



# Arm Knitting How-To

by *anne b. weil*



Welcome! I'm so glad you're here to learn how to arm knit. It is so much fun. I think you're going to love it! You don't need to be a knitter at all, though if you are, it will be familiar right away. If you aren't, I've provided lots of detailed photographs to make it super easy to follow and learn. All you need is a good attitude and lots of bulky yarn and you're ready!

This document will cover the following:

- Part I: Casting On
- Part II: Knitting
- Part III: Binding off
- Part IV: Finishing

Important tips will be highlighted in blue-green paint.

Cowl pattern instructions will be highlighted in pink paint.

To make the knit fabric really full, I use three strands of a bulky yarn at the same time. Here are some I suggest:

Lower Cost:

- // Lion's Brand Wool Ease Thick and Quick (Wool/Acrylic blend)
- // Loops & Threads (Wool/Acrylic blend, shown here)

These yarns can be found at national chains such as Joann's, Michael's and Walmart.

Luxurious:

- // Blue Sky Alpaca Bulky (100% merino wool)
- // Rowan Drift or Rowan Big Wool (100% wool)

These yarns can be found online or at your local yarn shop.

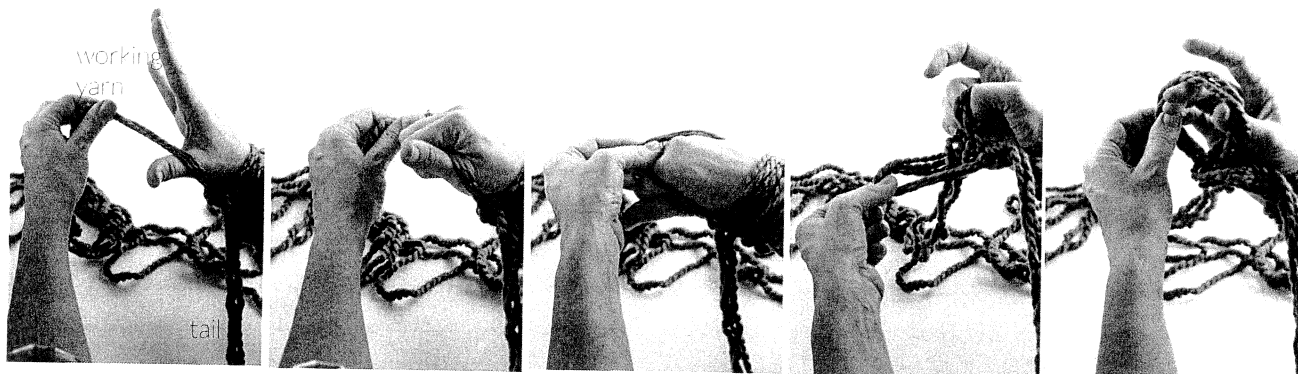


Cowl measurements:  
Length: 60"  
Width: 12"  
Measurements vary slightly depending on tension and arm size.

Yarn for cowl:  
3 skeins of approximately 100 yards each (no less than 90 yards).

## Part II: Knitting

Row 1, first stitch:



// Pick up the working yarn and place it over your thumb on your right hand. (You won't be using the tail any more.)

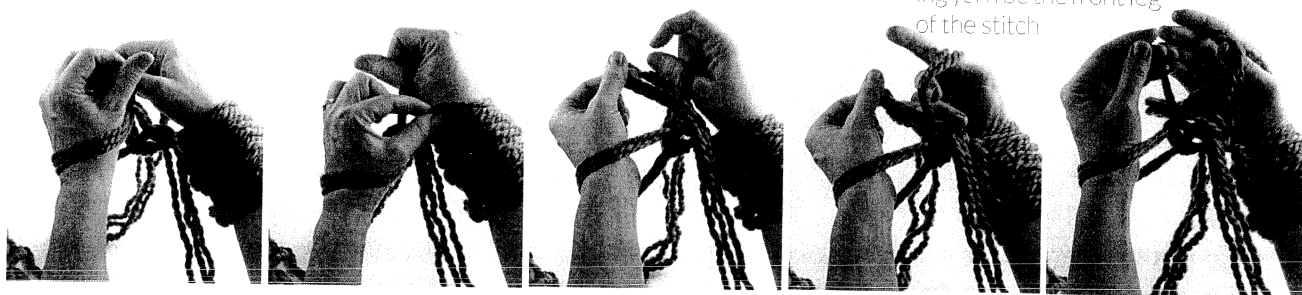
// Close your fist over the working yarn.

