



What is arm knitting?

Arm knitting is the fastest way to learn how to knit and to complete a knitting pattern. Most patterns are completed in under an hour! Now that's fast knitting.

If, like me, you are among the large number of knitters who never seem to have the time or motivation to finish a knitting project, then arm knitting is for you! It is also great for beginner knitters who want an easy yet interesting way to knit a variety of beautiful, chunky-style pieces in a small amount of time.

All you need is a little time, a skein or two of chunky to super-chunky yarn, this handy book and your arms. That's it! No needles are required for any of these patterns. Arm knitting saves you money and eliminates the confusion of which needles to purchase for each pattern. Sounds simple, right? It really is, once you learn the six basic steps to finishing any arm knitting pattern.

With step-by-step instructions for each stitch and pattern, including photos and tips, you will master the basic – and even the more ambitious – arm knitting patterns in no time at all.

With this technique, you can create pieces ranging from blankets to headbands and everything in between. You can arm knit something for every season, every outfit and every room in your home. When writing this book, I set out to create never-before-seen arm knitting patterns, and that's exactly what I did. Using the knowledge of which stitch works best with which accessory or home décor item, this book brings you the best patterns available. I will show you how to arm knit seven different stitches, and techniques for increasing and decreasing to create different shapes. I will also show you how to create thirty different projects with a variety of yarn materials and colours to keep your collection of arm knitted pieces exciting.

Under each project in this book, I will share which yarn was used and how many yards you will need to complete the project in total. So if that specific yarn is not available, you can find something similar and be sure you have enough to complete your new project.

Let's get started!

Mega Infinity Scarf (see page 82 for pattern)

Materials

There are three basic things to keep in mind when picking out the yarn for your project:

- Size or weight
- Content or blend (for example, wool, acrylic or cotton)
- Yardage

Tip

Remember to double or triple the yardage when using multiple strands at the same time.

When you are arm knitting, the size of your stitches depends on the size of your yarn, the size of your wrist and how tight you keep your stitches.

With most projects, the bulkier the yarn, the better it will look. For example, if you use a basic chunky yarn in category 5 bulky weight/13 ply when you are arm knitting a blanket, you will end up with larger holes. This will make for a not-so-cosy blanket. No one wants to cuddle up with a fishnet. Stick to super-chunky or even giant-sized yarn when knitting larger-scale items. It is a good idea to double or triple the number of strands so that you are arm knitting with two or three strands at one time. With most arm knitted pieces, the fuller it is, the better it looks.

When you are arm knitting some smaller-scale items, such as a cowl or a headband, using two strands of chunky yarn will work very well. The holes in between the stitches will be larger since the yarn is not as full, but this will still give you a great looking knitted accessory.

There will be a brand and type of yarn suggested under each pattern. The suggested yarn will give you the best results for that pattern. However, if you cannot purchase that particular yarn, one of similar size and texture will also give you great results. See page 128 for more information on substituting yarns.

If you look on the back of any yarn wrapper it will tell you the weight or size as well as the yardage and contents of its fibres. There are a few weights of yarn that work best with arm knitting patterns.

- Chunky or Bulky, Craft, or Rug yarn (category 5 bulky weight/13 ply). This yarn is normally used on 5–8mm (US size 8–11) knitting needles.
- Super-chunky or Roving yarn (category 6 super bulky weight/14 ply). This yarn is normally used on 8–12.75mm (US size 11–17) or larger knitting needles.
- Jumbo, Roving, Giant or Big Stitch yarn (category 7 jumbo weight/20 ply). This yarn is normally used on 12.75mm and larger (US size 17 and larger) knitting needles.

The texture of the yarn does not matter as much as the size. You can choose the texture based on your personal preference. For rugs, mats and home items that endure harder wear, you may want to choose durable wools, such as alpaca yarn, T-shirt yarn or rope-type yarn. Accessories and blankets can be made with softer yarns. Be sure to save and follow the care instructions on the yarn wrapper if you plan to wash your items.





Yarn weights

Yarn weight refers to the thickness of the yarn. The weight of the yarn can have a significant impact on your finished project. Choosing a size 5, 6 or 7 weight yarn makes for a fuller end product, rather than one with large holes. If you can't get really thick yarn, you can double or triple your strands for a fuller look, too.

