

# Knit Stitch: Continental Style

In Continental Style, the working yarn is held in your left hand. Holding it in such a way as to achieve correct tension is key. (See tutorial at [www.talenawinters.com/holding-the-yarn](http://www.talenawinters.com/holding-the-yarn).)

Whether you are working in Continental or American style, the knit stitch has the same rules of formation:

- Working yarn goes behind the needle
- Right needle is inserted into first stitch on Left needle from left to right, front to back
- Yarn goes from left to right between the needles
- Finished stitch should have right “leg” of stitch in front of needle

Find this tutorial online (including a video demonstration) here:

<http://www.talenawinters.com/knit-stitch-continental>

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Find my patterns and tutorials at:  
[www.mysecretwish.ca](http://www.mysecretwish.ca)

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1. Working yarn should be coming from right needle unless it is the first stitch in the row. It should be behind left needle. Keep it taut.



2. Insert right needle through 1st stitch, front to back, left to right, under left needle.



3. Needles should be crossed through the 1st stitch, right under left.



4. Move working yarn between the two needles from left to right. Keep tension on working yarn tight.



5. Use tip of right needle to drag working yarn back through stitch and make a loop on the R needle. Needles should be at a right angle and tension on working yarn must be tight.



6. Finish pulling new loop through stitch. You have now created a new stitch on the right needle.



7. To complete the stitch, pull the old stitch off of the left needle. Use your thumb and forefinger on the left hand to hold other stitches in place.

