

TRYPOPHOBIA SHAWL

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TRYPOPHOBIA is a fear of small clusters of holes or shapes that resemble holes. This triangular shawl is bordered with holes of increasing size. A special series of decreases and increases is used to easily create the large hole stitches in this project. You don't need to bind off and cast on to create these large holes.

References

Lucy Neatby's book [A Little Book of Big Holes for Hand-Knitters](#) contains a lot of information on this technique. It's the best source of other patterns with holes!

Find it on Ravelry: <https://www.ravelry.com/patterns/library/trypophobia-shawl>

Tag your project on social media:
#TrypophobiaShawl #KnitBoldly



Editing: Liz Rolle

Photos by: Beth Shepherd Peters
and Gosadi / Hannah Schweiss



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Sample A (fingering, green)

Finished Size: 70" (178 cm) wide and 18.5" (47 cm) deep.

Yarn: Freia Ombre Yarn Bomb, 860 yards (786m) per 200g; 100% merino.

Needles: Size 7 (4.5 mm)

Gauge: 20 sts and 40 rows in garter stitch = 4 x 4" (10 x 10 cm) square.

Other Supplies: 1 marker, yarn needle, pins, blocking surface and steamer.

Yarn info for substitution:

General info - Any yarn will work with this project regardless of weight as long as it doesn't break easily.

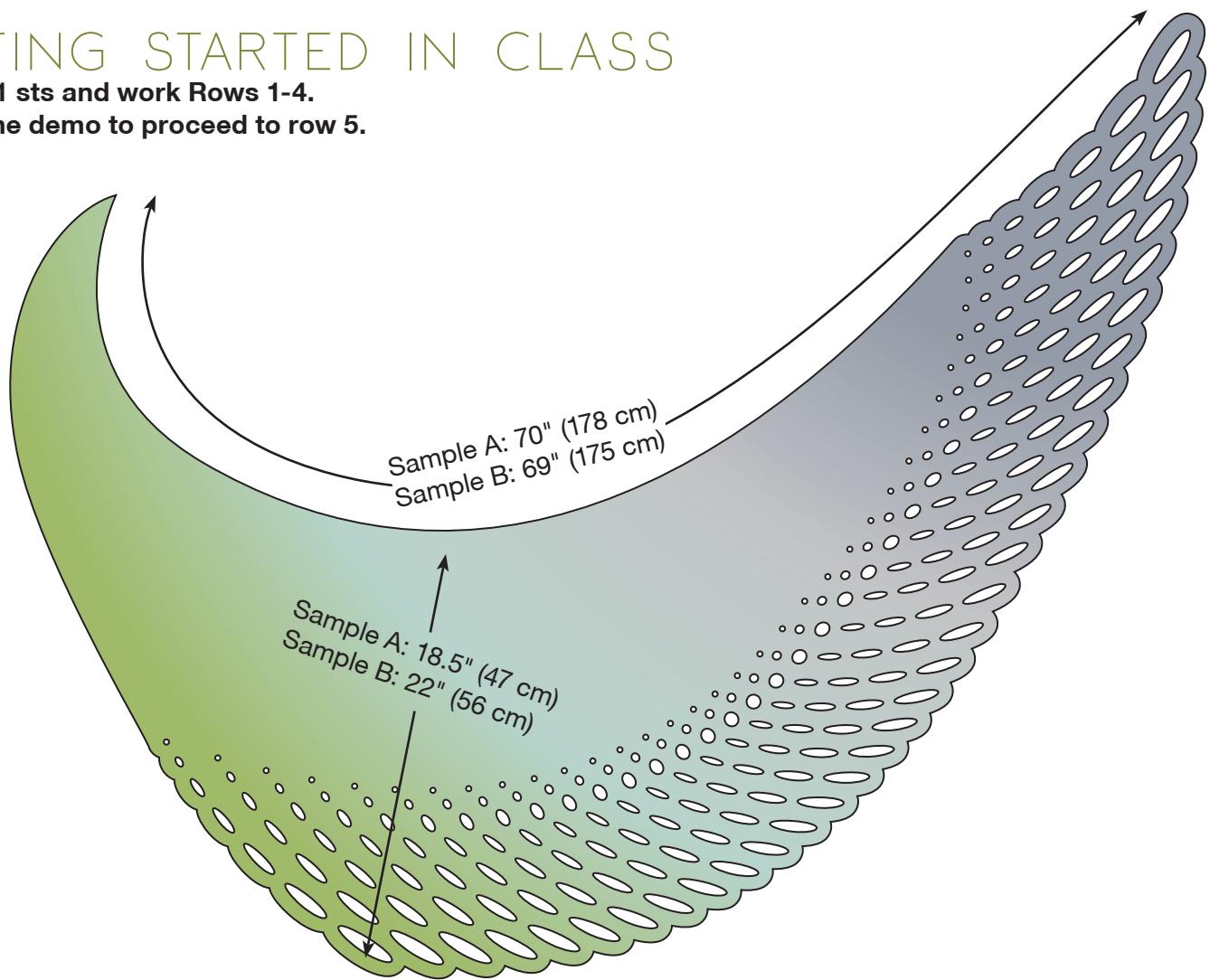
Changing the size of the shawl - Rows 6-11 may be repeated as many times as you like to get the size you want. In the smaller gauge, every 6 rows changes the width by 1.5" (3.75 cm), and in the larger changes the width by 2" (5 cm).

