases. The extra stitches create the “peak” of the wave as the work widens. After several rows, stitches are cast off to create a sharp “trough”, returning to the original number of stitches, ready for the next peak.
- Lace knitting is not just for shawls and fine yarns. Yarn over techniques can look very effective on bulkier yarns and add interest to textured yarns too. A simple lace panel on a sock leg is lovely and a good starter project as it can be worked as one repeat on just one dpn, bordered with plain knitting.
- Knitter’s graph paper can be used to create customised lace charts. Remember to swatch carefully and match increases with decreases to ensure that the overall shape of the knitting is maintained.
- Use stitch markers on larger pieces to indicate pattern repeats within the row.
- Place a piece of dark card (or white if using dark yarn) behind your knitting at regular intervals to help you see the pattern. It makes it easier to see the eyelets and spot errors.
- When working lace patterns many knitters use “lifelines”. A lifeline is simply a piece of smooth yarn (e.g. cotton) in a contrasting colour that is threaded through a complete row of stitches at regular intervals, usually at the start of a pattern repeat. This helps limit the number of rows that need unpicking if an error is made.