

Stitch One, Chill One

Learn the Basics - A Quickstart Tutorial

Learn your first stitches with ease —

Slip knot • Cast-on • Knit • Purl • Bind-off • Weaving ends

Wild Capo Studio | wildcapostudio.com



Time, Tools & What You Can Make



Time Estimate

Plan for 10–30 minutes per session. Work at your own pace — cozy, not crammed.



What Can I Make with Knit + Purl?

These two stitches unlock nearly every project:
Start small (like scarves) or dream big (like sweaters).

Welcome, Dreamer.

Welcome to the world of knitting. Whether this is your very first stitch or a return to yarn after years away, you are in exactly the right place.

This guide was designed with clarity, calm, and comfort in mind. You don't need to be perfect — just curious. Let the yarn show you how.



What's ahead:

- Step-by-step photo guidance
- Tips for your hands and your brain
- Gentle pacing to reduce overwhelm

Let's begin.

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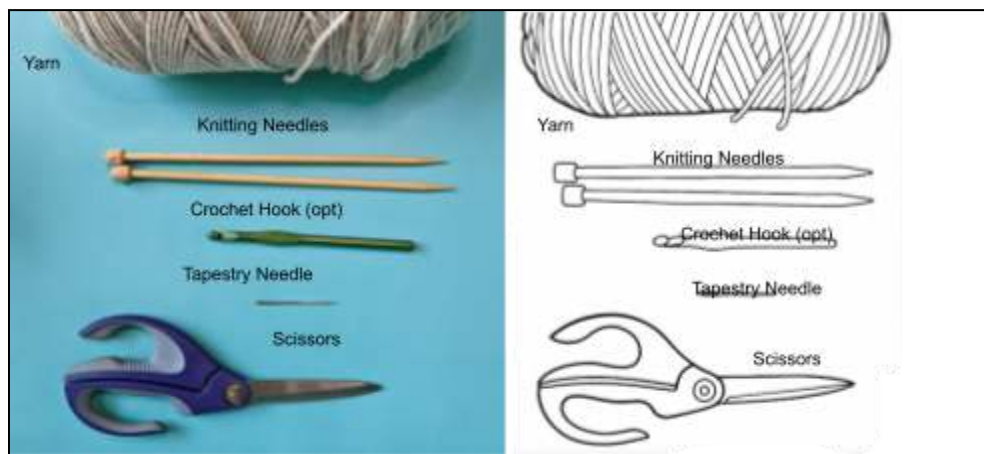
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What You'll Need

Supplies:

- Knitting needles – US Size 8 (5mm) is a great starting point
- Worsted-weight yarn – light color, smooth texture recommended
- Crochet hook (optional, for creating slip knot only)
- Scissors (optional, but helpful to break yarn)
- Yarn or tapestry needle (for weaving in ends)

💡 *Tip: Check your local craft store, yarn shop, or even thrift store. You don't need fancy tools to begin.*



Match these tools with the items in your kit.

Tips:

- Choose a smooth, medium-weight yarn to see your stitches clearly.
- If you have hand pain, try bamboo or coated needles that feel more comfortable in your hands.
- If your needles or yarn are thicker or thinner, gauge may vary—but this guide's steps remain the same.

Section 1: Start with Yarn Setup – Tail, Slip Knot & Long-Tail Cast On

Before we begin, find your yarn tail (for casting on) and working yarn (for knitting).



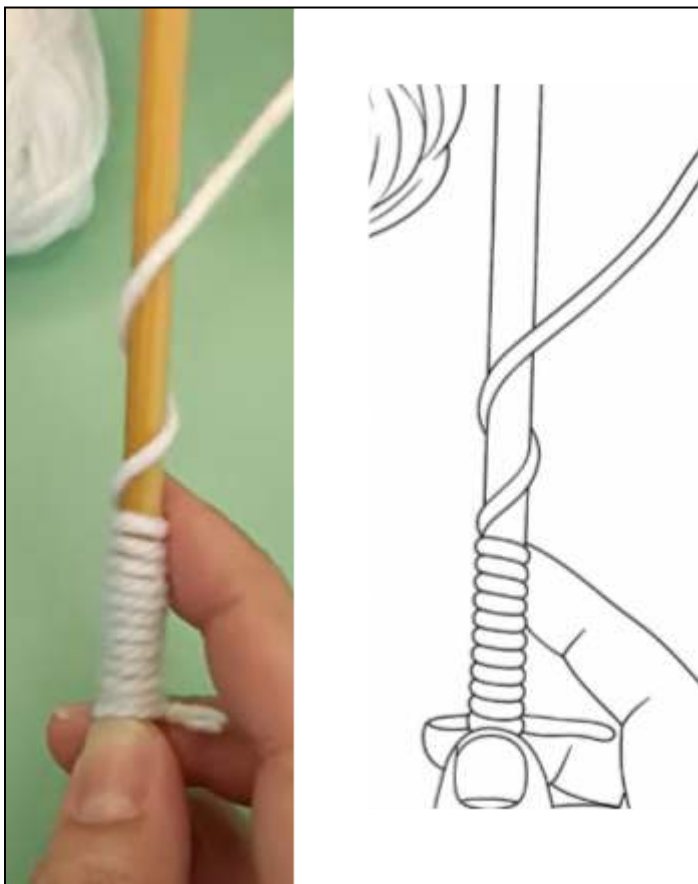
Separate yarn into tail (left) and working strand (right)

- **YARN TAIL** - the loose end used for casting on
- **WORKING YARN** - the strand attached to the ball; you'll knit with this

1.1 Estimate Tail Length (The Wrap Trick)

To estimate how much yarn you'll need, wrap the **working yarn** around your needle—once per stitch.

1. For extra ease, add 5 more wraps. This also gives extra yarn for weaving in later.
2. Hold the wraps at the final loop and carefully slide the yarn off the needle.
3. Use this full length as your **yarn tail**.

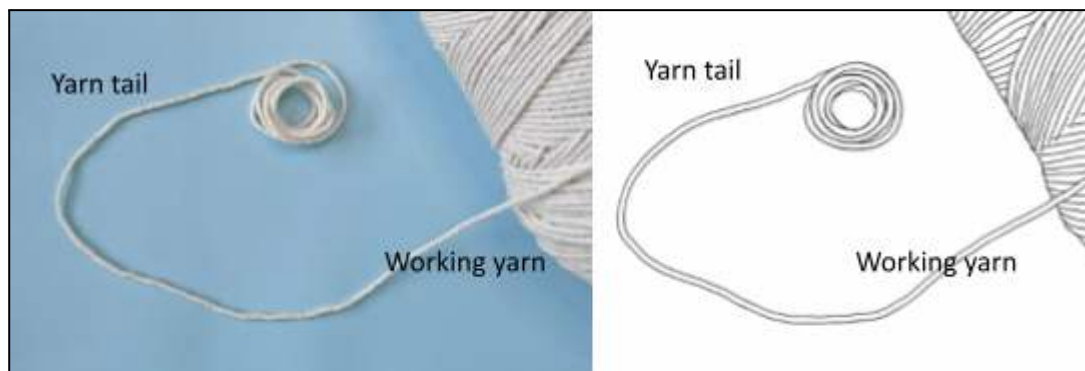


Tip:

