

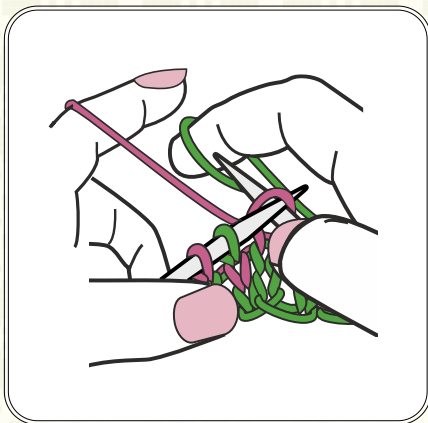
# Two-handed Stranded Knitting

Hold the background colour yarn (MC) as for English style knitting, ie in the right hand.

Hold the foreground colour yarn (CC) as for Continental style knitting, ie in the left hand.

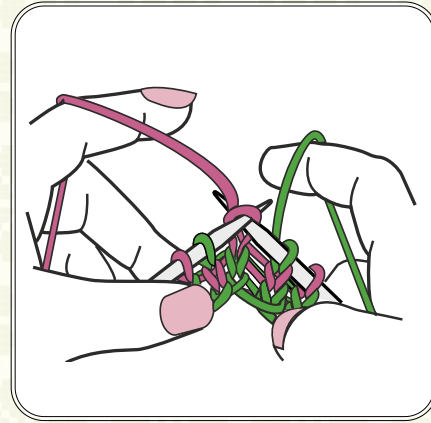
Holding both yarns at once in this manner (one in each hand) knit all the background colour stitches English style, and all the foreground colour stitches Continental style:

## ENGLISH STITCHES



- 1) Insert the point of the working needle into the stitch.
- 2) With the right hand wrap/throw the yarn around the point of the working needle, taking it under the needle from behind.
- 3) Draw the yarn back through the stitch, dropping the stitch from the passive needle as you do so.

## CONTINENTAL STITCHES



- 1) Insert the point of the working needle into the stitch.
- 2) Use the needle point to hook/pick up the yarn from the left hand, taking the needle behind the yarn from above.
- 3) Draw the yarn back through the stitch, dropping the stitch from the passive needle as you do so.

As you can see from the illustrations and instructions above, the difference between English and Continental knitting is in where the yarn for the stitch comes from. The method for placing the yarn around the needle when knitting the stitch (English 'throwing' or Continental 'picking') only varies because of this. It is impossible to tell which method was used by looking at stitches on the needle, ie the stitches sit on the needle the same way whichever method was used to make them.