

# Casting On / Binding Off

Knitting 101 Online  
a pdf handout by Annie Modesitt

## Casting On

There are many ways to cast on, I'll be showing you the "e-loop" and the "long tail" cast on methods.

You'll need Worsted (Aran) weight yarn (smooth, light color wool is best) and A pair of knitting needles (Size 7, 8 or 9 / 4.5, 5 or 5.5 mm)

### The Slip Knot

Each piece of knitting begins with a slip knot. To form a slip knot create a loop, then draw another loop from this first loop.



This is why it's called a slip knot, it can easily slip wider or slip away.

The slipknot is how we attach the yarn to the knitting needle. Once the yarn is attached, you must form loops on the needle. These loops are called the Cast On row.

### The "e-Loop" Cast On

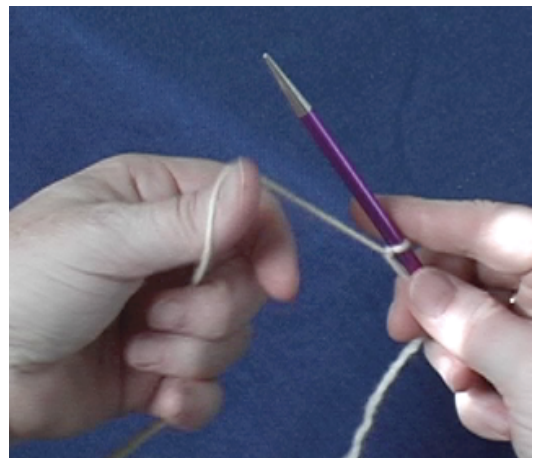
It goes by many names; Thumb Cast On, Backwards Loop, Girl Scout Cast On and "That-Really-Easy-One." No matter what you call it, the e-loop is one of the easiest cast ons you'll do.

Attach the yarn to the needle using a slip knot. Hold the needle in your Right hand.

1. Hold the yarn with 2 or 3 fingers of your Left hand, catching the strand with the thumb.
2. Slide the needle up the thumb & catch the loop.
3. Bring the needle away from the hand to tighten the cast on loop.

Repeat these three steps to create the desired number of stitches. (I count the slip knot as one of the cast on stitches, but some folks prefer not to.)

When the cast on is complete, transfer the needle to the Left Hand.



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## The "Long Tail" Cast On

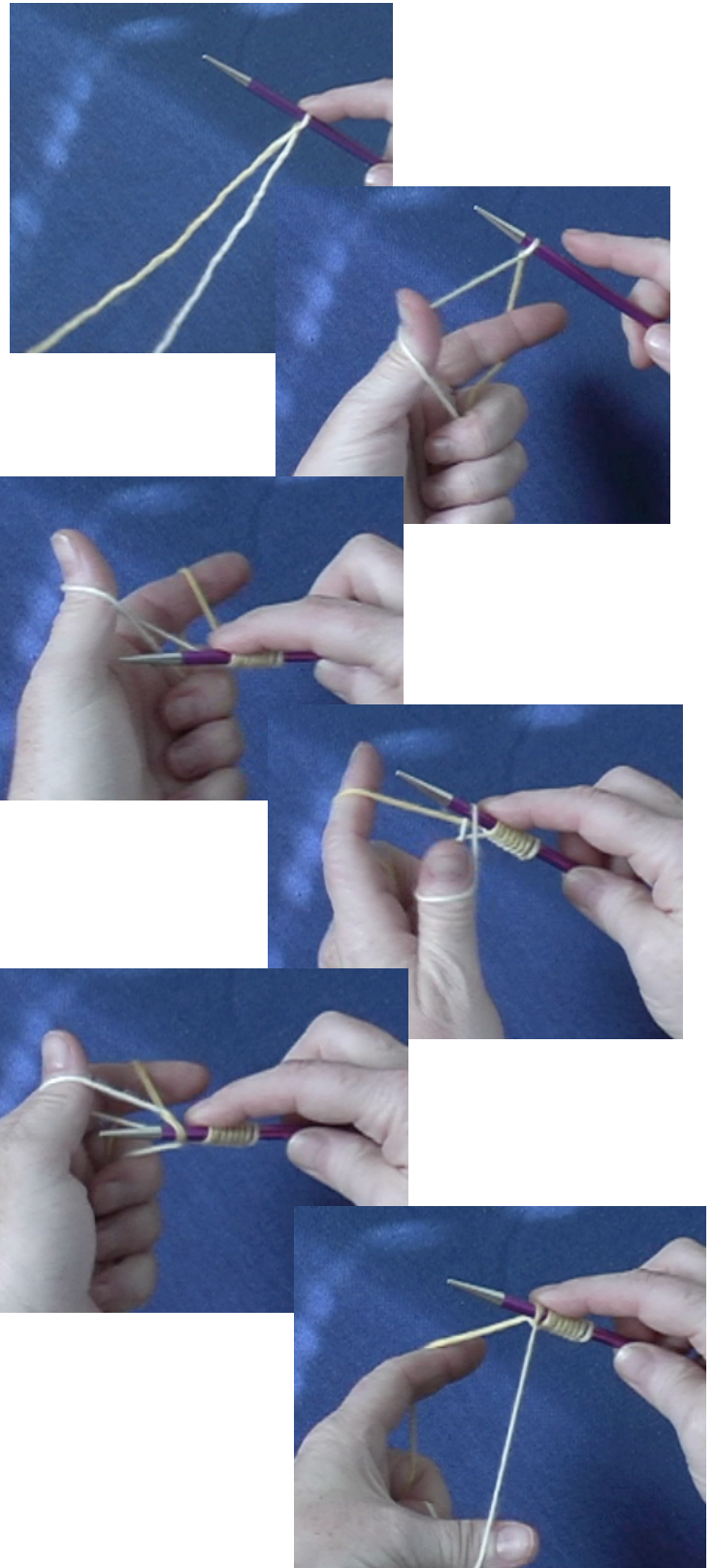
Also known as the 2 strand Cast On, the long tail creates a good, firm cast on row.

Create the slip knot, but this time make it further in from the end of the yarn, leaving a long tail.

*How long should the tail be? There are different theories about this. For now, let's just make the tail about 12-18" / 30-45 cm long.*

Put the slip knot on the needle so both strands (the tail and the 'live end') hang down. Hold both strands with 3 fingers of your left hand and **AT THE SAME TIME** separate the strands with the thumb & forefinger of your left hand.

1. Insert the needle up through the thumb loop.
2. Catch the "pointer strand" (the yarn wrapped around the pointer finger) in a downward motion
3. Bring the pointer strand back through the thumb loop
4. Separate the strands to tighten the cast on stitch.



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## Binding Off

There are many ways to bind off, but this is my favorite. It's not the standard, but I find it's very easy.

1. Knit 2 stitches together as foll:
  - a. Insert the Right needle into the first 2 sts of the Left needle so the tip of the Right needle is pointing to the left.
  - b. Wrap the yarn around the Right needle, make a loop and draw it through both stitches.
  - c. Kick off both stitches from the left needle.
2. Slip the stitch you've just created from the Right needle back onto the Left needle.

Repeat the above steps, working across the entire row and binding off one stitch at a time until only one stitch remains.

Tie off the last stitch by breaking or cutting the yarn and pulling it through the last stitch. Pull tight.



Yarn Used  
Hammand BFL Aran Weight  
[www.laughinghens.com](http://www.laughinghens.com)

Needles Used  
Signature Needles, stiletto point  
[www.signatureneedlearts.com](http://www.signatureneedlearts.com)