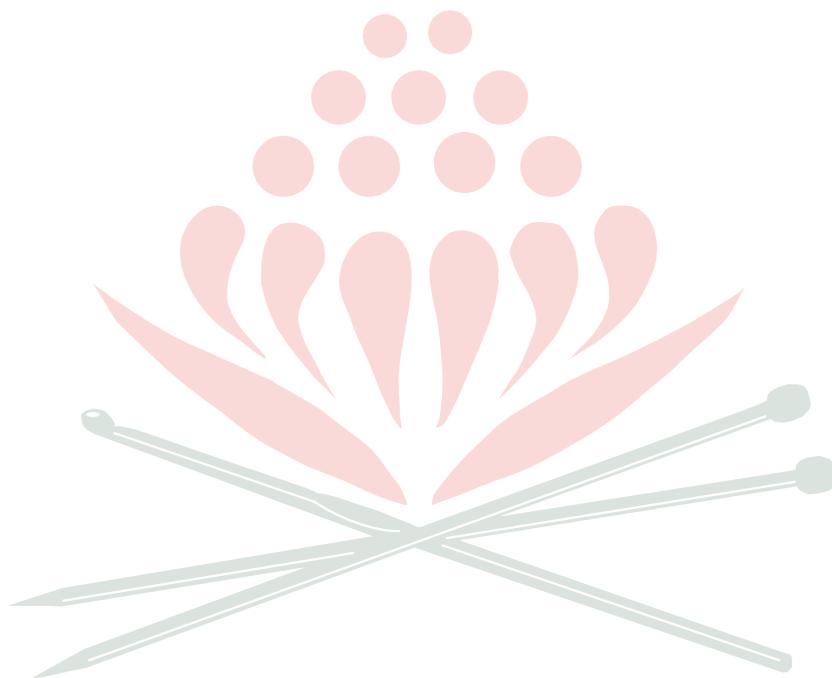




Knitting Level 1 – Foundational skills

Stage 1: Basic techniques



This document should be read along with the Information Sheet, so please download that with this module.

Knitting Level 1: Stage 1

Foundational skills: Basic techniques

The information in this document is intended to guide you through some of the basic techniques used by knitters. When you have completed the two modules of Stage 1 (which consists of 9 small samples), you should be confident with the following techniques.

Technique	Module in which it is covered	Samples which demonstrate it
Tension (gauge)	1	1: 1-6
Rib and cable cast on	2	2: 1 & 2
Selvedges	2	2: 1 & 2
Non-directional increases	2	2: 1 & 2
Left- and right-leaning increases	2	2: 1 & 2
Cast off, suspended and three-needle cast off / bind off	2	2: 1 & 2
Left- and right-leaning decreases	2	2: 1 & 2
Short-row shaping	2	2: 1 & 2
Three-needle cast off / bind off	2	2: 1 & 2

Module 1: Tension Ladders

To make a finished item that fits and drapes as you expect, the most important step is to make a swatch or sample before you begin. This is a piece of knitting which uses your choice of needles and yarn in the stitch pattern of your project. The piece should be at least 15 cm in both width and length to give accurate information for the fit of your finished project.

Once your swatch is finished, wash and block it as you will your project. Then count the number of stitches and rows over a 10cm square. If your count matches the stitches and rows given in the pattern (this is in the pattern under the heading “Tension” or “Gauge”) you can proceed using the needle size used in your swatch. If there are fewer stitches than specified for your project you need to use a smaller needle size to get the correct size for your project. If there are more stitches, go up in needle size. If you have knitted your project in a different yarn from that used by the designer, consider carefully the drape and look of the yarn in your swatch.

This first module of Certificate 1 requires you to submit a number of samples. This is intended to teach you how the size of needle, the stitch used and the yarn used will affect the knit fabric produced. These samples are essentially swatches for the yarn, stitch and needle size used.

Sample 1: Tension ladder 4 or 5 ply yarn

You will need: 5mm, 4.5mm, 4mm, 3.75mm, 3.25mm, 3mm, 2.75mm, 2.25mm, 2mm needles

Using 5mm needles, cast on 30 sts using any method and work 8 rows in stocking stitch.

*Work 1 row purl to form dividing ridge on right side of work, then work 7 more rows st st on 4.5mm needles. Repeat from *, changing to a smaller pair of needles after every purl ridge, until the whole range of needles has been used. Cast off, using any method.

Sample 2: Tension ladder 8 ply yarn

You will need: 6mm, 5.5mm, 5mm, 4.5mm, 4mm, 3.75mm, 3.25mm, 3mm needles

Using 6mm needles, cast on 24 sts using any method and work 6 rows in stocking stitch.

