

# Knitting for beginners:

## CAST ON (LONG TAIL)



This is the starting point of all knitting projects. It looks tricky at first but once you get the rhythm, they'll be no stopping you!



<https://www.youtube.com/watch?v=1vm6oaYzHyA&t=252s>

There are a range of methods for casting on: ms swingler's favourite is the long tail cast on, found at this link.

Knitting for  
beginners:  
KNIT STITCH



This is the most basic stitch that is used in all knitting projects.



<https://www.youtube.com/watch?v=Egp4NRhIMD>

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Knitting each row is called a 'GARTER' stitch. This can be used to knit a simple scarf.

# Knitting for beginners: PURL STITCH



Purl stitch is the second stitch you should learn. It is like a knit stitch but instead of knitting into the back of the stitch, you work at the front.



[https://www.youtube.com/watch?v=N\\_y-4iAkgjs](https://www.youtube.com/watch?v=N_y-4iAkgjs)

Knitting a row then purling a row is called a 'stockinette' stitch. This is most commonly used to make jumpers/large pieces of knitwear.



# Knitting for beginners:

## CAST OFF / BIND OFF



This is the finishing point of all knitting projects. Its used to tie off the whole width of the piece of knitting.



<https://youtu.be/VSwjUiQZIM>

Make sure when you cast off it's not too tight otherwise the edge will be pulled!

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**(This is where the Art department gather a lot of our resources so have an exclusive sneak peek through our extensive visual library!)**

<https://www.pinterest.co.uk/bchallonerart>