



Knitting Level 1: Foundational skills

Preliminary information

As one of the aims of the Guild is to raise the standard of knitting and crochet in New South Wales, we have created a series of Certificates for both knitting and crochet. Knitting Level 1: Foundational Skills contains three stages, and is designed to encourage knitters to learn the foundations of good knitting and finishing techniques and to expand their basic skills. When you have mastered these techniques you will have the foundations to tackle the more difficult and engaging techniques covered in Knitting Levels 2 and 3. Knowledge of these techniques will form the base for interesting and satisfying knitted projects and garments.

Read these instructions *before* you begin your samples.

- Please use **light coloured smooth yarns (wool recommended)** in the instructions for the samples. This means white, cream, or a pale pastel colour. If you have used dark colours or a fuzzy yarn ***your work will not be assessed***.
- Block finished samples by wetting thoroughly, pinning out to shape, and leaving work to dry.
- Fill out the form on the last page of your certificate and include it with your samples.
- Put your samples into one zip-lock bag, each sample marked with a swing tag indicating its sample number (as shown in the table on page 1 of the certificate – 1:1, 1:2 and so on).
- If you are having difficulty following the instructions, take your work along to a [Guild group](#) for assistance, or send an email to education@knittersguildnsw.org.au.

Requirements

In order to make these samples you will need the following:

- Partial balls of **smooth, light-coloured yarn** in the following weights: 4 or 5ply (fingering or sport), 8ply (double knitting), 12 ply.
- A range of needle sizes: 6mm, 5.5mm, 5mm, 4.5mm, 4mm, 3.75mm, 3.25mm, 3mm, 2.75mm, 2.25mm, 2mm
- An extra 4mm needle or a stitch holder; a blunt needle for seaming.

When you have finished the eight samples in Level 1, you can have them assessed for a fee. First you will need to fill out the form at the end of the certificate. This form should be included with your samples. Then visit the Guild website at <http://knittersguildnsw.org.au/achievement-certificates> for instructions regarding payment and postage.

What will the assessors be looking for? Neat and even knitting, and attention to detail in the increasing and decreasing sample. You will also be marked on your answers to the questions on the form.

ABBREVIATIONS used throughout

Detailed instructions are throughout the certificate where necessary

alt - alternate

beg - beginning

cont - continue/continuing

dec - decrease/decreasing

foll - following

garter st - knit every row

inc - increase/increasing

k - Knit

K2tog - knit 2 stitches together

KFB – knit front and back of stitch

LIR – lifted increase right

L1L – lifted increase left

M1L – make one left

M1R – make one right

moss stitch – k1 p1 for the first row, then k the knits and p the purls in every other row.

Reference books and websites

Vogue Knitting, Sixth & Spring, 2002.

Principles of Knitting, June Hemmons Hiatt, Touchdown 2012

The Knitters Book of Finishing Techniques, Nancy Wiseman, Martingdale & Co, 2005

Copies of these books are available through Groups and the Guild Library. They are also available through online stores such as Amazon and The Book Depository. *Principles of Knitting* can be purchased from Amazon as an ebook.

All websites and links in the certificate documents are as up-to-date as possible. Regular checks are made to keep them current. However, if you find one that is no longer working, we would appreciate it if you could advise us at education@knittersguildnsw.org.au

p - purl

pssso - pass slipped stitch over

Rib K1 P1 – K1 p1 first row then P the knits and K the purls for the every other row.

Rib K2 P2 – K2 p2 first row then P the knits and K the purls for the every other row.

rep - repeat

sl - slip

SSK - slip, slip, knit

St/s - stitch/es

st st - stocking stitch (1 row knit, 1 row purl)

tog - together

yo – yarn over – simply wrap the yarn round the needle to it is in the correct place for the next stitch