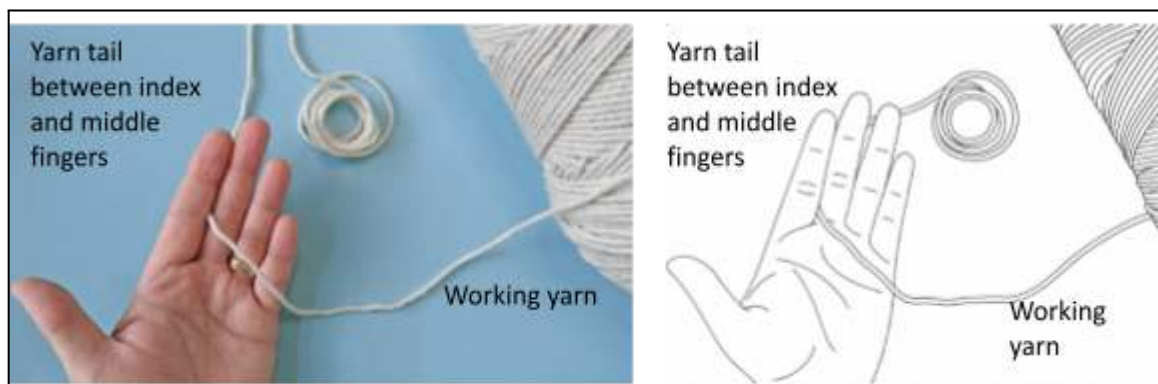
- Wrap like a gentle hug—not too tight! If it's hard to slide off, it's probably too tight.

1.2 Long-Tail Slip Knot Set Up

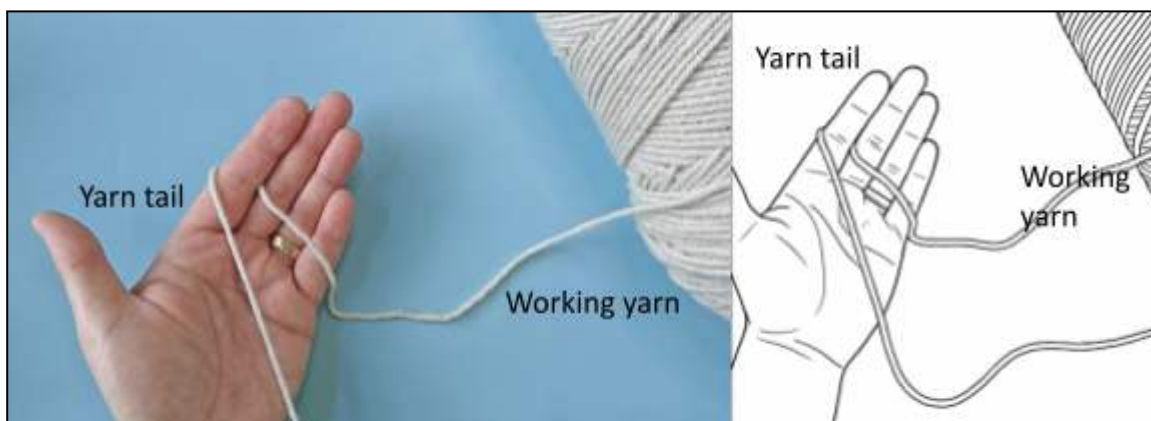
1. Yarn set up - Start with your measured long tail and working yarn from the previous step.



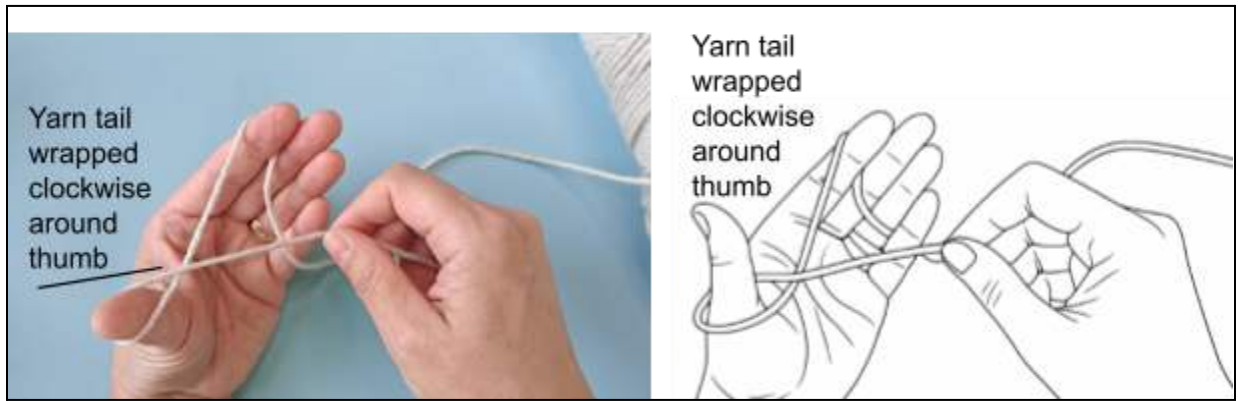
2. Start by holding the yarn so the **working yarn** hangs to the right and the **yarn tail** is to the left. Slip the **yarn tail** between your **index and middle fingers**.



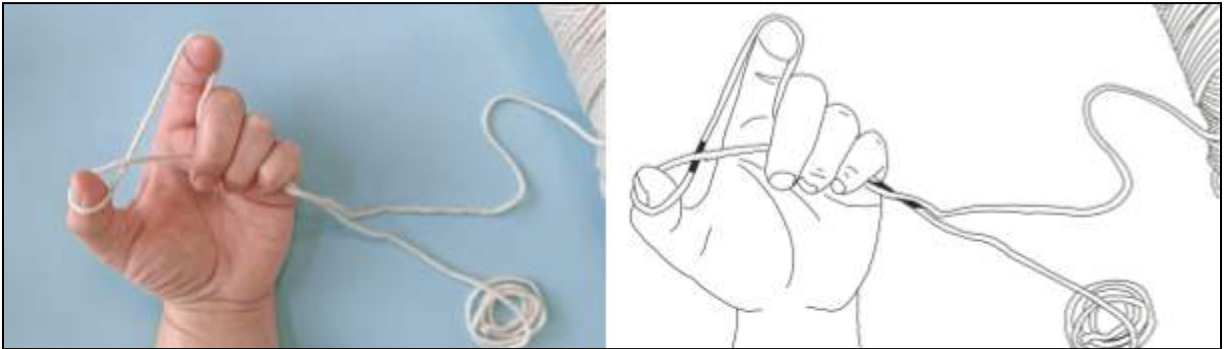
3. Then Loop the tail of the yarn around your index finger...



