

ARM KNITTING

A quick and easy way to start knitting!



CASTING ON:

You will cast on with a series of slipknots. To make a slipknot: pick up your yarn about 6" (15cm) from the end. This is your yarn tail. Cross the working yarn (yarn closest/connected to the yarn ball) over itself to make a circle. Pull the working yarn up through this circle. You will have a loop. Slip this loop onto your left arm. You can adjust the yarn to fit your arm, but don't pull too tight; the loop must be able to slide on your arm.

Repeat this process (cross working yarn to make circle, pull working yarn through circle, place resulting loop on arm) until you have cast on the number of stitches you want to work with. For example, at this size 10 stitches will be wide enough for a scarf or cowl.

CHUNKY COWL

3 BALLS OF YARN, 10 STITCHES

KNIT WITH ONE, TWO, THREE, EVEN FOUR YARNS AT ONCE!
ALL ONE COLOUR OR A RANGE; KNITTING WITH MULTIPLE
STRANDS AT ONCE ADDS BULK AND TEXTURE. THE MORE
STRANDS USED, THE COZIER IT GETS.
IDEAL FOR CHUNKY/BULKY YARNS (SZ. 6/7).



FRINGED SCARF

4 BALLS OF
YARN, 6
STITCHES

TO KNIT:

You now have a number of stitches on your left arm. Take the working yarn and hold it in your left hand, closing your hand into a fist over the yarn. With your right hand, pull the first stitch up and over your fist. You now have a loop in your left hand. Take this loop and slide it onto your right arm. Pick up the working yarn in your left hand again; now with your right hand, take the next stitch on your left arm and pull it up and over your fist. Take the resulting loop and slide it onto your right arm.

Repeat this process until all of the stitches are on your right arm. This completes your first row. Now we do the same process in the other direction. Hold the working thread in your right hand, closing your hand into a fist over the yarn; pull the first stitch off and transfer the resulting loop to your left arm. Repeat. This is row 2.

Continue knitting back and forth from right to left, left to right until you have reached your desired length. (For a scarf: somewhere around 60"/150cm.)

TO BIND OFF:

With all of the stitches on your left arm, knit 2 stitches onto your right arm. Let the working yarn fall; with your left hand, take the second stitch on your right arm and pull it up and over the first stitch and off of your arm. Pick up the working yarn again in your left hand and knit another stitch onto your right arm. You now have 2 stitches again on your right arm. Again, drop the working yarn and pull stitch number 2 on the right arm up and over stitch number 1, and off of your arm. Repeat this process until there is only one stitch left on your right arm. Remove this stitch from your arm and pull the working yarn through; cut the yarn, leaving an approximately 4-6" (10-15cm) tail. Pull the yarn tail through the last loop, and pull tight to form a knot.

Finish by weaving in loose ends with a yarn needle. To create a cowl, stitch the ends of your rectangle together. To create long fringe, cut several 24" (60cm) strands of yarn. Fold in half, insert top of loop through bottom edge of scarf, pull end of yarn through the loop and pull tight to make a knot. Repeat along scarf edge, to desired fringe thickness.



INFINITY SCARF

2 BALLS OF
YARN, 10
STITCHES