

Thumb Method for Long-Tail Cast On

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1. Begin with a tail long enough to cast on required number of stitches.



2. Wrap yarn from front to back



3. Bring the tail to the front of the working yarn



4. Think of your thumb as the left-hand needle. Insert the right-hand needle into the yarn as if to knit.



5. Wrap the tail around the needle from back to front as if to knit.



6. Bring the needle through the loop.



7. Tighten the stitch, not too tight!



8 First stitch completed.



9. Wrap the tail around your thumb from front to back and insert needle as if to knit.



10. Wrap the yarn around the needle back to front and bring through loop as if to knit. (Figure 6)



11. Tighten up the stitch. Two stitches now on the needle.

Repeat 9 to 11 until the required stitches are on the needle.