4. ...then around your thumb.



5. You'll hold both yarns in place with your remaining fingers.



👉 Left-Handed Knitters: A Note Just for You

This guide uses traditional right-handed instructions—but don't worry, that doesn't mean you're doing it wrong.

Many left-handed knitters (myself included!) learn using these same steps. You might hold the yarn or needles a little differently, and that's okay. Your hands will find a rhythm that works for *you*.

There's no need to flip, mirror, or overthink it. Just follow along at your own pace and know this:

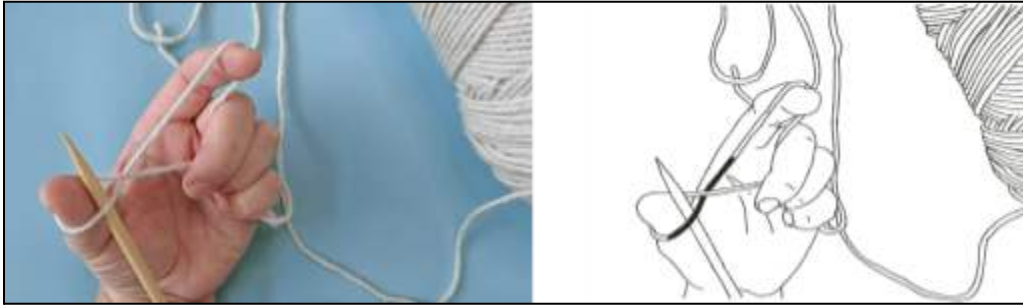
✨ Your way is valid.

🧶 Your comfort matters.

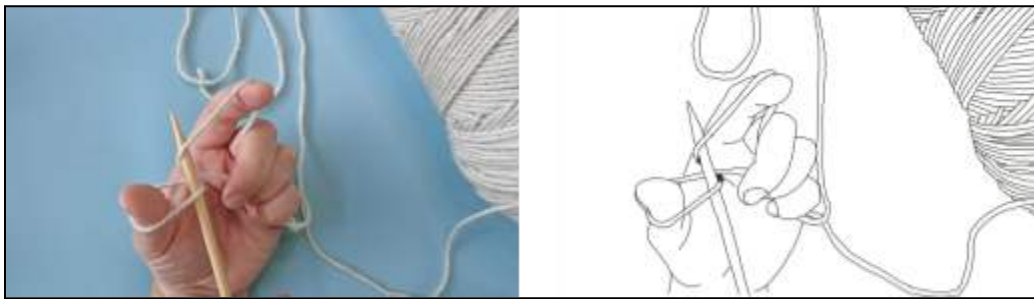
💙 And you absolutely belong in this craft—exactly as you are.

1.3 Long Tail Slip Knot Execution

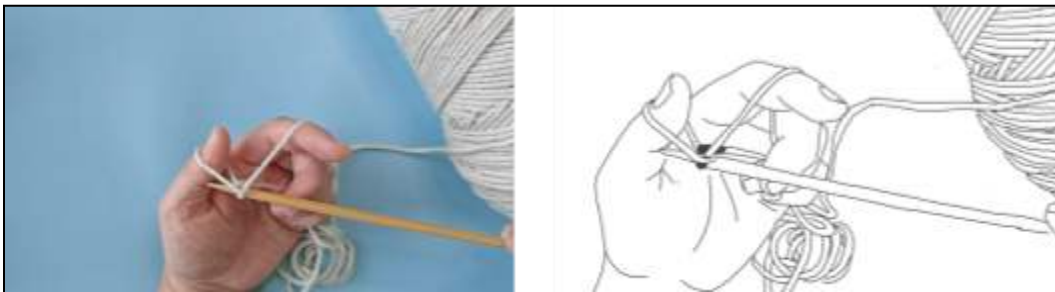
1. Insert the needle up through the thumb loop.



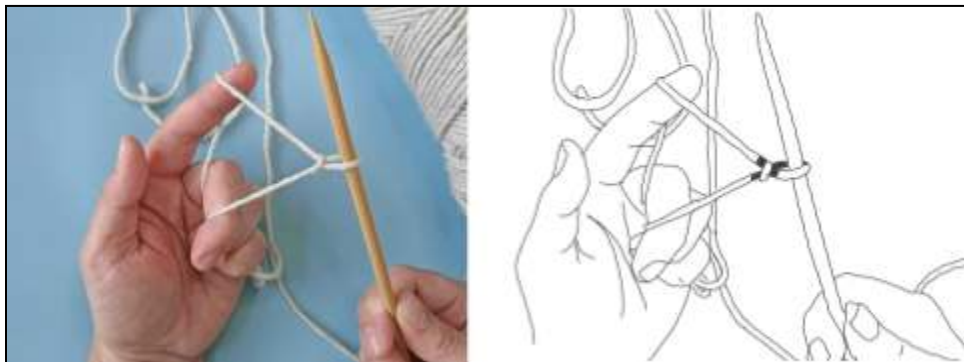
2. Bring the needle **over the yarn on your index finger** and hook it.



3. Pull the needle (and yarn) **back through the thumb loop**.



4. Let the thumb go and **snug the yarn gently** to form the stitch



- You have your first stitch on the needle - AND you are already set up for the **long-tail cast-on!**
- NOTE: This **slip knot** is the same as the entire **long-tail cast on**. The long-tail cast on is just a row of slip knots.
- Keep tension even by holding the yarn tail on your thumb gently, not too tight.
- If your stitch is loose or lopsided, try adjusting the angle of your thumb or the snugness of your yarn grip.
- Practice making a slip knot a few times until it feels natural.

1.4 Long-Tail Cast On

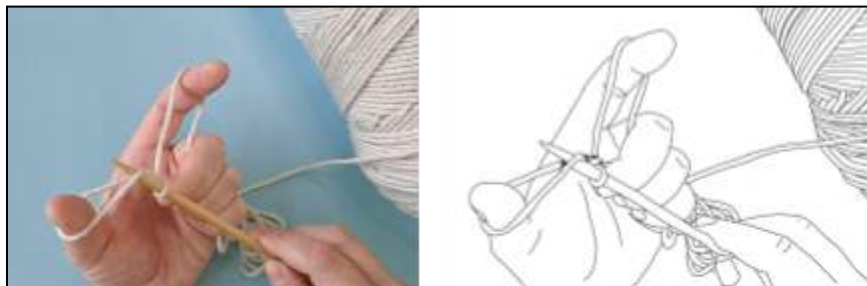
1. Hold the needle with your slip knot in your right hand. Place the yarn tail over your left thumb and the working yarn (from the ball) over your left index finger, forming an open space.



