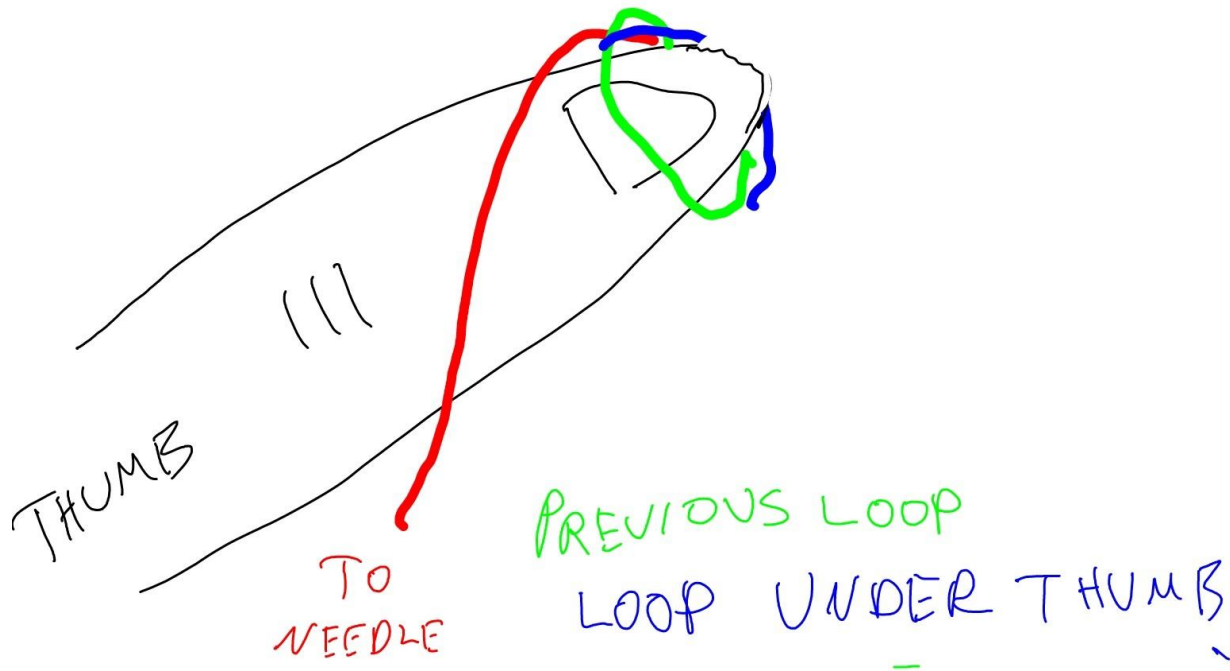
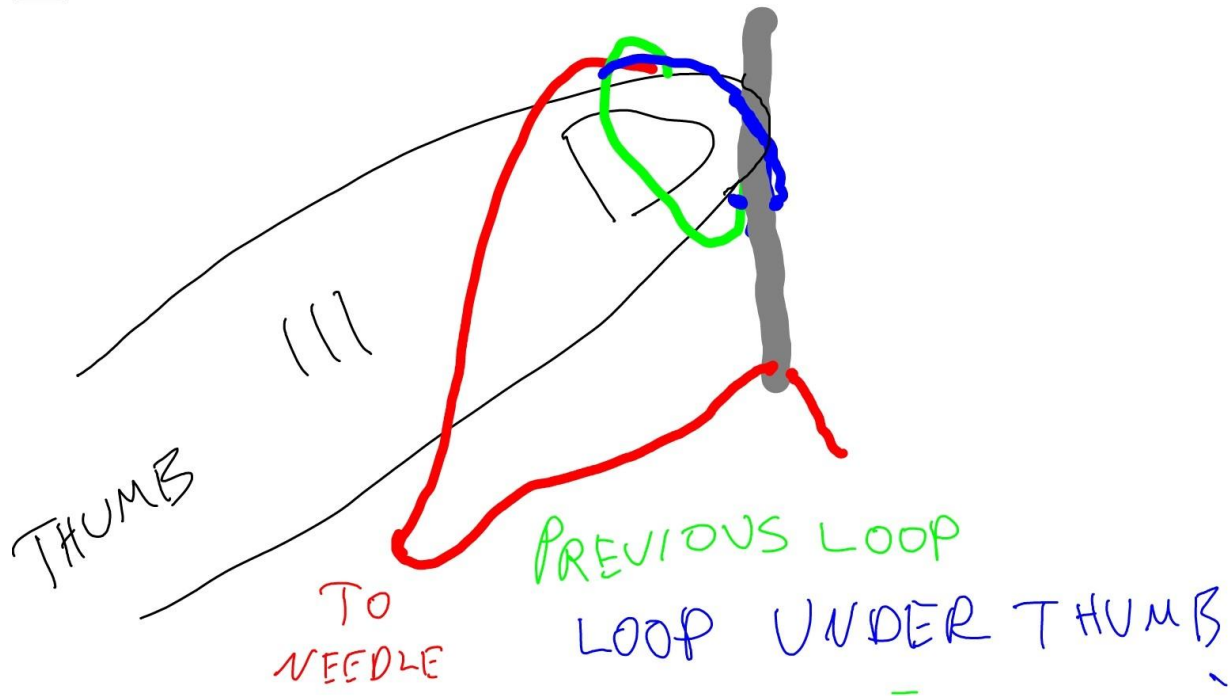


Hello! Welcome to Nalbinding 101! This is an illustration of how to do the Oslo stitch. It is the simplest stitch to do, and is a building block for many of the other stitches. The first set of instructions