

# Basic Nålbinding part 1: Oslo Stitch (F1 UO/UOO)

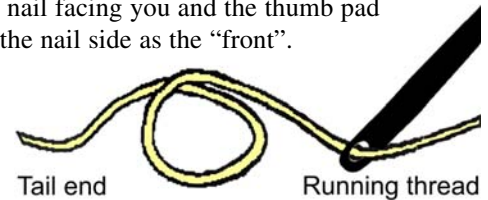
taught by Gudrun Ottosdottir at University of Atlantia

## Before you start you need to know...

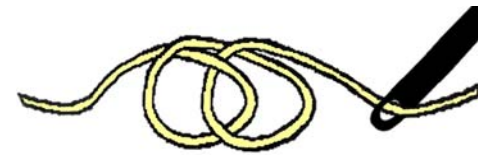
- Nålbinding is always worked left to right.
- Every nålbinding project begins with the same basic pretzel-shaped loops as described in Steps 1-3.
- Be aware that the first few stitches are always the hardest since it's easy for them to lose their shape and get tangled! So I suggest you work with a firm bulky yarn that holds its shape and forms nice, round loops. You can also use cotton or hemp twine if you find it easier to work with.
- In my directions below your left hand should always be positioned with the nail facing you and the thumb pad away from you. I will refer to the pad side as the "back" of the thumb and the nail side as the "front".

**Step 1:** Working in a clockwise direction, make a single loop like this with the crossing point at 12 o'clock.

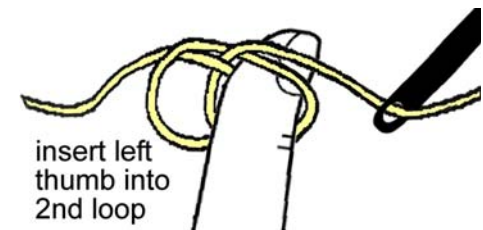
**Note:** Since nålbinding is worked left to right the "tail end" will always be on the left and your "running thread" will always be on the right.



**Step 2:** Make a second interconnected loop by putting your needle through the front of the first loop and over the running thread so it ends up looking like an upside-down pretzel. These first 2 loops can be worked on a flat surface if that's easiest for you.

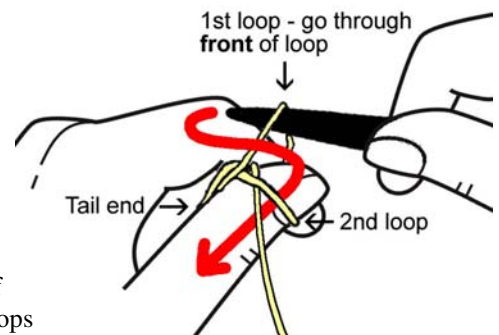


**Step 3:** Making sure you keep your "pretzel" intact, slip the tip of your left thumb into the 2<sup>nd</sup> loop and make sure the running thread lies over the top of your left thumb so it's towards you. Hold your left thumb so the nail-side is in front.



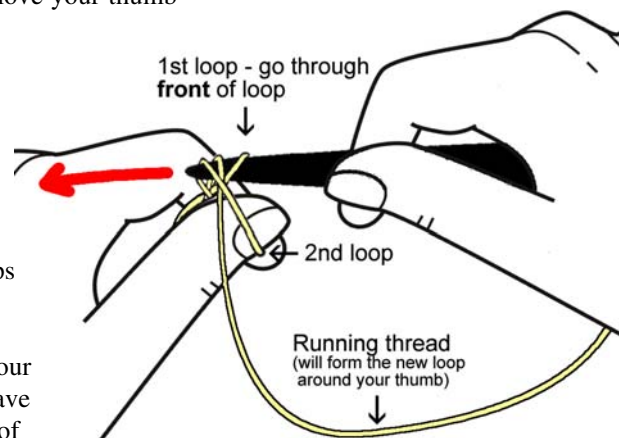
**Note:** As you work, your running thread should **always** be run over the top of your left thumb coming towards you.

**Step 4:** This is the beginning of the "Oslo" stitch. With the 2<sup>nd</sup> loop on the tip of your left thumb, the 1<sup>st</sup> loop on the pad of your thumb, take your needle and pick up the 1<sup>st</sup> loop off the pad of your thumb with the tip of your needle. Rotate your needle counterclockwise about 45° so you can go down and pick up the 2<sup>nd</sup> loop and the running thread from the front of your thumb. The arrow shows the path your needle will follow.



**Step 5:** Once you have the 1<sup>st</sup> loop, 2<sup>nd</sup> loop and running thread on the tip of your needle, pass the needle and running thread all the way through all the loops (see red arrow). As you're pulling the running thread through, remove your thumb from the 2<sup>nd</sup> loop and stick your thumb into the new loop being formed by the running thread.