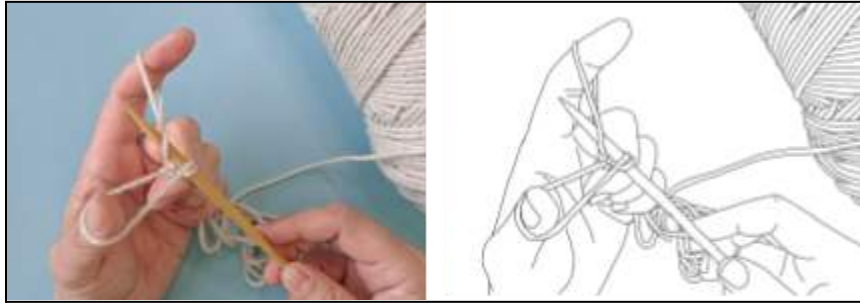
2. Drop the right needle down over your palm so the tail rests on your thumb and the working yarn rests on your index finger (forming a “Y”). Keep hold of the slip knot with your thumb so it doesn’t slide off.



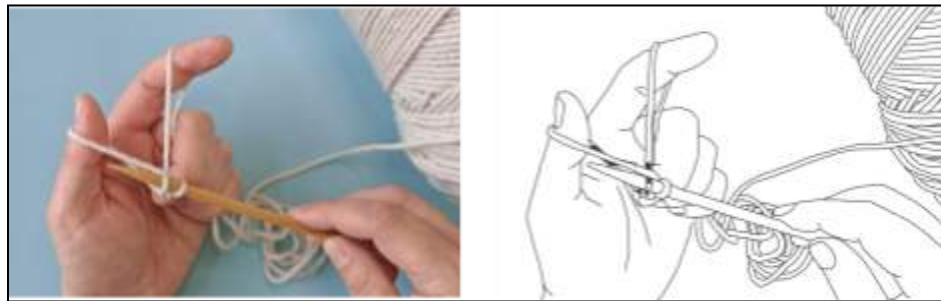
3. Insert the needle under the loop on your thumb (front to back)...



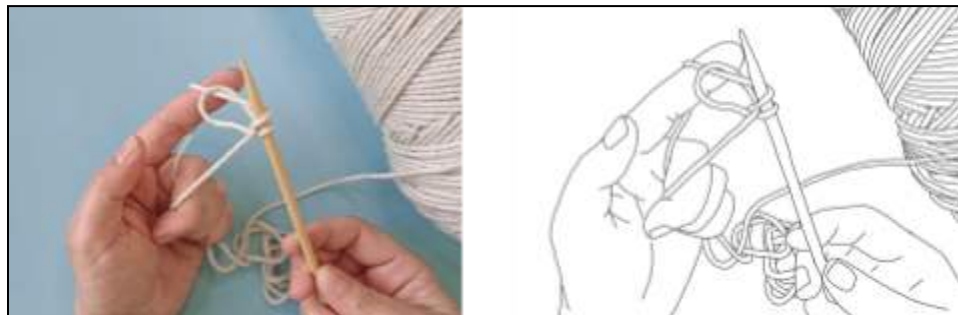
4. ...then over and under the loop on your index finger (back to front).



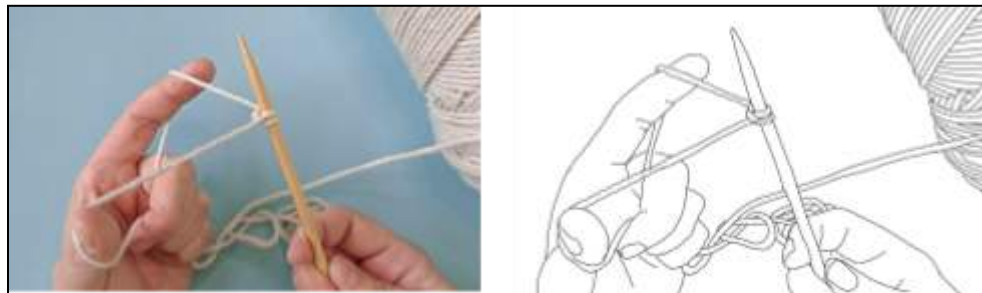
5. Pull the yarn from your index finger through the thumb loop...



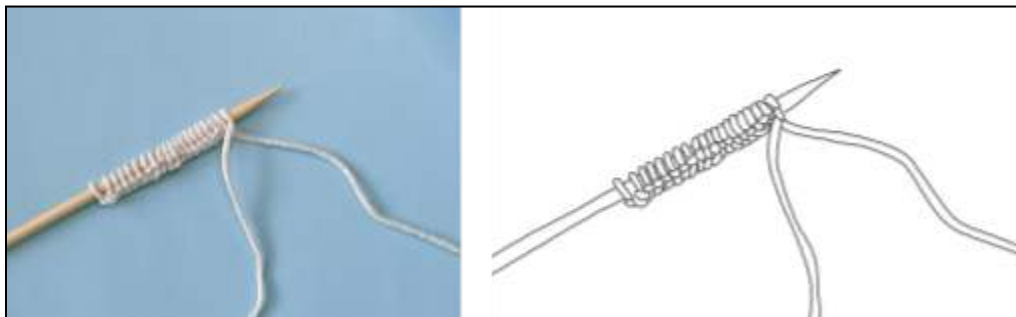
6. ...release your thumb loop...



7. ...and gently tighten—one new stitch cast on.



8. Repeat steps 3–7 until you have cast on a total of 20 stitches - all slip knots!

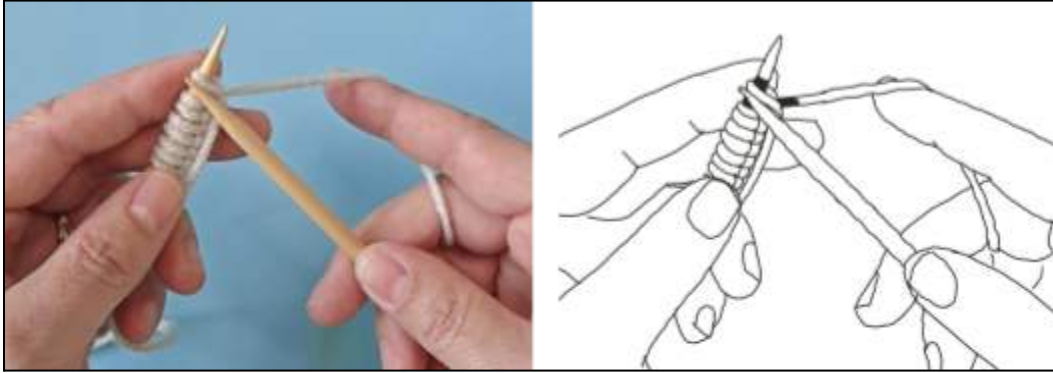


Tips:

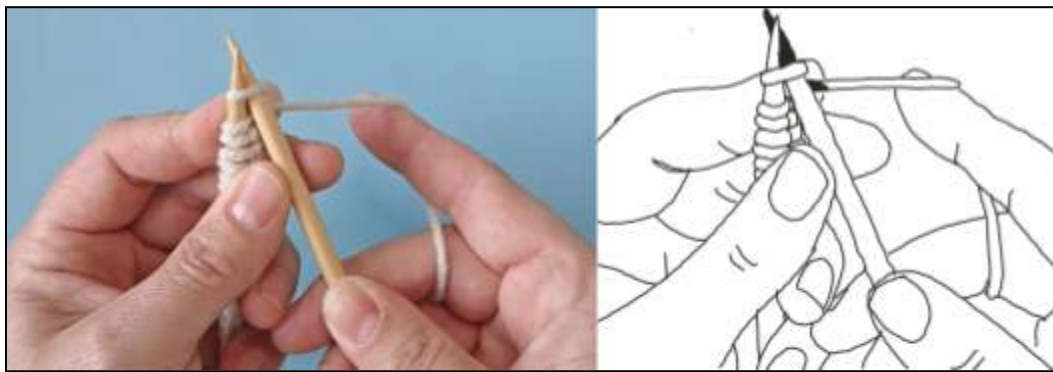
- Keep tension even by holding the yarn tail on your thumb gently, not too tight.
- The more you practice, the easier and more natural all the movements become.

