

ESSENTIALS 1

Approx. 2hr 10 min

Bind-Off Methods

Temporary
Regular
Regular with crochet hook
The last stitch conundrum!
Regular for rib
Three-needle
Matching vertical columns
Modified Conventional (kw)

Cast-On Methods

Loop
Long-Tail (with two hands)
Adjusting width
Adjusting the tension
Looking after your tail yarn
Long-Tail (one-hand)
Long-Tail extra strong elastic
Long-Tail as provisional
Knitted
Cable

Decreases

Right-slanting (k2t)
Left-slanting (ssk)
Ssk versus s1-kw-ssso
Left-slanting (ssk) variations
Fully-fashioned
Double decreases
Kindness to outside stitches
Decs focussed and scattered
Reading decreases

Finishing Basics

Tidying up the junk
Mattress Stitch basics
Knitting (picking) up
Three-needle bind off

Gauge Matters

Needle / Yarn/ Stitches

Increases

Right slanting increase

Left slanting increase
Make 1
Make 1 with a twist
Reading your increases

Useful Miscellanea

Coil-less pins
Yarn butterflies
Running Yarn marker and
Knitting in the round on dpns
Slip knot
Setting up a swift
Ball winder & centre-pull balls
Threading a darning needle
Right v. left yarn manipulation

Odds and Knitting in Ends

Knitting in a tail
Tail neatening whilst purling
The balancing act!
Ends and darning needle skills
Ends at the edges
Splicing and spit splicing
Cheering up unhappy stitches

Rescue Remedies

Laddering back knits and purls
Ripping back wholesale
Ripping back slowly

Secrets of Contented Sts

The Contented stitch
Hills stitches and valley loops
Balancing stitches
How stitches are made
Stitch mount, yarn rotation
Controlling stitch size
Stitch abuse, unhappy stitches
Slipping stitches / stitch mount
Twisted stitches
Reading your knitting

ESSENTIALS 2

Approx. 2 hr 30 min

Bind-Off Methods

Modified conventional (kw)
Modified conventional (pw)
Three needle

Cast-On Methods

Provisional Crochet
Removing the provisional edge
Knitting down flat
Knitting into a crochet chain
Cast-off, cast-on
First row after provisional
In the round, provisional edge

Circular Needles

Advantages and options
Casting on, joining the round and
checking for twists
Starting the second round
Right or left hand?
Two-hand training
Stranding and working inverted
Simulation of circular knitting

Cutting Your Knitting

Unplanned cutting
Pre-planned: making a steek
Sewing the steek
Preparing to cut, blocking
Cutting and eliminating ends
Finishing the cut edge

More Finishing Basics

A finishing strategy
Mattress stitch & refinements
Adding more sewing yarn
Adjusting mis-matched edges
Preplanning for finishing
Avoiding premature finishing
Slipping selvage stitches?
Mattress st. for stranded fabric
Knitting up new stitches
Grafting stitches tops to tops
Setting stitches to rows

Sts to rows with a BO edge

Grafting

Grafting sts tops to top using WY
The ½ stitch joggle
Grafting tops to top with a stripe
Grafting v. three needle bind-off
Grafting toes (Kitchener stitch):
Make the sock toe chimney
Using the sock toe chimney
Neatening tails from a sock toe

Miscellaneous

Coil-less pins
Yarn butterflies
Wraps per inch (W.P.I.)
Running Yarn Markers / Knitting in
the round on dpns
Slip knot
Threading a darning needle
The Contented stitch
Hill stitches and valley loops

SOCK TECHNIQUES 1

Approx. 3 hrs

Sock Anatomy and Fitting

Choosing yarn & needles
Common turned heel
Tubular sock with inserted heel
Comparison of heels

Bind-Off Methods

Picot
Modified Conventional knitwise
MCBO purlwise and in rib
The last stitch, joining the gap
Expanded rib
Three Needle

Cast-On Methods

Long-Tail /Cont. (two hands)
Adjusting the edge width
Adjusting the tension
Looking after your tail yarn
Long-Tail /Cont. (one-hand)
LT variation for strong edge
Picot
Provisional Crochet
In the round with a prov. edge
Round down from prov. edge

Cuffs & Edgings (Top-Down)

Latvian Twist
Ruffled Turn-Over (simulating round knitting) and a purlwise double decrease
Scalloped Turn-Over
Wavy Edge (K2, O, k2, k2t)

Cuffs & Edgings (Toe-Up)

Expanding a 2 x 2 rib and working as set
Binding off expanded 2 x 2 rib
Rib facing with turning rounds
Garter stitch in the round

Finishing Techniques

Duplicate St. (Swiss Darning)
Circular Sutures, the Boggle and

naturally occurring holes
Phoney duplicate stitching
Joining the gap in a CO edge, and neatenng yarn tails
Joining the gap in a BO edge
Darning ends from toes

Grafting (Kitchener Stitch)

Make the sock Toe Chimney
Using the sock Toe Chimney

Common Heel

Dividing for the heel flap
Alternative heel Stitch
Heel flap length check
Adjustment in the heel flap
Turning heel and reinforcing
Adjustment in turning the heel
Knitting up sts and resuming working in the round
St. distribution & first round
Adjustment after the heel

Toes - Common Wedge

Shapings

In the Round with DPNs

Casting on and dividing sts
Joining the round
Circulating sts, start with k or p?
Transporting your work
Running yarn markers
Three needles?