*Work 1 row purl to form dividing ridge on right side of work, then work 5 more rows st st on 5.5mm needles. Repeat from *, changing to a smaller pair of needles after every purl ridge, until the whole range of needles has been used. Cast off, using any method.

Sample 3: Tension ladder using textured stitches

With 4mm needles and 8ply yarn, cast on 32 sts and work 12 rows each of the following stitches:

- stocking st (knit 1 row, p 1 row)
- garter st (k every row)
- 1 x 1 rib (k1, p1, rep to end)
- 2 x 2 rib (k2, p2, rep to end)
- single moss st (k1, p1 rep, to end of row. Next row begin p1, k1 and rep to end)
- basket st

Cast off, using any method.

Basket Stitch

Rows 1 to 4: k4, p4, repeat to end

Rows 5 to 8: p4, Pk, repeat to end

Rows 9 to 12: as rows 1 to 4

Sample 4: Tension ladder using various yarn weights

Using 4mm needles and 5 ply yarn, cast on 30 sts and work 12 rows st st. Change to 8 ply yarn and *work 1 row purl to form a dividing ridge on right side of work, then work 7 rows st st. Change to 12 ply yarn and repeat from *. Cast off.

Sample 5: Tension square - 4 or 5 ply (whichever was used for Sample 1)

Choosing a needle size to achieve 26 - 26.5 sts to 10cm (use your tension ladder from sample 1 to find out which needle this is), cast on 40 sts. Work 54 rows in st st. Cast off. Using a contrasting thread and beginning with a whole stitch, outline a 10cm square in the centre of your sample, using small running sts.

Sample 6: Tension square 8 ply

Choosing a needle size to achieve 22 - 22.5 sts to 10cm (use your tension ladder from sample 2 to find out which needle this is), cast on 35 sts. Work 44 rows in st st. Cast off. Using a contrasting thread and beginning with a whole stitch, outline a 10cm square in the centre of your sample, using small running sts.

Summary of Module 1

Now you have worked with several different weights of yarn and different sizes of needles, you can see how changing needle size affects your knitting. There is no right or wrong needle size for any work; what is listed in a pattern as the recommended needle size is always only a suggestion and may be based on the designer's tension (gauge) or on standard pattern norms. The needle to use is the needle that gives you the tension recommended by the designer to get the size of garment that you want.

Questions to think about from Module 1:

- 1 Samples 1 & 2 show the effect the needle size has on the tension.

What effect does decreasing the needle size have?

What effect does increasing the needle size have?

- 2 Sample 3 shows how the stitch used affects the tension.

How do the tensions vary for the different stitches?

- 3 Sample 4 shows the effect different yarn weight has on the tension.

How does the tension and feel of the sample vary with the different weight yarns?

- 4 Sample 5 emphasises the importance of choosing the correct needle to get the required tension.

If a tension of 25 sts to 10cm was achieved instead of the required tension, how wide would 100 sts be? Should a larger or smaller needle be used to obtain the required tension?

- 5 Sample 6 emphasises the importance of choosing the correct needle to get the required tension.

If a tension of 20 sts to 10cm was achieved instead of the required tension, how wide would 100sts be? Should a larger or smaller needle be used to obtain the required tension?

If you would like to have your work assessed, you will need to provide brief answers to the above questions in the form on page 11.

Module 2: Basic Techniques

In this module you will learn a number of basic techniques that are used when making garments:

- some different ways to cast on and off,
- increasing and decreasing the number of stitches on your needles,
- shaping garments by short-rowing – turning in the middle of the row.

Because knitting is a craft that has grown across many continents over centuries, there are many different ways to work each of these techniques, and we will introduce you to a few of them in this module. Also, you should note that sometimes the same technique has different names in different places or in different books or websites. In this module we'd like you to stick very closely to the instructions you're given, or we can't assess your work fairly, but of course you are free to experiment for yourself with other ways to do these things in your own knitting.

Increase and decrease: two samples

For both samples you will need: smooth light-coloured 8 ply yarn;

- three 4mm needles, or one 4mm needles and a 4mm circular needle
- a stitch holder
- a large sewing needle (sometimes called a tapestry needle) for seaming

You will do two samples that incorporate increasing and decreasing. The first one will teach you the common ways to do directional decreases (which lean to the left or the right), and two simple increases that are not directional – the first one makes a decorative hole in the fabric. The second sample will teach you to do increases that are directional.

Sample 1: Casting on, increasing and decreasing

Rib Cable / Alternate Cable Cast on:

Video of Rib Cable Cast-on Method from Pepperly:

<https://goo.gl/egbK7s>

Video and photo/text of Alternating Cable Cast on from Woolly Wormhead:

<http://goo.gl/Oa8jZz>

Vogue Knitting: p26

The Handknitter's Handbook: p68

Using 8 ply yarn, pair 4mm needles and rib cable cast on, cast on 41sts.

