

## Knitting Abbreviations, Basic Techniques, and Stitch Instructions

### Abbreviations

beg.....	begin(ning)
bet .....	between
BO.....	bind off
BOR.....	beginning of round
CO .....	cast on
CC.....	contrasting color
ch.....	chain
cm.....	centimeter(s)
cn.....	cable needle
cont .....	continue
dec.....	decrease(s)
dec'd .....	decreased
dpn .....	double pointed needle
DS.....	double stitch
est.....	established
g.....	gram(s)
inc.....	increase(s)
inc'd .....	increased
k.....	knit
kfb.....	knit into the front then back of stitch
k2tog.....	knit 2 stitches together as if they were 1
kwise.....	knitwise
LH .....	left-hand
LLI .....	left lifted increase
MB .....	make bobble
MC .....	main color
M1.....	make 1 increase

mm .....millimeter(s)  
oz .....ounce(s)  
p ..... purl  
pat (or patt)..... pattern  
pm ..... place marker  
psso ..... pass slipped stitch over  
pu ..... pick up  
pwise ..... purlwise  
RH.....right hand  
RLI..... right lifted increase  
rem .....remaining  
rep ..... repeat  
rev.....reverse  
rev St st ..... Reverse Stockinette stitch  
rnd ..... round  
rm ..... remove marker  
RS ..... right side  
skp.....slip 1 stitch knitwise, k1, pass slipped stitch over  
sl.....slip  
sm..... slip marker  
ssk ..... see Stitch Instructions below  
ssp ..... see Stitch Instructions below  
st..... stitch  
sts .....stitches  
tbl ..... through the back loop(s)  
tog..... together  
WS .....wrong side  
WY .....waste yarn  
w&t ..... wrap and turn

wyib .....with yarn in back  
wyif .....with yarn in front  
yb.....take yarn to the back  
yd..... yard  
yds .....yards  
yf.....bring yarn forward  
yo..... yarn over

### Basic Techniques

There are several basic techniques often used in knitting patterns. They are listed below for easy reference.

**Cable Cast On - [Video](#)** Begin with a slip knot on left needle. Cast on one stitch using knitted cast on method. \*Insert right needle from front to back between last two stitches on left needle. Wrap yarn around right needle as if to knit and pull yarn through. Rotate right needle clockwise and insert left needle into the loop from the bottom. Remove right needle. One stitch has been cast on. Rep from \* for desired number of CO stitches. NOTE - Wait to tighten up the stitch until you've inserted needle to CO the next stitch.

**Long Tail Cast On – [Video](#)** Provides a firm, yet elastic cast on edge. Step 1: Measure out a length approximately four times longer than the width of the finished piece. Make a slip knot. Step 2: Wrap the working yarn around index finger and the yarn tail over the thumb. Hold both yarn ends with last three fingers. Step 3: Insert needle under yarn in front of thumb and over and behind yarn on index finger and down through loop on thumb. Step 4: Remove thumb from loop and tighten loop on needle. Repeat Steps 2-4.

**Bind Off –** Work first stitch, work second stitch, slip first stitch over second stitch.

**Bind Off in Pattern – [Video](#)** As you bind off, work the stitches as called for in the pattern. This does not mean to knit the knit and purl the purl stitches. Start the next row of the stitch pattern or chart and work each stitch as indicated, then slip the first stitch over the second stitch.

**w&t (RS row)-** with yarn in back slip next stitch purlwise, bring yarn to the front, slip same stitch purlwise back to left needle, turn work

(yarn will be in back), bring yarn to the front and purl next stitch firmly.

**w&t (WS row)**- with yarn in front if slip next stitch purlwise, bring yarn to the back, slip same stitch purlwise back to left needle, turn work (yarn will be in front), bring yarn to the back and knit next stitch firmly.

**To pick up wraps (RS row)**- Insert right needle into wrap from front to back, then insert needle into stitch from front to back. Wrap yarn around needle as if to knit and pull new stitch through.

**To pick up wraps (WS row)**- Insert right needle from back to front through wrap and place it on left needle. P2tog.

**Three-Needle Bind Off** - With the same number of stitches on separate needles with needle tips pointing in the same direction when the right sides are held together, Step 1: Insert 3rd needle knitwise into the first stitch on the front needle, then into the first stitch on the back needle. Wrap yarn around needle as if to knit and pull through a loop. Work Step 1 once more. There are now two stitches on the right needle. Step 2: Pass first stitch over second stitch on right needle. One stitch bound off. Repeat Steps 1 and 2 until one stitch remains on the right needle. Cut yarn, leaving a 6"/15 cm tail and pull it through the last stitch.

### Stitch Instructions

**DS** - to form a double stitch when working German Short Rows, slip next stitch purlwise with yarn in front, and pull yarn up snugly. Wrap yarn behind right needle tip and work next stitch firmly, then continue in pattern across row. [Video – German Short Rows](#)

**k2tog – Video** Right slanting decrease. Insert needle into the second stitch on the left- hand needle and into the first stitch. Knit them together as if one stitch.

**ssk – Video** Left slanting decrease. Slip next two stitches knitwise, one at a time, to right needle; pass them back to left needle and knit both together through the back loops.

**ssp** – Left slanting decrease (as viewed on RS). Slip next two stitches knitwise, one at a time, to right needle; pass them back to left needle and with right needle behind work, insert from left to right through the back of both stitches and purl them together through the back loops.

**kfb (Bar Increase)** – Creates a “purl bump” to the left of the increase. Knit the stitch but do not remove it from the needle. Knit into the back of the loop. Transfer both stitches to the right needle.

**M1 – Video** Increase made from the horizontal bar between stitches. It can be open (similar to a yarn over [YO]), slant to the right or to the left. Open M1: Knit into the strand between the stitch you just knit and the next stitch. M1R: Insert the left needle from the back to front under the strand between the stitches. Knit the stitch through the loop to twist the stitch. M1L: Insert the left needle from the front to the back under the strand between the stitches. Knit the stitch through the back loop to twist the stitch.

**Lifted Increases – Video** Increase made using the leg of the stitch in the row below. Lifted increases slant to the right or left. **RLI** or **Inc1R**-Right Slanting: Insert the needle into the top of the loop of the stitch below. Knit this loop. **LLI** or **Inc1L**-Left Slanting: Knit the stitch. Since you have knit the stitch, you don't use the top of the loop just below the stitch you just knit, but the one below that. Insert the left needle into that loop. Insert the right needle into the back of the loop to twist the stitch.

### **Chart Symbols & More Abbreviations**

Visit [Stitch Maps](#) for over 300 chart symbols, abbreviations, and a key which explains how to work the symbols.

### **More Video Tutorials**

Visit TKG's [YouTube Channel](#) for more in-depth technique tutorials.