are for Right-handers. You will be using the thumb of your left hand to hold your stitches.

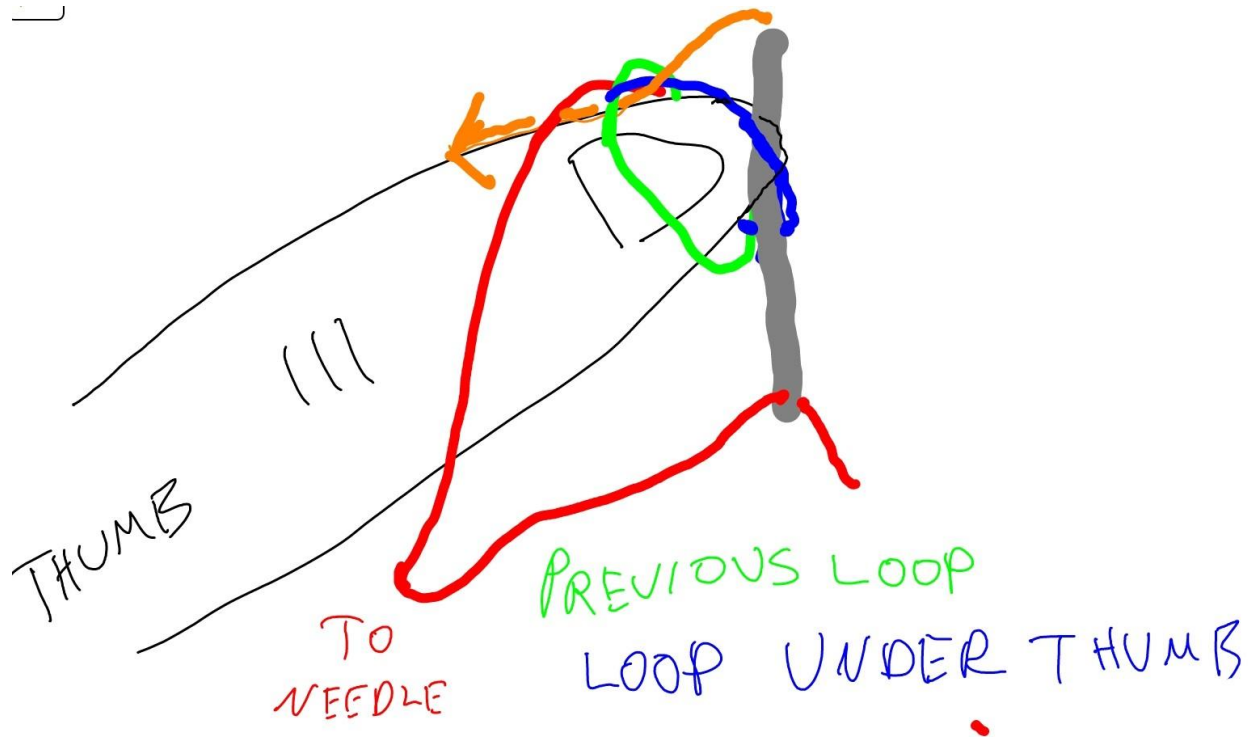


Please excuse my terrible drawing skills. This is how your project should look between stitches. The blue loop is actually under the pad of your thumb.