Section 2: Knit Stitch (Garter Stitch)

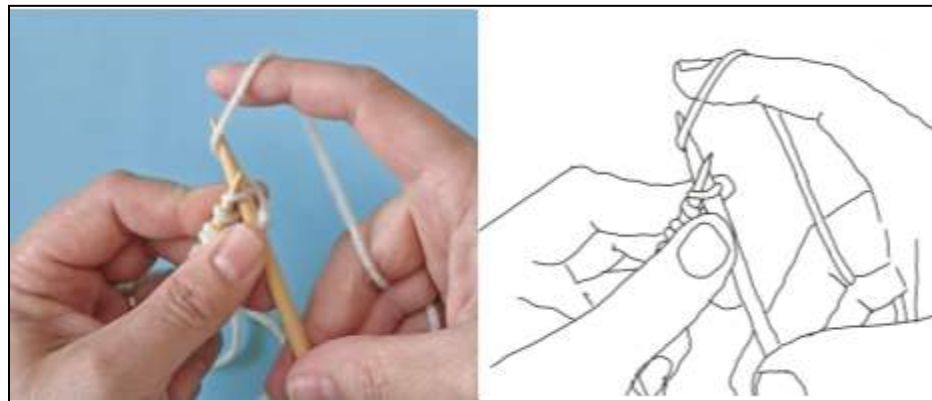
1. Position the needle with your 20 cast-on stitches in your left hand and the empty needle in your right. Bring the working yarn behind the needles and over your right index finger. This positions the yarn correctly to wrap for your first knit stitch.



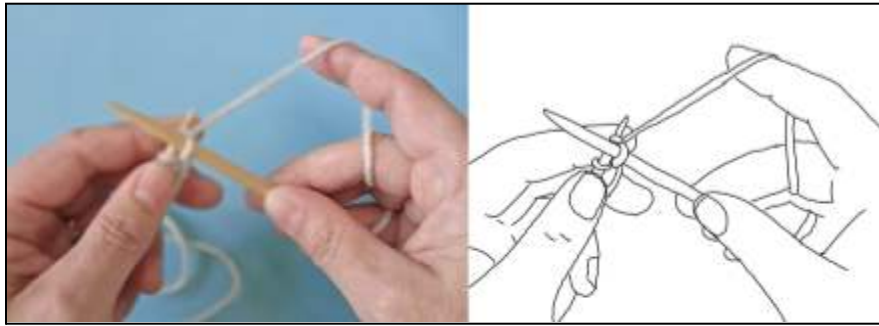
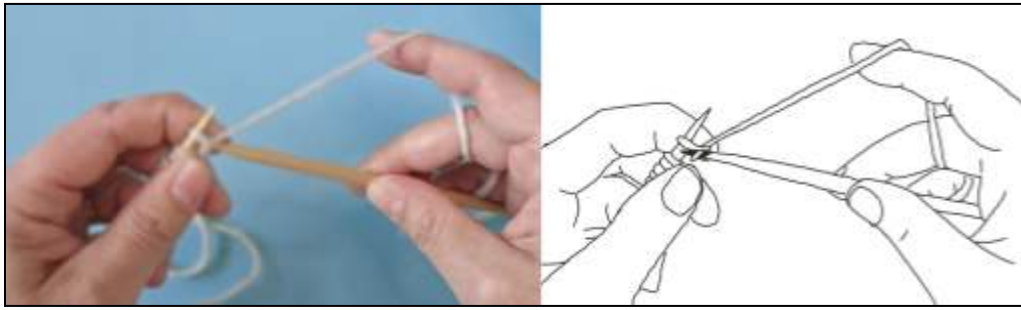
2. Insert the right needle between the first two stitches on the left needle. Insert right tip into the first stitch on the left needle (front to back).



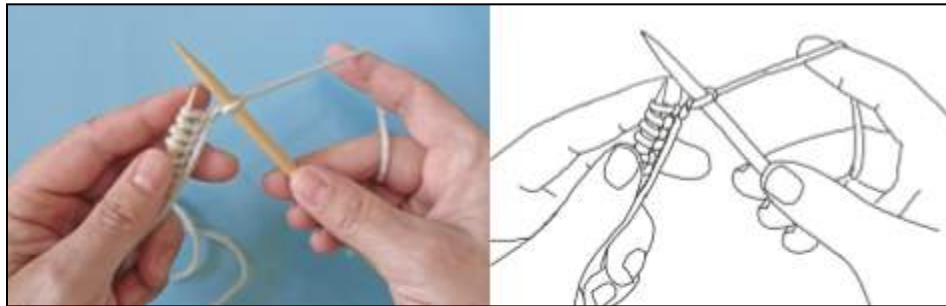
3. Wrap the working yarn around the right needle (counterclockwise), keeping the wrap over the top of the needle. Wrapping counterclockwise lets the stitch form correctly when you pull it through.



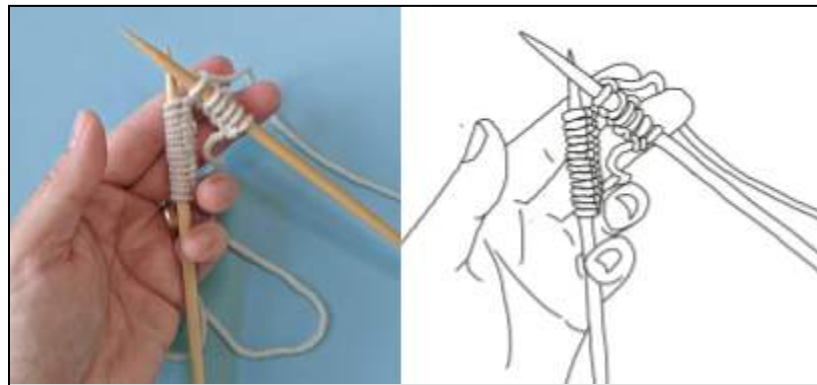
4. Pull the wrapped yarn toward you and up through the stitch, creating a new loop on the right needle.



