THE KNIT STITCH

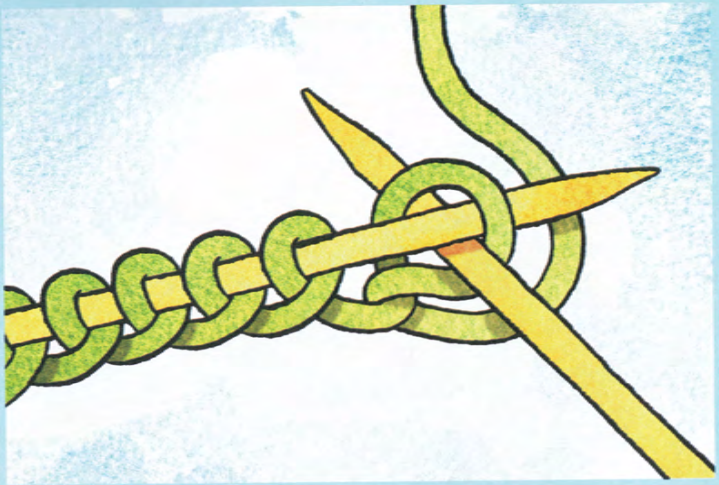
Now that your first row of cast-on stitches is on the needle, you are ready to learn the **knit stitch**. You will need to use both knitting needles now!

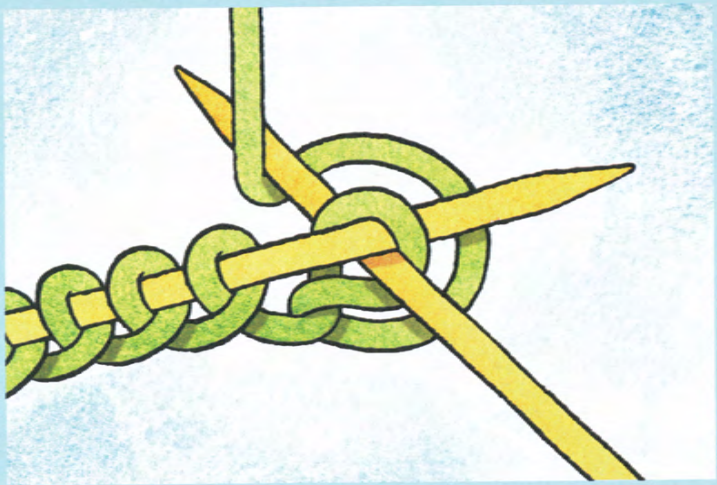
When you knit lots of rows using the knit stitch,
it is called garter stitch.

This is what a piece of knitting in garter stitch looks like.

1

Hold the needle with the cast-on stitches in your left hand and the other needle in your right hand. Push the tip of the right needle into the first loop or stitch on the left needle, so that the right needle crosses **behind** the left needle.



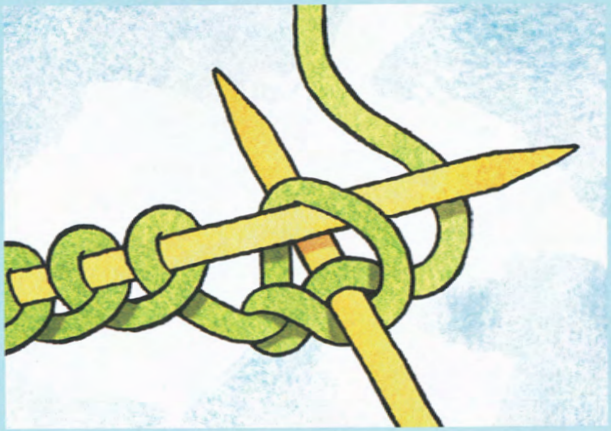


2

Holding the yarn nice and tight in your right hand, wrap it around the **tip** of the right needle, like this, so that it sits in between the two needles.

Peg says:

Don't worry if you are left handed, as these instructions should work just as well. But if it feels uncomfortable, switch left for right and right for left!

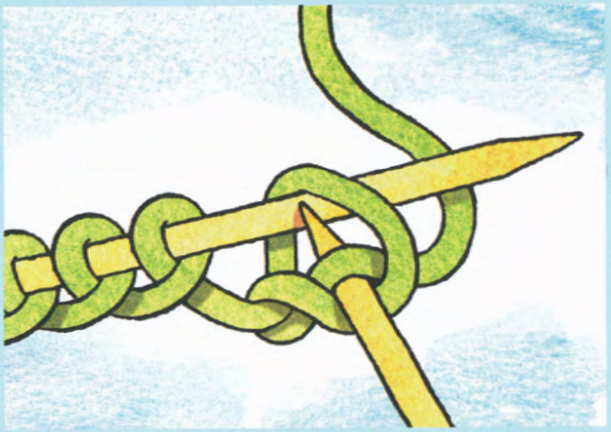


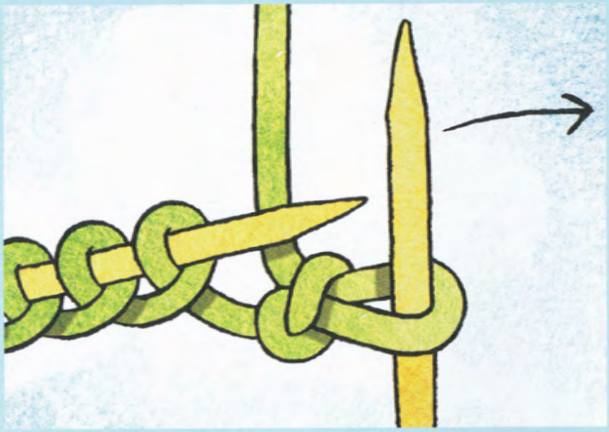
3

Start to gently pull the tip of the right needle **back** through the first loop towards you, bringing the yarn with it.

4

Slowly pull the right needle all the way through. (Don't pull too hard or you will pull the needle right out!) Bring the right needle up, so that it's **on top** of the left needle.





5

Carefully pull the new loop on the right needle to the tip of the left needle and let the old loop **slide off**. The first knit stitch is now on the right needle.

Knit all the cast-on stitches in the same way.