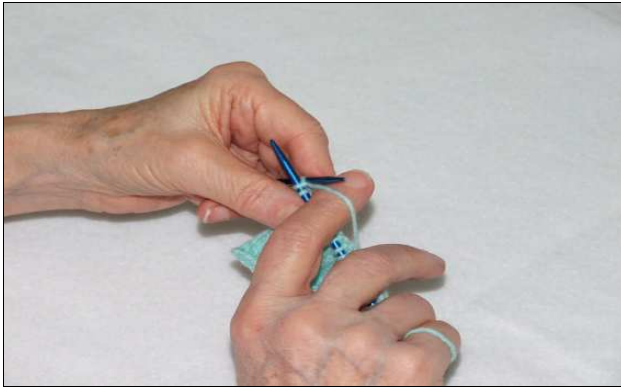


## Knitting Backwards

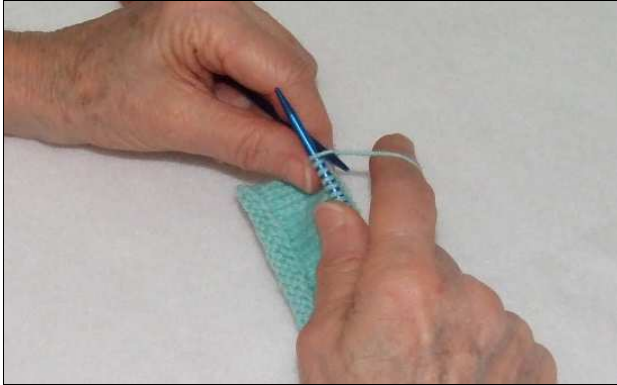
I was first introduced to the term, “knitting backwards” when I made my first Entrelac sweater. The instructions (though I am sure they were clear to someone) went right over my head. Next, I watched the videos, and read more instructions, but still felt very awkward throwing yarn with my left hand. So while practicing my Continental knitting stitch, (yes, I actually do practice), it came to me that I might try reversing the process and use my right hand in the same manner and knit backward. It worked beautifully.

### Knitting Backward, J’s Way



1.

I begin by having my right hand carry the yarn.



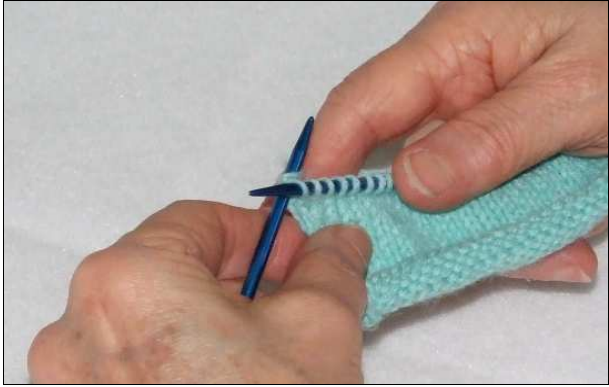
2.

Because the first stitch is always the hardest to get the needle in, I hold the yarn straight out toward the back to allow as much space as possible.



3.

Now, I bring my right hand forward over the top of the needle.



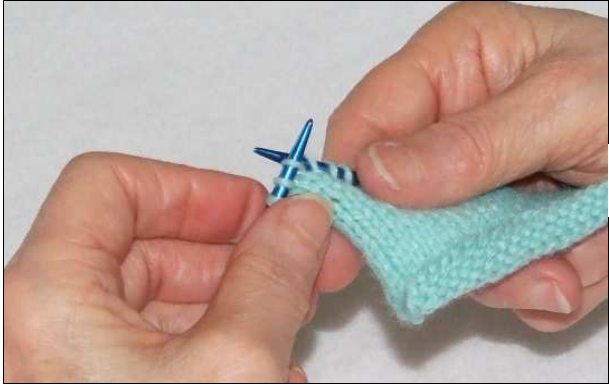
4.

Next, my right hand turns down and back. This wraps the yarn around the needle..



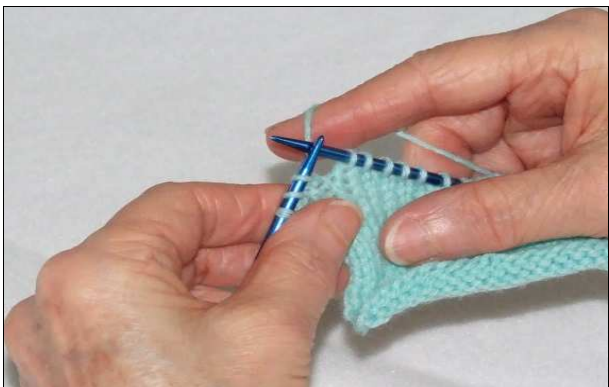
5.

Then I lift the RH needle over the top of the LH needle, bring the new stitch through.



6.

The new stitch is now ready to be released onto the LH needle.

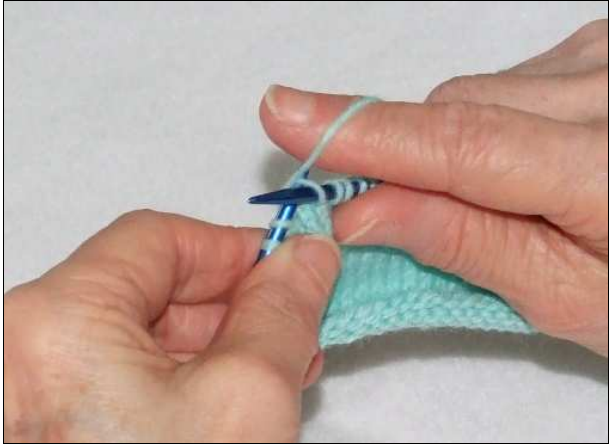


7.

And there you have it!

So what is the sum of it all-

## **STICK-FORWARD-BACK-LIFT-RELEASE**



**Sticking** (the LH needle into the stitch) and bringing the right hand **forward** (with the yarn, of course) actually become one move.



Moving the right hand **back**, and **lifting** the RH needle over the LH needle, also become one smooth movement.

It takes a bit of practice, but it won't be long, and you'll be knitting backwards quite smoothly. As far as the gauge is concerned, I find that it is quite even. Have fun!