



For arm knitting project ideas, go to

<http://www.yarnspirations.com/how-to-arm-knitting>

Notes and Tips

- To work with multiple strands from one ball of yarn, wind yarn into equal sized balls before beginning knitting
- Begin with either arm, it will not affect your

project. Instructions refer to right and left arm for clarity only

- “Working yarn” always refers to the yarn which is attached to the ball
- “Yarn” refers to all strands of yarn held together

INSTRUCTIONS

CAST ON

1. Make a slip knot leaving a tail of yarn approximately 24” [61 cm] long.



2. Place slip knot on right arm and tighten slightly. This loop on arm counts as one stitch.



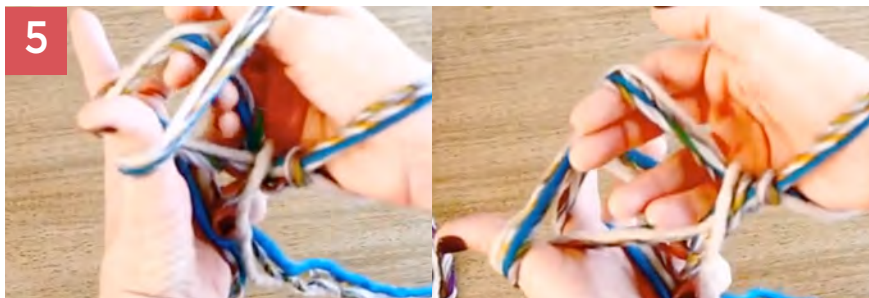
3. Grasp yarn (working yarn from ball and yarn tail) with left hand approx 8” [20.5 cm] down from loop on arm. Insert index finger and thumb between working yarn and tail yarn and separate.



4. Insert right hand under bottom strand of yarn on left thumb.



5. With right hand grasp top strand of yarn over index finger and pull through to create a loop.



6. Slide loop onto right arm and tighten slightly - one stitch made. You now have 2 stitches on arm.



Repeat steps 4 through 6 until desired number of stitches are cast on.



ARM KNITTING

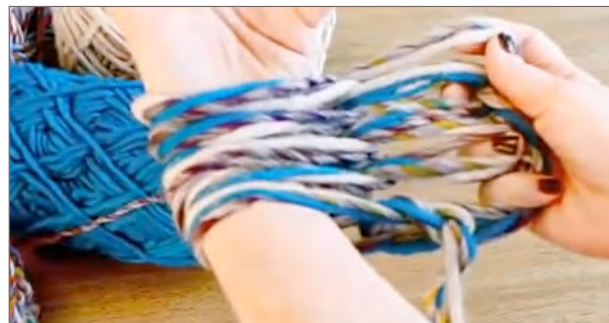
FIRST ROW

1. Grasp working yarn with right hand and pull through first loop on right arm, using left hand to guide this loop off of arm.



2. Place loop just created onto left arm and tighten slightly - one knit stitch made.

Repeat Steps 1 and 2 until all stitches have been worked and moved to left arm. Tug work gently to straighten stitches.



SECOND ROW

1. Grasp working yarn with left hand and pull through first loop on left arm, using right hand to guide this loop off of arm.

2. Place loop just created onto right arm - one knit stitch made.

Repeat Steps 1 and 2 until all stitches have been worked and moved to right arm.

Repeat first and second rows until work measures desired length.



CAST OFF

Instructions are given for casting off beginning with all stitches on right arm. To cast off beginning with all stitches on left arm, reverse right and left in directions below.

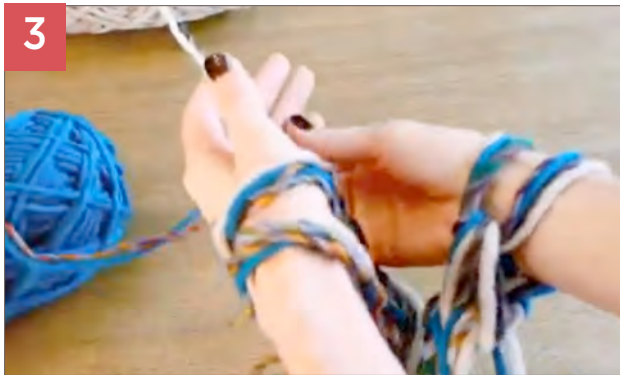
1. Knit first 2 stitches.



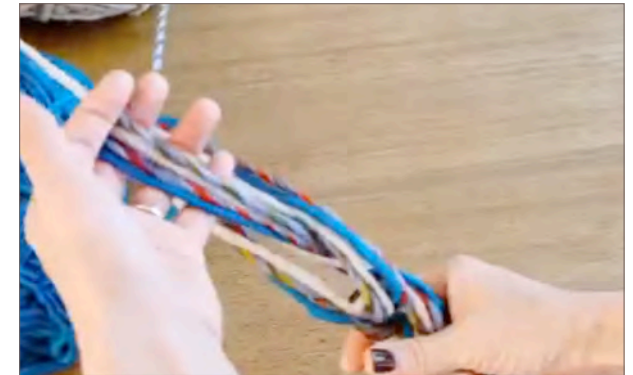
2. Pull first stitch (stitch closest to elbow) over 2nd stitch and guide this stitch off left arm.



3. Knit one stitch - two stitches on left arm.



Repeat Steps 2 and 3 until one stitch remains on arm. Cut working yarn and draw completely through last stitch on arm. Pull tightly to secure.



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