Round with One Long Circ

Casting on and joining
Working

Round with Two Circs

Casting on and joining
Working

Tips for Great Socks

SOCK TECHNIQUES 2

Approx. 2 hrs 50 mins

Bind-Off Methods

Preparation for Sewn Tubular BO
Simulated round working
Sewing Tubular Bound-off edge
Conversion of 2 x 2 to 1 x 1 rib

Cast-On Methods

Channel Island
Channel Is v. Long Tail
Provisional Crochet Cast-On
Removing the Provisional edge
Giant st. demo of tubular edge
The finished tubular edge
Tubular 1x1 rib with waste yarn
Tubular 2x2 rib with waste yarn
Conversion of 1 x 1 to 2 x 2

Cuffs & Edgings (Top-Down)

Sideways Garter St explanation
Sideways Garter St preparation
Sideways Garter St, joining

Inserted Heels

Garter St. Short-Row/ Turkish
Calculating the placement

Garter Stitch Short Row Heel

Decrease section (includes weaving in the tail of the heel yarn, garter stitch short rows, use of parking needles)
Increase section
The final heel row
Close up of finished heel

Turkish or Afterthought Heel

Setting in the waste yarn
Opening the heel gap
Knitting the heel

Miscellaneous But Useful

Circular Suture
Phoney Duplicate stitch
Neatenng the Cast-On joggle
Wraps per inch (W.P.I.)
Running Yarn Marker

Right-slanting increase
Hills and valleys

Toe-Up Toes: Bosnian

Bosnian Toe Square demo.
Creating the toe square
Working the foot

Toe-Up Toe: Garter St. SR

Decrease section
Increase section
Setting up into the round

Toe-Up Toe: St.St Short Row

Decrease section
Smoothing rows
Increase section

Turning and Facing Rounds

Planning your Facing
Picot Turning round
Fusing the facing to the sock
Rib with double turning round

FINESSE YOUR KNITTING

Approx. 2hr 16min

Tubular Bind-Off Methods

Preparation of a 1 x 1 rib

Sewing the 1 x 1 rib

Preparation of a 2 x 2 rib

Grafting: Stitches Top to Top

Joining Stocking stitch

Neatening tails from grafting

Grafting diagram with joggle

Joining vertical stripes

Joining uneven numbers of sts

Uneven number join diagram

Perfect Graft: Sts Top to Bottom

Perfect graft diagram

Preparation for a perfect graft

Joining Stocking stitch

Prep. for joining ribbed fabric

Joining a ribbed fabric

Joining stripes

Sewing the second stripe col.

Removing the waste yarn

Emergency shortening, no WY

Emerg. adjustments, with WY

I-cord graft

Sideways sock cuff (explanation)

Sideways sock cuff (preparation)

Joining the cuff

The Afterthought Pocket

Grafting the lining to the garment

Opening the fabric

Finishing the pocket

The Magic Buttonhole

Setting in the waste yarn

Setting in WY for second side

Sewing the buttonhole

Checking the exterior

Sewing the second side

Removing the waste yarn

Finishing

Secrets of Contented Stitches

The Contented Stitch

Hills stitches and valley loops

DOUBLE-KNITTING

DELIGHT

Approx. 2hr 27min

What is Double Knitting?

How we create two layers

Tubes on Straight Needles

Even-number stocking stitch

Identifying the two layers

Diagram of single yarn tube

Even-number reverse St.st

The slipurl!

Mixing knits and purls

Opening the tube

Odd stitch numbers

Fixing snags, dividing layers

Single back to double fabric

Comparison of gauge

What is going on?

Casting on an open tube

DK Cast-On Methods

Tubular with two colours

Tubular with one yarn (beginning with a knit)

Tubular with one yarn (beginning with a purl)

Long-tail

DK Bind-Off Methods

Condensed

Tubular

Completing an open fabric

Shapings

Increases in a single yarn tube

Increases in a two yarn fabric

Decs in a single yarn tube

Decs in a two yarn fabric

Circles Within Circles

One yarn, connected circles

Two yarns, unconnected

Two yarns and stripes

Circular double-knitting

DK & Ribbing are Cousins!

Ribbing across to seal

Using rib to set up DK

From Single to Double Fabric

Slip raised inc. (F ahead of N)

Slip then inc (N ahead of F)

Using two hands for SRI

Knit and purl increase

From Double to Single

Near ahead of Far (ssk)

Reorganizing your stitches

Far ahead of Near (k2tog)

Pockets and Patches

Establishing a straight pocket

Pocket Rows 1, 2, 3, 4

Continuing the pocket

Completing the pocket

Pocket row sequence

Pocket in the round

Two Yarns, Sides, Hands!

A different colour on each side

Straight or dpns?