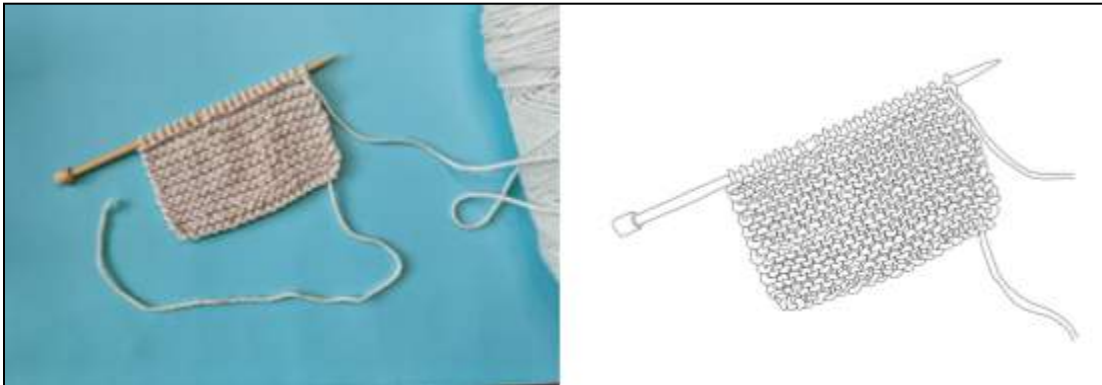
5. Slide the old stitch off the left needle—one knit stitch complete.



6. Repeat steps 2-5 across the entire row. When you finish, **turn your work** (just flip your knitting around so the full needle is back in your left hand) and begin again.



7. To continue garter stitch, knit every row.



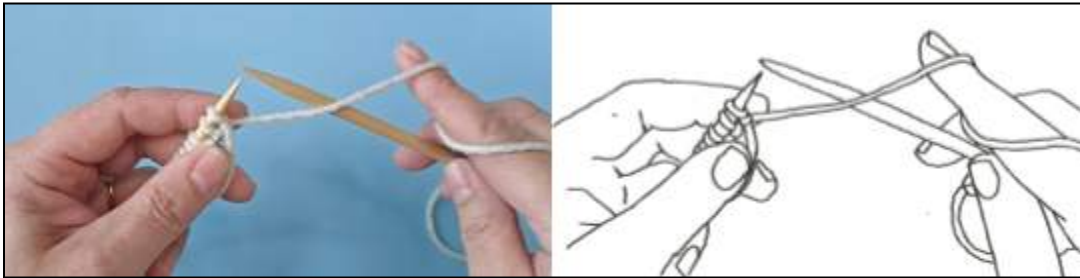
Tips:

- Keep your tension relaxed: hold the yarn gently as you wrap.
- Your fabric will look like ridges on both sides—this is normal for garter stitch.
- Try knitting a few rows (3–5) before moving on — you’ll feel more confident with practice.

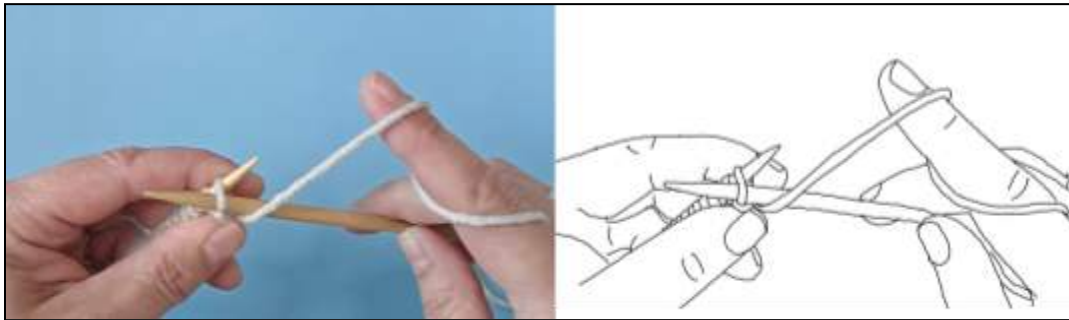
Feeling good with knit garter stitch? The next section teaches the purl stitch — or take a breather and come back later. This guide is here whenever you're ready.

Section 3: Purl Stitch (Garter Stitch)

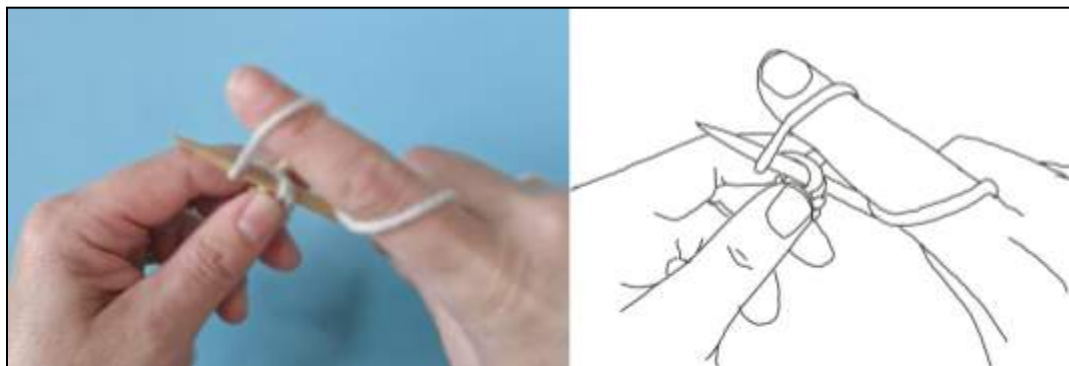
1. Turn your work so the needle with stitches is in your left hand and the empty needle in your right.
2. Bring the working yarn between the needles to the front, so it hangs in front of your hands, closest to you.



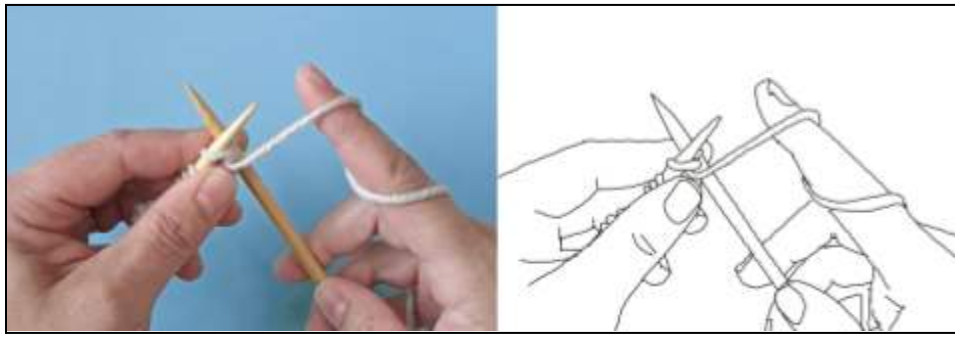
3. Insert the right needle into the first stitch on the left needle (back to front).



