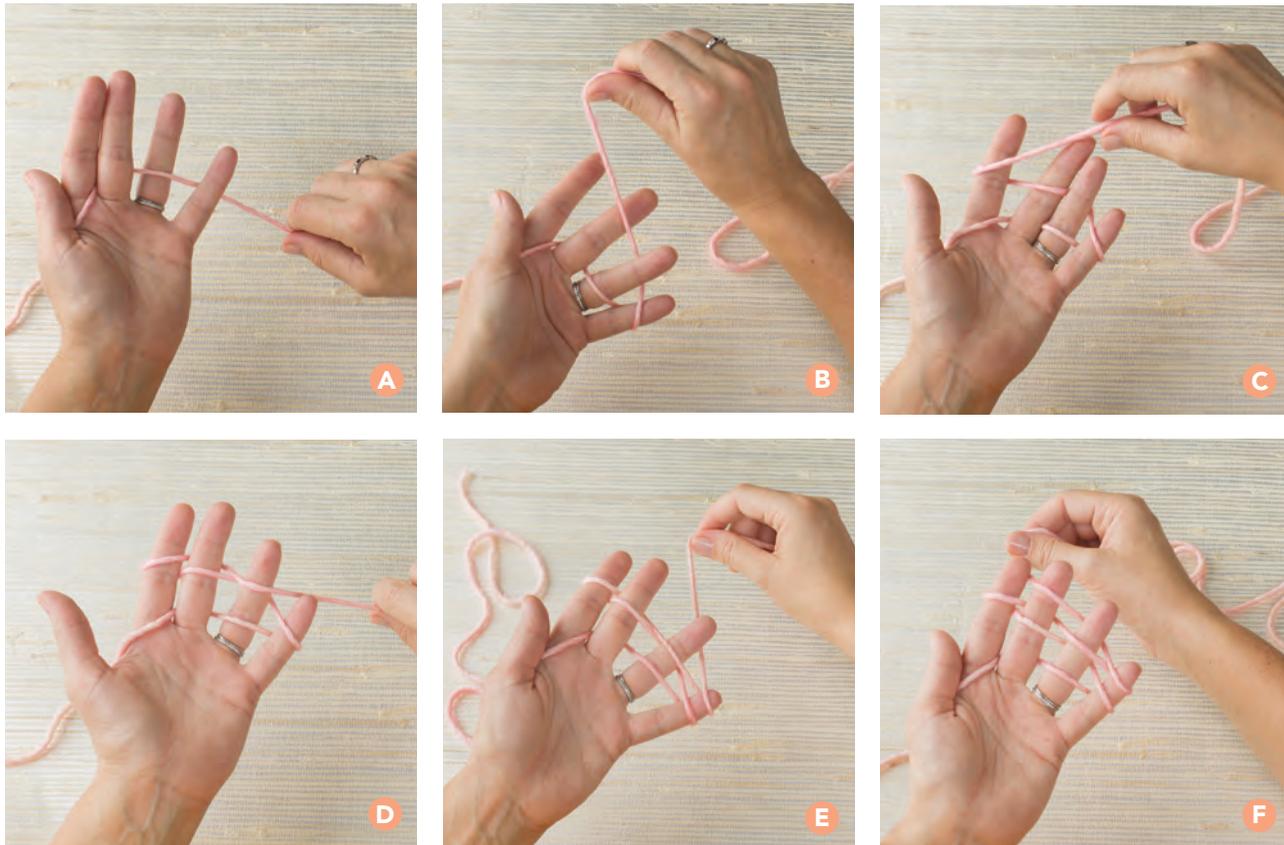


# Four-Finger Knitting

This is the most common type of finger knitting. As the name implies, you will wrap yarn over four fingers to create stitches.

Finger knitting works in an over-under pattern. If you've gone over a finger last, you'll go under or behind the next one.

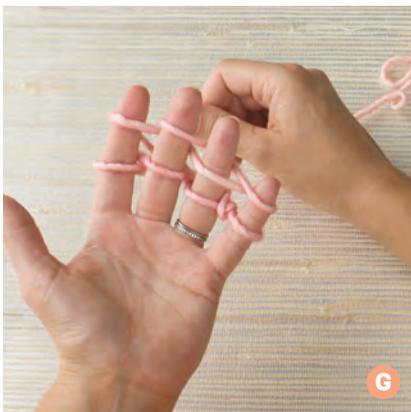


## Casting On

Start by placing the yarn in between your thumb and palm-up hand, letting the tail hang behind your hand. Bring the working yarn between your forefinger and your middle finger to the back of your hand. Beginners may choose to cast on and knit with the stitches at the base of the finger; however, it is faster and will give you more consistency if you knit higher up on your fingers.

Bring the tail from behind your middle finger to the front of your hand and over your

ring finger (A). Wrap the yarn around your pinky, and head back the other direction, going behind your ring finger and over your middle finger (B). Next, bring the yarn around your forefinger (C). Bring the yarn behind your middle finger and over your ring finger (D) and around your pinky (E). Next, bring the yarn behind your ring finger, and over your middle finger (F). Each finger should have 2 wraps on it (include the tail hanging over your forefinger). You've now cast on.



## Knitting

**Row 1:** Starting with your pinky finger, pick up the lower strand (A), and bring it over the top strand and the top of your pinky (B). Next, pick up the lower strand on your ring finger and bring it over the top strand and the top of your finger (C). Repeat for your middle finger. Pick up the tail, which is lying across your forefinger, and bring it in between your forefinger and middle finger (D) to the back of your hand. Now that you've moved the tail to the back, for future rows, the strand on your forefinger will be tighter around your finger like the rest of the stitches. If the stitches ride up your fingers, just push them lower.

**Row 2:** Rethread the working yarn across your fingers. Bring the working yarn around your forefinger and behind your middle finger (E), then over your ring finger and around your pinky (F), and finally behind your ring finger and over your middle (G). You should have two strands on each finger. Now pull the lower strands over the top as described in row 1.



### Stopping in the Middle

To take a break in the middle of finger knitting, feed a pencil, pen, stitch holder, or large safety pin (A) through the loops from your pinky to your forefinger, moving from right to left (B). Set the work aside (C).

When you want to pick it up again, place the loops back on your fingers, starting with the forefinger and moving from the left back to the right. The knit side should be facing your hand (see page 147).



### Binding Off

To bind off, cut the working yarn (A) and bring the end through your pinky loop, your ring finger loop, your forefinger loop, and, lastly, your middle finger loop (B); this is where the working yarn is extending from,

so it is the last loop you want to tighten down. Holding on to the working yarn, remove the stitches from your fingers. Pull the working yarn slowly (C), and the loops should close fairly evenly.