Both yarns in the right hand

Connecting the sides

One yarn in each hand

Both yarns in the left hand

Edges & Ends

Edge stitch tweaks!

Dealing with ends

Fixing errors

Patterning and Quilting

Negative-positive patterning

Connecting layers without changing the colour

Patterned fabric structure

Quilting - Near ahead of Far

Quilting - Far ahead of Near

Getting stuffed

GEMS 1

Approx. 2hr 3m

Applied Edges

Knitting-up stitches using a dpn

Applying an I-cord edge

Comparison of methods

Going around an exterior bend

Going around an interior bend

Applying a Garter edge (A)

Knitting from right needle to left

Applying a Garter edge (B)

Buttonhole Essentials

Regular v. one-row holes

One-row self-reinforcing

Eyelet

Enlarged eyelet

For a 2 x 2 rib (purl side)

For a 2 x 2 rib (knit side)

I-Cord Basics

Slipping or sliding?

Why is I-cord circular?

Range of sizes (2 - 5 stitch)

Laddering-up larger tubes

I-cord perfect graft

Cords, Braids and Bobbles

Tube stitch

Screw-thread I-cord

Ribbed I-cord

Purl I-cord (with beads)

I-cord edged Garter stitch

Twisted cord

Bi-coloured I-cord

Bi-coloured braid

Balanced bobble: the increase

Working right to left

Bobble: balanced decrease

Purl-faced bobble

Presenting the Picot Family

Picot cast-on
Varying picot lengths
At the beginning of rows
Mid-row (Lambstails)
Bind-off

Twists, Kinks and Bias

Winding a skein
Reconditioning wool: Steam
Reconditioning wool: Spritz
Reconditioning wool: Washing
Knitting kinky!
Releasing twist
Balanced / unbalanced yarns
S and Z twists
Testing for unbalanced yarn
Biasing in a one-ply yarn
Kinky needles
Turbo needles
Felting a bag

GEMS 2

Approx. 1h 45m

Becoming Ambidextrous!

Knitting with the right hand
Knitting with the left hand
Purling with the right hand
Purling with the left hand
One yarn in each hand
Above and Below yarns
Stranding
Weaving-in right hand yarn
Weaving-in left hand yarn and colour dominance
Diagram of weaving
Weaving frequencies
Both yarns in the right hand
Both yarns in the left hand

Steeks, Shapings, Scissors

Steeks in shaped fabric
Building a neck/arm bridge
Binding off around the top
Cutting the steeks
Joining the shoulders

The Mysterious Gully

The two-row gully
Alternative purling, right hand
Knitting alternative stitches
Purling with the left hand, alternative and regular
Rethinking your decreases

Short Row Techniques

Regular (right edge)
Neatening wraps on RS
Regular (left edge)
Neatening wraps on WS
Neatening forgotten wraps
Smoothing shoulders
Japanese method (set up)
Neatening on RS, Japanese
Neatening on WS, Japanese
In Garter stitch
Yarn-over method
Comparison diagrams
Planning your short rows
SR in the round

GEMS 3

Approx. 1h 46m

Beading Techniques

Inserting a bead with a hook
Threading beads onto yarn
Slip stitch and strand in front
Stitch head beading (knit row)
Stitch head beading (purl row)
Placing beads between stitches
Beading Garter alternate rows
Making beaded dangles

Multiple beads between stitches
Spacing beaded rows
Pre-threaded, bead on stitch
Dip stitches
Auxiliary thread for small beads
Beads on a yarn-over
Purl I-cord with beads

Cable Talk

What is a cable?
Right cross with cable needle
Left-cross without cable needle
Counting cables
Cable fixes

Lace Basics

What is lace?
Overs between knit stitches
Make one increase
Decrease and yarn-over pairs
Looking at charts
Double yarn-overs
Multiple yarn-overs
K1-O-k1 increase

Yarn Handling Tricks

Introducing new yarn with loop
Creating triple thickness yarn
Two strands, staggering joins
Blending two colours
Two hands to separate colours

GEMS 4

Approx. 1h 54m

Cool Cast-Ons

Long-tail: What, no slip-knot?
German twisted
Tubular (reg needle) 2 colours
Tubular (regular needle)
Tubular (large needle)
Converting 1 x 1 rib to 2 x 2

Giant demo of tubular edge
Bi-coloured chain
Scallop
Picot
Picot calculation diagram

Fancy Bind-Off Methods

Bi-colour chain
Picot
Modified conventional (kw/pw)
Suspended

Even More Increases

Knit into front and back
Knit and purl
Split
Yarn-overs
K1-O-K1 3sts from one

Daring Rescue Techniques

Knitting down (no temp. edge)
Hills and valley stitches
Multiple-stitch laddering
Lace fixes
Cable fixes
Duplicate stitch
Surgical replacement
Multi-row surgical replacement

Odds and Ends

Slipping sts, kw, pw, en mass
Working into the stitch below
Selvage for garter stitch
Knitting-up new stitches
Purling-up new stitches
Knitting-up along garter
Recapturing live stitches
The weavers knot