STANDARDISED YARN WEIGHT	US	UK/EUROPE	AUSTRALIA/NZ
	Thread Cobweb Lace Light Fingering	1 ply 2 ply 3 ply	1 ply 2 ply 3 ply
	Fingering Baby	Sock 4 ply	4 ply
	Sport	Light DK 5 ply	5 ply
	DK Light Worsted	DK 8 ply	8 ply
	Worsted Fisherman Aran	Aran 10 ply	10 ply
	Bulky Rug Craft	Chunky	12 ply
	Super-bulky Roving Ploar	Super-chunky Polar	14 ply
	Jumbo Roving	Super-bulky	20 ply



A selection of different weights of yarn.



Getting started

When starting any arm knitting project, you will need to learn the basic six steps to complete any pattern. You will find these on the next page. But before you start, here are some important things to remember:

- Know which strand is the working yarn and which strand is the tail. The working yarn is the yarn that is being pulled from the centre of the skein of yarn. The tail is what you will use, after making a slipknot, to cast on your stitches. Once you have done this, the tail will no longer be used throughout the pattern.
- Keep all of your stitches as tight as you can on your arms. The looser your stitches are, the larger the holes will be in your project. Tightening the first stitch when switching stitches over to the opposite arm can be tricky. Be sure that you understand this step (see pages 24–25) and apply it to each pattern.
- When using multiple strands of yarn at the same time, pull the strands from the centre of each skein of yarn. This prevents the skeins from moving around and will avoid a mess of tangled yarn in the middle of a project!
- Completing a project in one sitting is much easier than coming back to it later. Purchase enough yarn ahead of time so that you can start and finish your project without stopping.
- If you need to stop knitting while working on your project, simply knit all of the stitches to one arm, pick up the yarn and carry it with you. Alternately, you could put all the stitches on to a pipe cleaner until you can return to finish your project.
- You may find if you pull on the tail once you have finished knitting, you may accidentally shorten the cast on edge. To prevent this, knot the tail in the same way that you knotted the tail on the cast off end.
- If a stitch gets snagged during wear, do not worry! Grab each end of your finished project and pull. This forces the stitches to go back to the length they should be.

Keeping all of these tips in mind will help you avoid any frustrating moments when learning how to arm knit.

Circular Mat (see page 92 for pattern)



How to arm knit

Here is a summary of the six basic steps you need to learn to complete any arm knitting project:

1. Making a slipknot

This is the first step in any knitting project. Tying the slipknot creates your very first stitch. Once you have completed your slipknot you can begin to cast on, making your project wider and longer as the pattern directs (see page 20 for instructions).

2. Casting on your stitches using the long-tail cast on method

Casting on your stitches with this method will ensure a good-quality edge and start to your project. The last thing you want is an edge that looks uneven and loose. Keep these stitches as tight as you can. The tighter you keep your stitches, the better your project will look (see page 22 for instructions).

3. Arm knitting your stitches

This is the part of the project where you will use different stitches. Arm knitting your stitches creates the 'body' or main part of any arm knit project. Again, be sure to keep all of your stitches as tight as possible to keep your project looking its best (see page 24 for instructions).

4. Casting off your stitches

This is how you end the process of arm knitting. When casting off, you will want to keep the stitches loose so that this end of your project is not smaller or skinnier than the cast on edge (see page 26 for instructions).

5. Sewing the ends of your project together

Sewing the ends of your project is only necessary for projects that are circular in shape, for example, an infinity scarf or a cowl. In most projects you will be using the leftover 'tail' of yarn from casting on to sew the ends together, or you can cut the tail long enough after casting off and use that to sew the ends. Either way works perfectly (see page 28 for instructions).

6. Weaving in the ends

This is an optional step, but I recommend you do this with every project to be sure it never falls apart. Weave in the ends after creating that last tight knot at the end of your project. Also weave in the tail at the cast on edge (see page 29 for instruction).

Once you have mastered these six very simple steps, you will be able to complete any knitting project. You can also move on to learning new stitches, see pages 32–49.

Make sure you have your materials on hand before commencing your project.