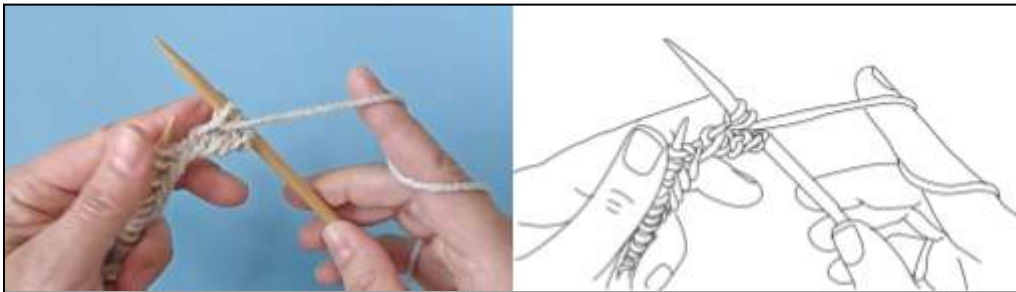
4. Wrap the working yarn around the right needle (**counterclockwise**), making sure the wrap goes over the top of the right needle tip.



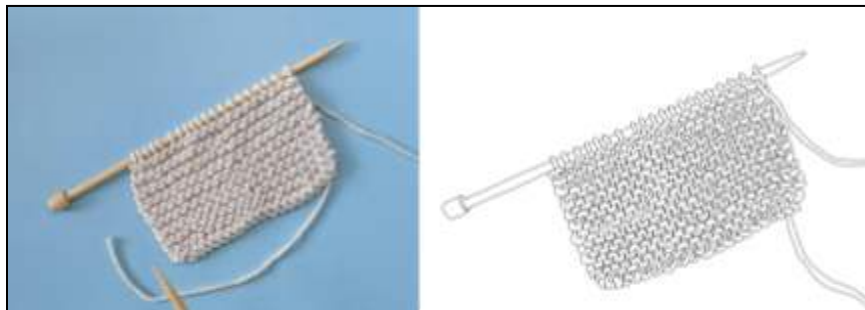
5. Pull the wrapped yarn through the stitch, creating a new loop on the right needle.



6. Slide the old stitch off the left needle—one purl stitch complete



7. Repeat steps 3–6 across the entire row. When you finish, turn your work so the needle with stitches is in your left hand again.
8. To make garter stitch using purl only, **purl every row**.
If you prefer purling, you can make garter stitch by purling every row instead. It creates the same bumpy fabric as knitting every row.



Tip:

- Always bring the working yarn to the front before each purl stitch.
- Garter stitch made with **purls** looks just like **garter stitch** made with **knits**. Pick the one that feels better to you.
- Practice purl rows a few times before moving on, especially if they feel tricky at first — it gets easier!

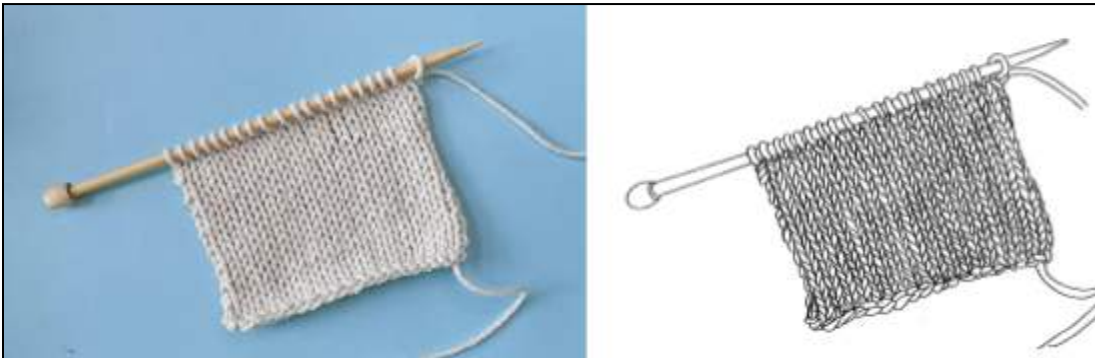
Section 4: Stockinette Stitch (Bonus!)

1. Stockinette uses both knit and purl stitches, alternating each row.
2. Knit one row, purl the next. Repeat.
3. Use a stitch marker (or yarn tail) to help track odd/even rows:
 - a. Odd rows: Knit
 - b. Even rows: Purl

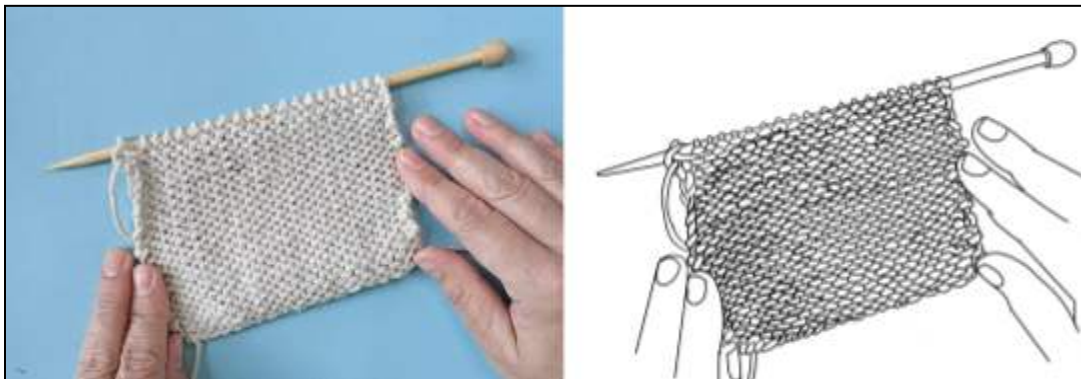


4. You will have a smooth “V” shape fabric on one side (knit side) and ridges on the other (purl side).

Knit side:



Purl side:

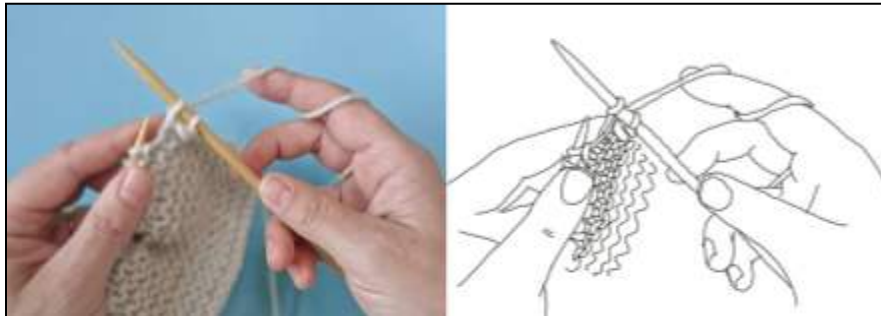


Tips (Stockinette Page):

- Keep your yarn **in back** for knit and **in front** for purl.
- Garter = lays flat; Stockinette = curls at edges.
- This is the foundation for scarves, hats, and many other items. Practice switching between stitches!