Changing the weight of the yarn - Use a needle 2-3 sizes larger than the size recommended on the ball band. Because the finished size is easy to adjust, pick your needles by the drape of the fabric, not by gauge. If the fabric is stiff, go up a needle size.

GETTING STARTED IN CLASS

Cast on 71 sts and work Rows 1-4.

Wait for the demo to proceed to row 5.



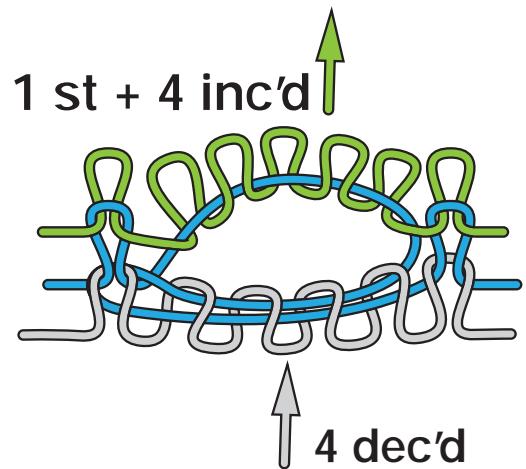
MAKING HOLES

Each set of holes is worked over the course of 2 rows.

The holes open with a decrease (blue). This looks like an elongated stitch being pulled through the upcoming stitches on the left hand needle (gray). 1 or more YOs brings the working yarn across the gap created by the decreased stitches, then the loop from the decrease is knit together with a stitch on the left hand needle.

On the return row (green) a bunch of stitches are made in the YO stitch and any extra wraps are dropped. There will always be 1 more stitch after the increase than there was before the decrease.

The example above shows 4 sts decreased as part of a H4 and 5 sts coming out of that same hole in the increase row (M4 into the YO).



Tips for Success

Be patient as you figure out how your tension works with these stitches.

- There are a few ways to make the holes looser or tighter. Every knitter will have slightly different tension.
- Not all sizes behave the same. Smaller holes are easier to tension than larger ones.
- Always remember to knit the remaining loop of the hole decrease and the next stitch on the left hand needle together (HK2tog) after the yarn overs.

Photo guides on page 7 show examples of small and large hole stitches worked over the course of 2 rows.

STITCH DEFINITIONS

H2 - Place working yarn in front of the LH ndle, pass 2 sts over.

H4 - Place working yarn in front of the LH ndle, pass 4 sts over.

H6 - Place working yarn in front of the LH ndle, pass 6 sts over.

H8 - Place working yarn in front of the LH ndle, pass 8 sts over.

H10 - Place working yarn in front of the LH ndle, pass 10 sts over.

H12 - Place working yarn in front of the LH ndle, pass 12 sts over.

HK2tog - Knit the remaining loop of the hole decrease and the next stitch on the left hand needle together. Always occurs after a yarn over. (1 st dec'd)

K2tog - Knit 2 stitches together. (1 st dec'd)

KFB - Knit into front loop, do not slip from LH needle; knit into back loop to finish stitch. (1 st inc'd)

KYOK - (Knit, Yarn Over, Knit) Knit a stitch, leaving stitch on LH ndle; without dropping stitch, YO, knit into front loop of same stitch again, slipping stitch from LH ndle to complete increase. (2 sts inc'd)

M4 (M6, M8, M10, M12) - *Knit into the YOs from the previous row leaving stitch on LH ndle. Without dropping stitch, YO, rep from * 1 (2, 3, 4, 5) more times; knit into front loop of same stitch again, slipping stitch from LH ndle and dropping all extra wraps to complete increase. (4, 6, 8, 10, 12 sts inc'd)

SB - Slip back to left needle without twisting.

SI1YF - With yarn in front of work, slip one stitch purlwise.

YO (YO2, YO3, YO4) - Yarn Over, wrap as many times as indicated by the number. On the next row, this is treated as one stitch.

WRITTEN INSTRUCTIONS

Charted instructions are on pages 5-6

Setup

Cast on 71 sts using the Long Tail method.

Row 1 (RS): Sl1YF, KFB, K1, place marker, K to last 2 sts, K2tog. 67 sts after marker, 71 sts in total

Row 2: Sl1YF, K to last 2 sts, KFB, K1. 72 sts in total.