// Holding on to the working yarn in your fist, pull the first stitch from your right arm over your fist. You are effectively pulling the working yarn through the old stitch to make a new stitch to place on your left arm.

// After the old stitch is over your fist, drop it. Take the new stitch in your right fist, turn the loop a 1/2 turn and place it on your left hand/arm.

// You want the part of the loop that is in front of your hand (this is called the front leg of the stitch) to be the part that goes to the working yarn.

Row 1, 2nd stitch: the stitch is no different, but sometimes it helps to see it 2x.



Twist loop 1/2 turn here to make the working yarn be the front leg of the stitch

See the front of stitch is the working yarn

// Repeat stitch process until you get to the end of the row.

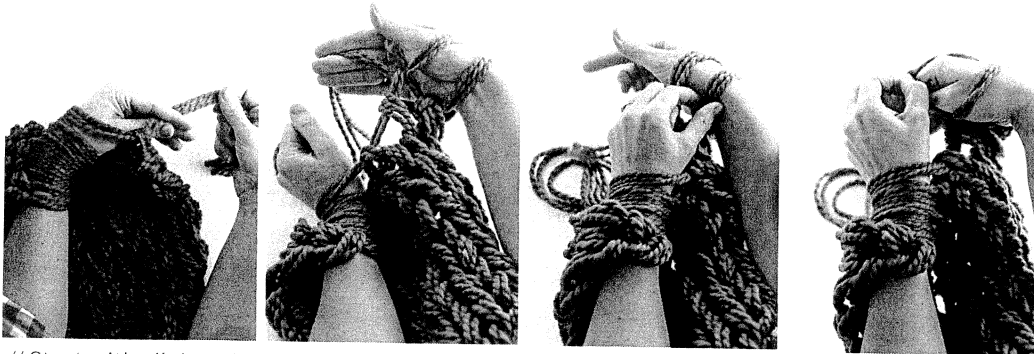


### tip:

To keep the fabric looking full, try to make the stitches as tight as you can while still being able to maneuver. Do this by grabbing the working yarn close to your left hand for the next stitch



### Part III: Binding Off

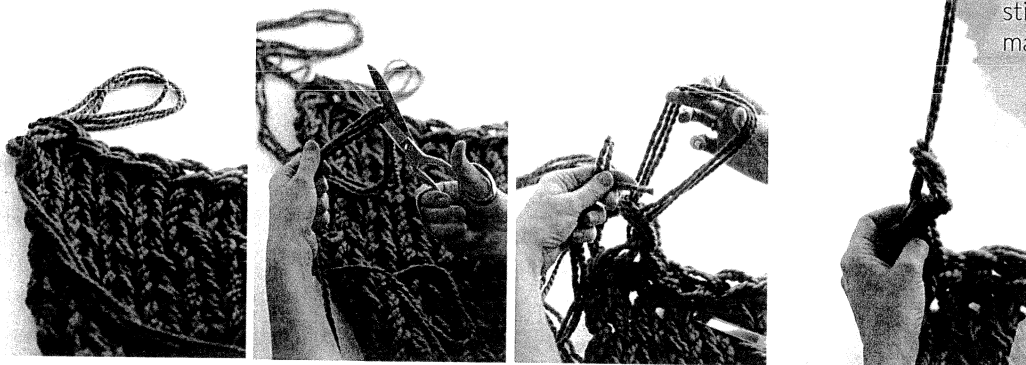


- // Start with all the stitches on your left arm (you can bind off either way, but this direction is more typical).
- // Knit two stitches on to your right arm.
- // With your left hand, pick up the first stitch you knit on your right arm.
- // Pull that first stitch over the last stitch you knit.



- // Knit the next stitch from your left arm. You should have two stitches on your right arm again.
- // Pick up the first stitch on your right hand again.
- // Pull it up and over the stitch you just put on.
- // The stitches you bind off will chain with one another over the top of the fabric.
- // Continue this process to bind off stitches until there is one left.

### Ending:



- // Remove the last loop from your arm. Loosen loop a bit so the stitches won't pull out. Lay down your piece.
- // Cut the working yarn with enough yarn to seam your project (if needed).
- // Bring the end of the yarn you just cut through the loop that remains.
- // Tighten the loop. It's ready to finish! If you are just making a scarf or something else, skip the mattress stitch and go straight to weaving in the ends.

tip:  
cast off loosely

When binding off, keep the stitches loose enough to match the width of the stitches below. It's easy to make it too tight.

for cowl:  
You should have at least 2 yards of working yarn remaining to finish the cowl.