

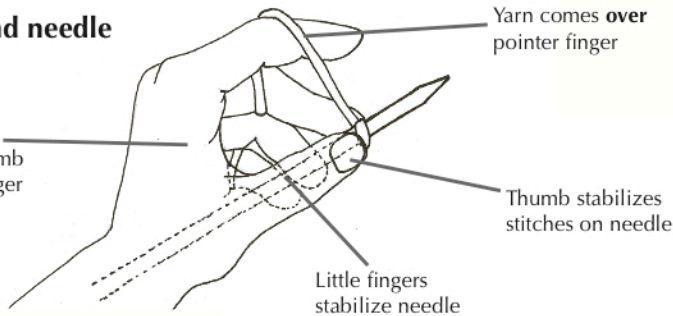
Continental Knitting

1 Be patient.
You are learning to knit all over again

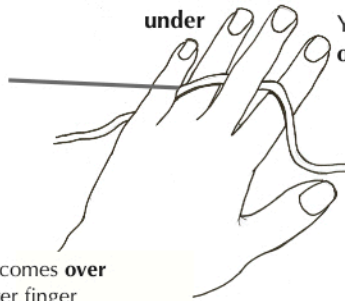
2 Tension is key.
Hold the yarn in your **left hand**

3 Grasp **left-hand needle**

Maintain a "U" shape with thumb and pointer finger

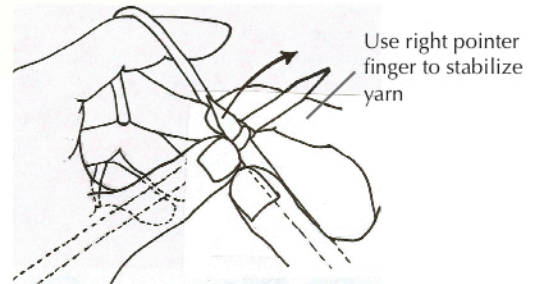
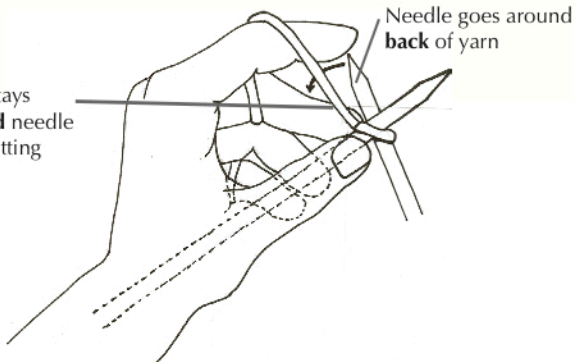


over under
under **over** **under**
Yarn position **over** the finger



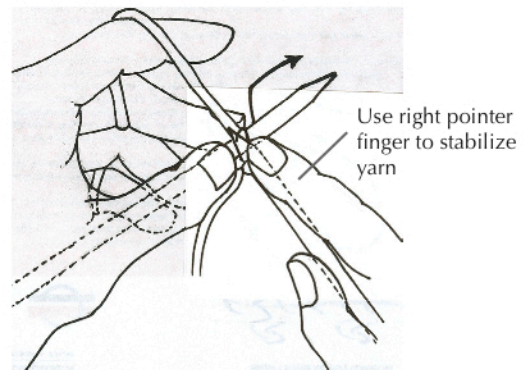
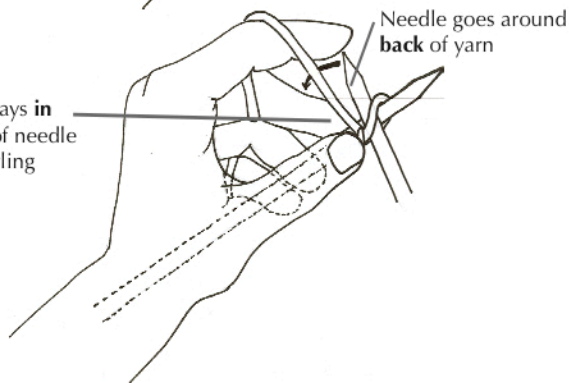
4 Knit:

Yarn stays **behind** needle for knitting



5 Purl:

Yarn stays **in front** of needle for purling



6 YO?
K2tog?
See if you can figure it out!



Questions?
Contact me!
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