

How To Knit

A Beginner's Complete Guide

Slip Knot • Cast On • Knit Stitch • Cast Off

Based on Sheep and Stitch | tipsinweb.com

Welcome! This guide walks you through everything you need to start knitting — from your very first slip knot all the way to casting off your finished piece. Follow each step in order, take your time, and enjoy the process.

1

Slip Knot

Your very first stitch

2

Cast On

Load stitches on needle

3

Knit Stitch

The core technique

4

Cast Off

Finish and secure work

WHAT YOU'LL NEED

Y

Yarn

Choose chunky / super-bulky weight (6 mm+). Acrylic is ideal for beginners.

N

Needles

Bamboo or wood, 9-10 mm. Natural grip prevents stitches from slipping.

TIP

Match your needle size to the yarn label recommendation. Going 0.5-1 mm up or down is fine; more than that may make knitting too tight or too loose.

STEP 1 — SLIP KNOT

The slip knot is the very first stitch placed on your needle. It acts as an anchor for all the cast-on stitches that follow.

1 How to tie a slip knot

- Leave a generous yarn tail and pinch yarn with both hands.
- Bring your hands together to form a loop.
- Hold the loop in one hand.
- Grab the yarn attached to the ball and bring it behind the loop.
- Pull that strand through the loop — this is your slip knot!
- Place it on your needle and pull gently to tighten.

STEP 2 — CAST ON

Casting on turns loose yarn into neat stitches sitting on your needle. These form the foundation row of your project.

2 Thumb cast-on method

- With the slip knot on needle, grab the short yarn tail — thumbs up!
- Swing your thumb behind the yarn.
- Hook the yarn onto your thumb, keeping a firm grip.
- Touch the needle tip to the front of your thumb loop.
- Slide the needle into the loop on your thumb.
- With your right hand, wrap the ball-end yarn around the needle (back to front).
- Pull the yarn down so it meets the thumb loop.
- Pull the thumb loop up and over the needle tip.
- Slide thumb out — one new stitch made! Pull tail to tighten.
- Repeat from step 2 until you have the desired number of stitches.

STEP 3 — KNIT STITCH

The knit stitch is the fundamental building block of knitting. Master this and you can already make scarves, dishcloths, and much more!

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Making a knit stitch

- Insert right needle into first stitch on left needle — bottom to top.
- Push right needle through so it peeks out the back.
- Grab the yarn attached to the ball.
- Wrap yarn around the right needle, back to front.
- Pull yarn down — notice it peeks through the stitch.
- Gently pull right needle downward and pick up the yarn loop.
- Push right needle through — this loop is your new stitch!
- Slide the old stitch off the left needle.
- Pull ball-end yarn to tighten. Repeat from step 1.

Completing a row and turning your work

When you have knit every stitch on the left needle, you have completed one row. The yarn will now be at the left end. To continue, simply spin the needle around so the yarn is on the right — pick up the empty needle and keep going!

TIP

Don't worry if your tension feels uneven at first. Muscle memory takes over with practice — most knitters notice a big improvement after just a few rows.

STEP 4 — CAST OFF (BIND OFF)

Casting off secures your stitches so your knitting doesn't unravel. You always need exactly two stitches on the right needle to cast off one.

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How to cast off

- Knit two stitches normally onto the right needle.
- Insert left needle into the FIRST stitch on the right needle.
- Pull first stitch up and over the second stitch — and off the needle.
- One stitch cast off; one remains on the right needle.
- Knit one more stitch. Repeat steps 2-4 until one stitch remains.
- Cut yarn leaving a 25 cm (10") tail.
- Wrap tail around the needle and pull last stitch over it.
- Pull yarn tail through and tug to tighten. Weave in the end.

3 COMMON BEGINNER MISTAKES — AND HOW TO FIX THEM

1 Dropped Stitches

A stitch fell off the needle, leaving a tear in the fabric. Don't panic — insert a crochet hook into the dropped loop and pull the horizontal bar through to rescue it row by row.

2 Knitting Too Tight

Stitches are hard to insert the needle into. Try needles 0.5-1 mm larger, push stitches fully onto the needle barrel (not just the tip), and relax your grip.

3 Extra Stitches / Holes

Accidental yarn-overs add stitches and create small holes. Keep working yarn behind the needle before each stitch, and count stitches after every row.

WHAT TO KNIT NEXT

| PROJECT | SKILLS NEEDED | DIFFICULTY |
|----------------|--|------------|
| Scarf | Cast on, knit stitch, cast off | 1 / 5 |
| Dishcloth | Cast on, knit stitch, cast off | 1 / 5 |
| Hat (flat) | Knit, purl, decreasing, seaming | 2 / 5 |
| Hat (in round) | Knit in the round, circular needles | 3 / 5 |
| Sweater | Knit, purl, shaping, seaming or in-the-round | 4 / 5 |

QUICK REFERENCE — KNITTING TERMS

| TERM | MEANING |
|---------------------|---|
| Slip Knot | The very first loop on the needle — anchors all cast-on stitches. |
| Cast On (CO) | Creating the foundation row of stitches on your needle. |
| Knit (K) | Basic stitch — needle in from left, wrap yarn, pull through, slide off. |
| Purl (P) | Reverse of knit stitch — creates a bumpy texture on the fabric. |
| Row | One complete pass of stitches from one needle to the other. |

| | |
|----------------------|---|
| Working Yarn | The yarn attached to the ball — the one you are actively knitting with. |
| Cast Off (BO) | Securing all stitches so the project does not unravel. |
| Gauge | How many stitches and rows fit in 10 cm — affects sizing. |
| WS / RS | Wrong Side / Right Side of your knitting. |

Content based on the beginner knitting guide by **Sheep and Stitch** (sheepandstitch.com) | Formatted for tipsinweb.com