Row 3 (RS): Sl1YF, KFB, K to last 2 sts, K2tog. 66 sts after marker, 72 sts in total.

Row 4: Sl1YF, K to last 2 sts, KFB, K1. 73 sts in total.

Row 5 (RS, wait for hole stitch demo): Sl1YF, KFB, K to marker, slip marker, YO, K2tog, K2, H2, YO, HK2tog, K2, H4, YO2, HK2tog, K2, H6, YO2, HK2tog, K2, H8, YO3, HK2tog, K2, H10, YO3, HK2tog, K2, H12, YO4, HK2tog, K2, K2tog. 38 sts after marker, 46 sts in total.

Repeat

Note: Drop all extra wraps as you work Row 6.

Row 6: Sl1YF, K3, M12, K3, M10, K3, M8, K3, M6, K3, M4, K3, KYOK, K4, remove marker, K3, place marker, K to last 2 sts, KFB, K1. 74 sts before marker with WS facing front.

Row 7 (RS): Sl1YF, KFB, K to last 2 sts, K2tog. 73 sts after marker with RS facing front.

Row 8: Sl1YF, K to last 2 sts, KFB, K1. 1 st inc'd

Row 9 (RS): Sl1YF, KFB, K to last 2 sts, K2tog. 72 sts after marker with RS facing front.

Row 10: Sl1YF, K to last 2 sts, KFB, K1. 1 st inc'd

Row 11 (RS): Sl1YF, KFB, K to marker, slip marker, YO, K2tog, K2, H2, YO, HK2tog, K2, H4, YO2, HK2tog, K2, H6, YO2, HK2tog, K2, H8, YO3, HK2tog, K2, H10, YO3, HK2tog, K2, H12, YO4, HK2tog, K8, K2tog, [SB2, K2tog] x 6. 38 sts after marker with RS facing front.

Work Rows 6-11 until yarn is nearly finished. 46 more times for Sample A and 29 more times for Sample B. Each repeat increases the total stitch count by 3 sts.

Work Rows 6-10 one last time, then bind off loosely.

FINISHING

Shape into a curved triangle with each hole along the edge individually pinned. Steam and let dry before unpinning. Always follow washing instructions on yarn label.

NOTES

Tag your project on social media: #TrypophobiaShawl #KnitBoldly

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CHARTED INSTRUCTIONS

Witten's instructions are on page 4

Cast on 71 sts using the long tail cast on method

Work through the **Chart** below: placing a marker in Row 1.

Note: Remember to drop all extra wraps as you work Row 6 and move the marker forward 3 sts.

Work Rows 6-11 until yarn is nearly finished. 46 more times for Sample A and 29 more times for Sample B

Each repeat increases the total stitch count by 3 sts.

Work Rows 6-10 one last time.

Bind off loosely.

Marker

 - Place yarn in front of the LH ndle, pass 2 sts over, YO.

[H4, Y02] - Place yarn in front of the LH handle, pass 4 sts over, Y02.

H6, Y02 - Place yarn in front of the LH needle. Pass 6 sts over Y02.

no. 103 - Place yarn in front of the LH needle, pass 8 sts over, YO3.

H10, Y03 - Place yarn in front of the LH handle, pass 10 sts over, Y03.

H12, YO4

- - RS, Knit; WS, Purl.
- - Marker placement

← - SB2, K2toq

- Remove marker,
K3, place marker

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LARGE PRINT CHART

For the best results, print this chart out and tape it together into one long chart as shown on page 5.

Written instructions are on page 4.

Chart instructions, small print chart and stitch key on page 5.

Left Side

Marker

Right Side

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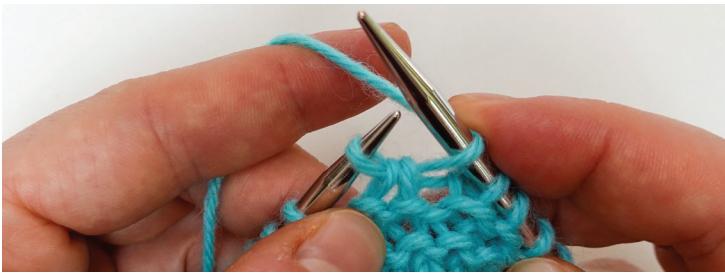
Small Hole (2 sts wide)



H2 Step 1: Place yarn in front of the LH needle



H2 step 2: Pass 2 sts over



Yarn over, this will fall directly over the decrease.



K2tog, including the stitch created by the H2



On the next row, KYOK into the yarn over.

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Larger Hole (12 sts wide)



H12 Step 1: Place yarn in front of the LH needle



H12 step 2: Pass 12 sts over. Stretch the loop out.



Yarn over 4 times, do not pull the yarn tight.



K2tog, including the stitch created by the H12



On the next row, make 12 into the yarn over.

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