Work 6 rows of 1x1 rib beginning with a P1, and working the knit stitches through the back loops on the first row only to give a firm edge.

1x1 Rib

Row 1: K1P1, repeat to end, ending K1

Row 2: P1K1, repeat to end, ending P1.

Change to st st and work 6 rows.

Row 7: Knit. Using yarn over increase, increase 8 sts across evenly. In other words, K3, *yo, K5, rep from *, yo, K3. (49sts).

Yarn Over Increase:

In a yarn over increase you simply put the yarn over the needle as if to knit, then work the next stitch. You then work into the yarn over strand as if it were a stitch on the way back.

Video tutorial from Jimmy Beans:

<https://www.youtube.com/watch?v=tE2GyZPtx9E>

Sketches with text from Lion Brand yarns:

<http://goo.gl/xu2I4K>

Vogue Knitting, p63

Principles of Knitting

The Knitters Book of Finishing Techniques

Rows 8-14: Work 7 rows st st, beginning with a purl row in which you work the yarn overs as if they were stitches, making small neat holes evenly across your knitting. **(49 sts)**

Row 15: Knit, increasing 6 sts evenly across by **KFB** (K into front and back of sts) **(ie every 7th stitch)** **(55 sts)**

KFB:

Simply knit into the front and then the back of the next stitch, without removing it from the left-hand needle until both stitches have been worked.

Photo tutorial by Twist Collective at:

<http://goo.gl/yTmfOV>

Vogue Knitting, p 37.

Principles of Knitting, p 206-216

The Knitters Book of Finishing Techniques, p. 27-19

Work 7 rows st st.

Rows 23 & 24: Using **suspended cast off**, cast off 7sts at the beginning of the next row and 8 sts at the beginning of the following row, remembering to cast off purlwise on purl side. **(40 sts)**

Suspended Cast Off / Bind Off:

Video from Sapphires and Purls:
<https://goo.gl/c24qk7>

Photo tutorial from Knitty.com (scroll down for this method):
<http://goo.gl/VM10qF>

Vogue Knitting, p 48.

Principles of Knitting, p 77

The Knitters Book of Finishing Techniques, p 69

Row 25: K1, SSK, (K3, SSK) 3 times, K4, K2tog, (K3, K2tog) 3 times, K1 **(32 sts)**. You will see that these different ways of decreasing lean to the right or the left.

SSK - slip 2 sts knitwise, put tip of left-hand needle into them both from the front, then K2 tog from this position

K2tog: knit the next two stitches together as if they were one stitch

26th and alt rows: Purl.

Row 27: K1, SSK, (K2, SSK) 3 times, K2, K2tog, (K2, K2tog) 3 times, K1 (24sts).

Row 29: (K1, SSK) twice, K to last 6 sts, (K2tog, K1) twice (20 sts).

Rows 30-38: Work a further 9 rows st st without shaping.

Now commence short row shaping – turning before you reach the end of the row.

Row 39: K15, **wrap and turn.**

Wrap-and-turn short row shaping:

Video from KnittingHelp.com:
<https://goo.gl/A7irQs>

Photo tutorial from Fluff and Fuzz:
<http://goo.gl/u7J4eq>

Vogue Knitting, p 186.

Principles of Knitting, p 97-104

The Knitters Book of Finishing Techniques, p 72

Row 40 and alt rows: Purl.

Row 41: K10, wrap and turn.

Row 43: K5 wrap and turn.

Row 45: Knit, picking up wrapped sts as instructed above. Leave 20 sts on needle or slide onto a stitch holder.

Sample 2: more methods for casting on, increasing, decreasing and short-row shaping

Using 8 ply yarn and 4mm needles, cast on 12 sts, using cable cast on, also known as modern cast on or knitting on.

Cable Cast On:

Video from Gingerly:
<https://goo.gl/ugM7x0>

Photo tutorial from Knitty.com:
<http://goo.gl/evmWtl>

Vogue Knitting, p 26.

Principles of Knitting, p 67

The Knitters Book of Finishing Techniques, p 14-15

Work 4 rows garter stitch (knit every row).

Row 5-7: Change to st st by purling 1 row, then work two more rows. You are now going to work increases that slant to the left or the right (Make 1 Left and Make 1 Right).