Section 5: Bind Off (Finish Your Work)

1. Knit the first two stitches from the left needle onto the right needle (as you've done before).



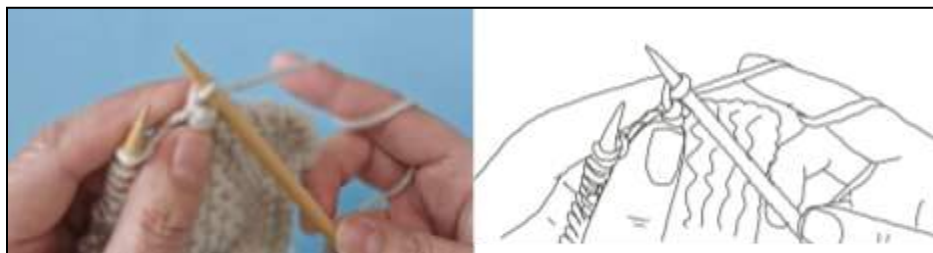
2. Using the left needle, lift the first stitch on the right needle... (This can feel a little awkward at first—keep your tension loose and slow)...



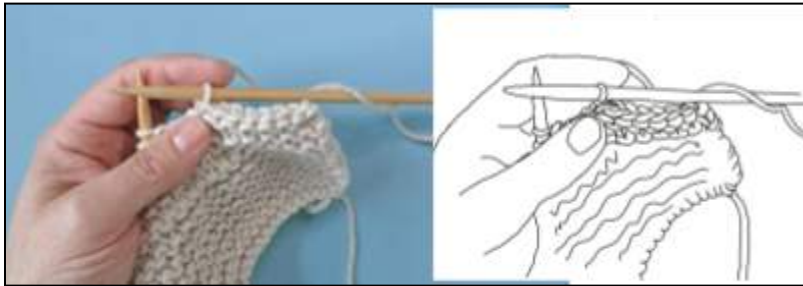
3. ...over the second stitch...



4. and off the needle—one stitch bound of



5. Knit the next stitch from the left needle onto the right needle. Again, lift the previous bound-off stitch over the new stitch and off the right needle.
6. Repeat the process—knit the next stitch, then lift the previous stitch over it—until one stitch remains on the right needle.



7. Pull the final loop larger and cut the working yarn, leaving a 6-inch tail. Pull that tail through the final stitch on the right needle, like tying a knot, and tighten to secure.



Tips:

- Keep tension relaxed; don't pull too tightly when lifting stitches over.
- If you're feeling resistance, stop and check your angle—binding off should feel smooth.

Section 6: Weave In Ends

1. Your swatch is finished, it's time to get the yarn needle to tuck in those tails and tidy things up.



2. Thread the 6-inch yarn tail onto a yarn (tapestry) needle.



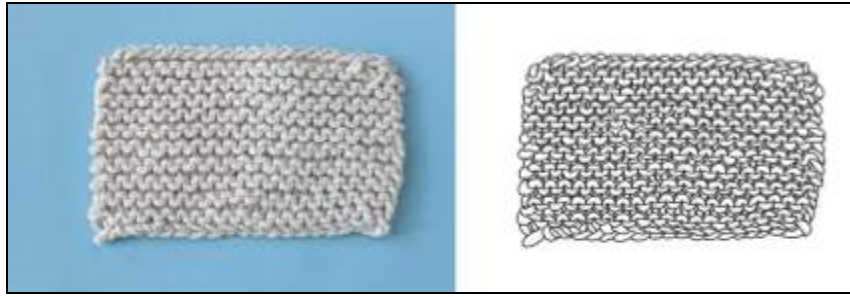
3. Position your knitted piece so the wrong side (back) is facing up.
4. Insert the tapestry needle under the next 3–4 stitches and pull the tail through in a straight line. Keep the yarn needle parallel to the stitches.



5. Change direction and weave the needle back under 3–4 additional stitches in a zig-zag pattern to secure the tail.

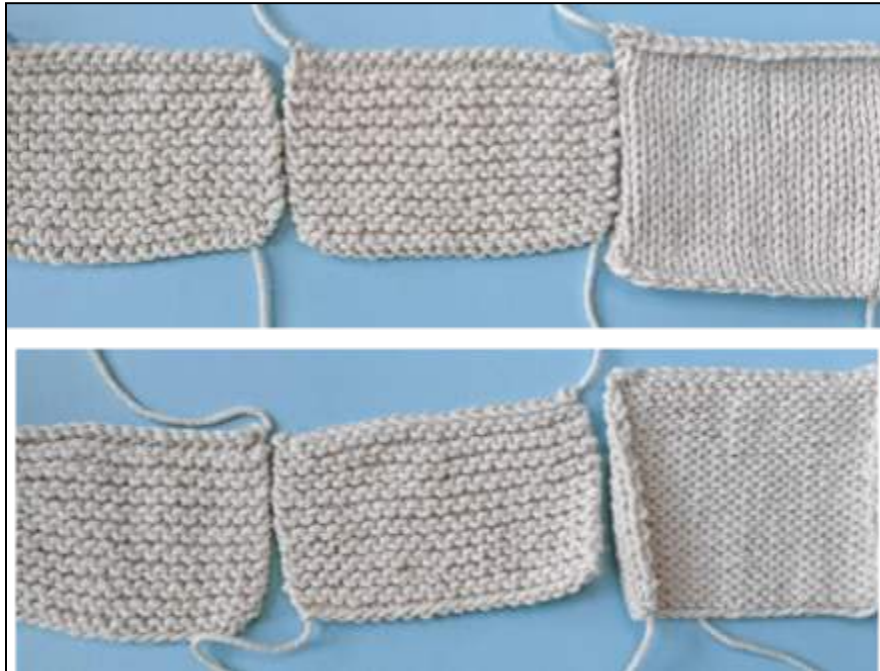


6. Trim any excess yarn close to the fabric. Your ends are woven in!



Tips:

- Weave your yarn tail through at least 3 stitches to prevent unraveling.
- Use gentle tension—just enough to secure the tail without puckering the fabric.
- If your yarn is extra fuzzy or delicate, you may want to weave a slightly longer path to ensure it holds securely without felted friction.



Section 7: Next Steps + Stitch Inspiration

Congratulations—you’ve mastered the basics! Now you can:

1. Practice garter stitch by knitting and purling simple swatches of any size.
2. Try working Stockinette by alternating knit and purl rows.
3. Revisit any section of this guide whenever you need a refresher.

If you want to turn one of your practice swatches into a finished project, check out our **full** “Stitch One, Chill One” course, which includes:

- In-depth voice-narrated tutorials for every stitch technique
- Practice patterns using only knit and purl: Birthday Headband, Cozy Coasters, and more
- Join our free, supportive community with the tag #StitchOneChillOne

✨ Learn more and grab the **deluxe** version when it’s available at [WildCapoStudio.com](https://wildcapostudio.com)! ✨

Happy knitting,
Jennifer | Wild Capo Studio

Remember: every stitch is progress—enjoy the journey!