**Note:** Every time you create a new loop you will need to stick your thumb into it. So be careful not to pull your running thread so fast or tight that you make a knot instead of a new loop on your thumb!



**Step 6:** With the new loop around your left thumb tip, repeat steps 4-5 to make more loops and make a nice long chain! Always keep your chain positioned so it's running off the back of your left thumb—when you get enough loops formed you can gently hold your chain in your left hand as you work. Continue to work until you have 30-40 loops and then you will learn how to connect the two ends of your chain to form a circle so you can begin making a sock, mitten or cap!

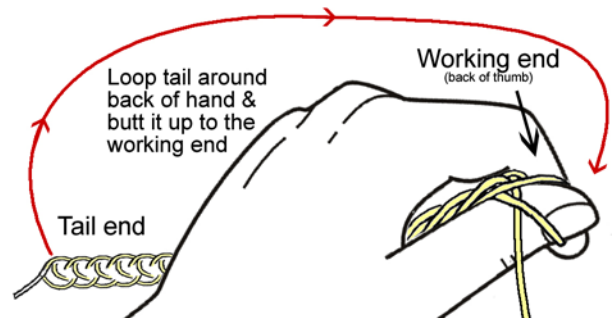
## Basic Nålbinding part 2: Make a tube by connecting to the previous row with a “F1” join

In order to join to the previous row to form your chain into a tube, you need to connect each new loop to the top edge of the previous row—just like in knitting and crochet.

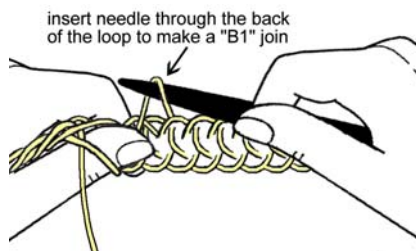
The vast majority of nalbound articles are created “in the round” instead of “in the flat” like knitting and crochet. With knitting and crochet you can work back and forth to create flat squares with firm and even side edges (like a scarf or shawl). Nalbinding is not as well suited to being worked back and forth and instead works best when the two ends are joined to form a tube or circle which you then build up round by round to make a sock or mitten or cap.

**Step 1:** After creating 30-40 Oslo stitches your chain should be running off the back of your left thumb and held gently in your left palm. **Make sure the chain is flat and not twisted like a corkscrew**—if the chain is twisted when you attach the two ends together you will end up with a Möbius strip instead of a proper tube!

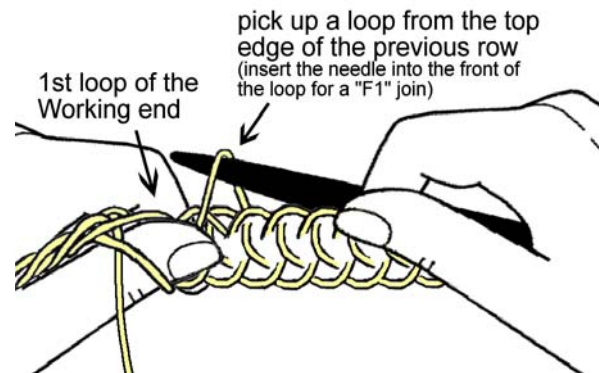
**Step 2:** Holding your left hand in the normal working position, reach your right hand over your left hand to grasp the tail end of your chain (which is running off to the left). Take the chain and form a clockwise loop with the chain so the tail end meets the working end on the back of your thumb. This is the beginning of our tube.



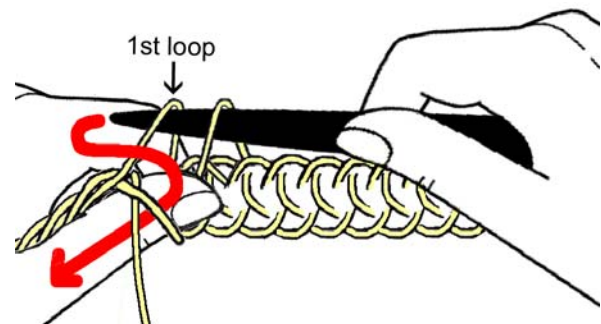
**Step 3:** Hold the two ends gently together with your left thumb and index finger—the tail end is now to the right of the working end. Pick up a loop from the previous row by inserting your needle through the **front** of the loop.



**Note:** Inserting the needle through the **front** of one loop is an “F1” join. Inserting the needle through the back of one loop is a “B1” join. Inserting the needle through the front of 2 loops is an “F2” join; through the back of 2 loops is a “B2” join, etc...



**Step 4:** Next pick up the 1<sup>st</sup> loop on the back of your thumb and make an Oslo stitch.



**Step 5:** Repeat steps 3-4 as many times as you like so you can perfect your technique!