Increases - directional raised increases

Both increases:

Text with sketches from TinCanKnits:

<https://goo.gl/rDwbWB>

M1L – make one left

Video from Knitting Help:

<http://goo.gl/o1tbvX>

Vogue Knitting book: Make One version B

The Principles of Knitting: Twisted Running Thread Increase – Left Twist Version

M1R – make one right

Text with sketches from Vogue Knitting web:

<http://goo.gl/UwsTNy>

Video from Knitting Help:

<http://goo.gl/wUvSID>

Vogue Knitting book: Make One version A

The Principles of Knitting: Twisted Running Thread Increase – Right Twist Version

Row 8: K2, **M1R**, knit to last 2 stitches, **M1L**, K2.

Row 9: Purl 1 row.

Repeat last 2 rows a further 9 times **(32 sts)**

Now a slightly different way to work a right-leaning decrease.

Row 28: K2, **S1**, **K1**, **psso**, knit to last 4 stitches, **K2tog**, K2.

psso - slip 1 st purlwise, knit 1 st, pass the slipped st over the k st

Row 29: Purl.

Repeat last 2 rows a further 9 times **(12 sts)**

You are now going to work another set of directional increases: directional lifted increases.

Increases - directional lifted increases

Both increases:

Photo tutorial from Knotions:

<http://goo.gl/BNCF4R>

L1L – Lift one left

Video from Knitting Help:

<http://goo.gl/uKBXVH>

The Principles of Knitting: (left raised increase)

L1R – Lift one right

Video from Knitting help:

<http://goo.gl/NGyTVs>

Vogue Knitting book: p38 Lifted increase

The Principles of Knitting: Right raised increase

Row 48: K3, **L1L**, knit to last 3 stitches, **L1R**, K2.

Row 49: Purl.

Repeat last 2 rows a further 4 times – **(20 sts)**

You might notice these increases pull the work in slightly, and they are usually worked every four rows to counter this effect.

Now shape one side of your work using German short row shaping. This is different from the wrap and turn you used in sample 1.

German Short Row Shaping

Video from Knitting Help:
<https://goo.gl/e8NrUR>

Photo tutorial from Åsa Tricosa:
<http://goo.gl/XwdtLA>

Row 58: p15, turn.

59th and alt rows: Work the slip and pull as described in the links above, knit to end.

Row 60: P10, turn.

Row 62: P5, turn.

Row 64: Purl across, knitting 'double' stitches as one as described in the links above. Leave sts on needle.

Return stitches of Sample 1 from holder to another needle if necessary, then join the two pieces using **three needle cast off (bind off)**.

Three Needle Cast Off / Bind Off

Video from Knittinghelp.com:
<https://goo.gl/aBZ61p>

Photo tutorial from Knitty.com:
<http://goo.gl/h3vhAe>

Vogue Knitting, p52

Blocking

Video from KnittingHelp.com:
<http://goo.gl/7ZNY18>

Photo tutorial from Knitty.com:
<http://goo.gl/9FMqra>

Vogue Knitting, p 94-97

Principles of Knitting, p 607-621

The Knitters Book of Finishing Techniques, p 134-136

Summary of Module 2

Now you have seen a few of the different techniques that are available to knitters to shape their garments to fit real bodies. Increasing and decreasing will shape your knitting in two dimensions, and short-row shaping can create three-dimensional shapes, for improved shape and fit of garments. In the next module we will look at some finishing some techniques that can give your knitting a professional look.

Congratulations!

You have completed the first part of Certificate 1: basic techniques

Now that you have completed your samples, if you wish to have your work assessed you should complete the form on the next page and print it out to include with your samples.

The cost for having your work assessed will be \$18. You can pay this by paypal using the link on the website at <http://knittersguildnsw.org.au/achievement-certificates>.

Alternatively either send a cheque for \$18 to:

Knitters Guild NSW Inc.
PO Box 460
Epping NSW 2121

Or make an \$18 payment online or at your local bank to our account:

Bank: Commonwealth Bank
Bank branch: 48 Martin Place, Sydney
BSB: 062000
Account number: 00921562
Account name: Knitters' Guild NSW Inc

If you are not using paypal, please put in a note with your cheque, or use your last name on the bank form for identification.

Once you have paid, post your samples in a postpack to:

KnitGuild NSW
Parcel Locker 10034 94403
109 Norton St
Leichhardt NSW 2040

NB This is not the Knitters Guild PO Box.

Please do not use a folder with sleeves in it for your samples. This is bulky and expensive to post. Put your samples and your form into a 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).

We will be in touch when your samples have been assessed, which should not take longer than a month.

In Certificate 2, you will learn some finishing techniques, and to compete this level you will complete a small garment, incorporating as many as possible of the techniques you have learned

Knitting Level 1 - Foundational Skills

Name		
Address		
Contact details	Phone	
	Email	
Answer to Q1 (p4)		
Answer to Q2 (p4)		
Answer to Q3 (p4)		
Answer to Q4 (p4)		
Answer to Q5 (p4)		
Any other comments		