

Knit Cast On

This cast on is great for beginners, because it uses the knit stitch with only one small difference—what happens after you form the new stitch. In the Cast On, you put the new stitch back on the left needle to create a chain of stitches. Once you begin to actually knit, you will slip the old stitch *off* of the left needle instead of putting the new stitch back *on*.

This photo tutorial shows the cast on using the Continental style. However, all instructions are the same with American/English style, you simply hold the working yarn in the right hand.

Find the Knit Cast On tutorial online (including a video demonstration) here:

<http://www.talenawinters.com/knit-cast-on/>

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1. Place needle with slip knot in left hand. Hold yarn tail so knot stays on bottom of needle. Working yarn should be behind needles.



2. Insert right needle through bottom of stitch from left to right behind left needle.



3. It should look like this. Keep knot from slip knot pulled to lower right.



4. Move yarn between needles from left to right. Pull down between needles, keeping taut.



5. Keeping needles at right angles, use tip of right needle to pull yarn from back to front through the 1st stitch. This is easiest if you keep the yarn taut.



6. You should now have a new loop of yarn on the right needle that is coming from the original stitch on the left.



7. Use the right needle to transfer the new stitch back onto the left needle.



8. Continue creating new stitches until correct number is reached.