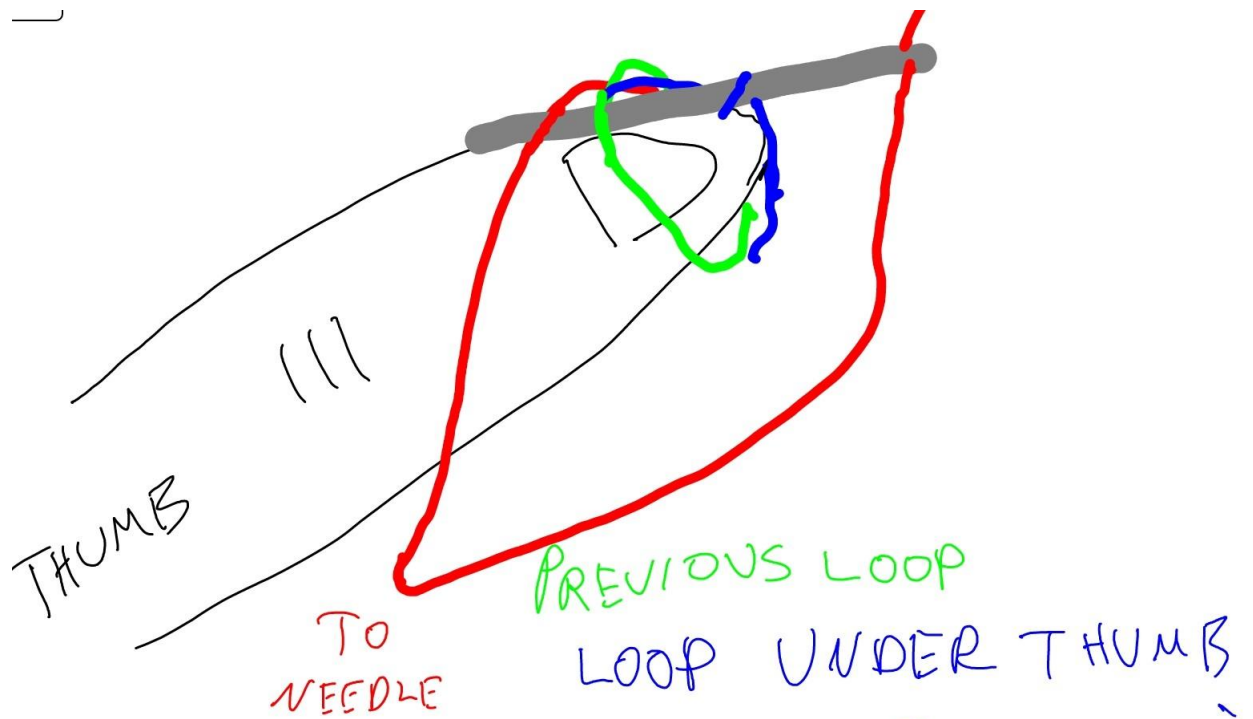
Step 1: Insert your needle into the loop that is behind your thumb, pointing away from you. In this picture, I have pretended that your thumb is transparent.



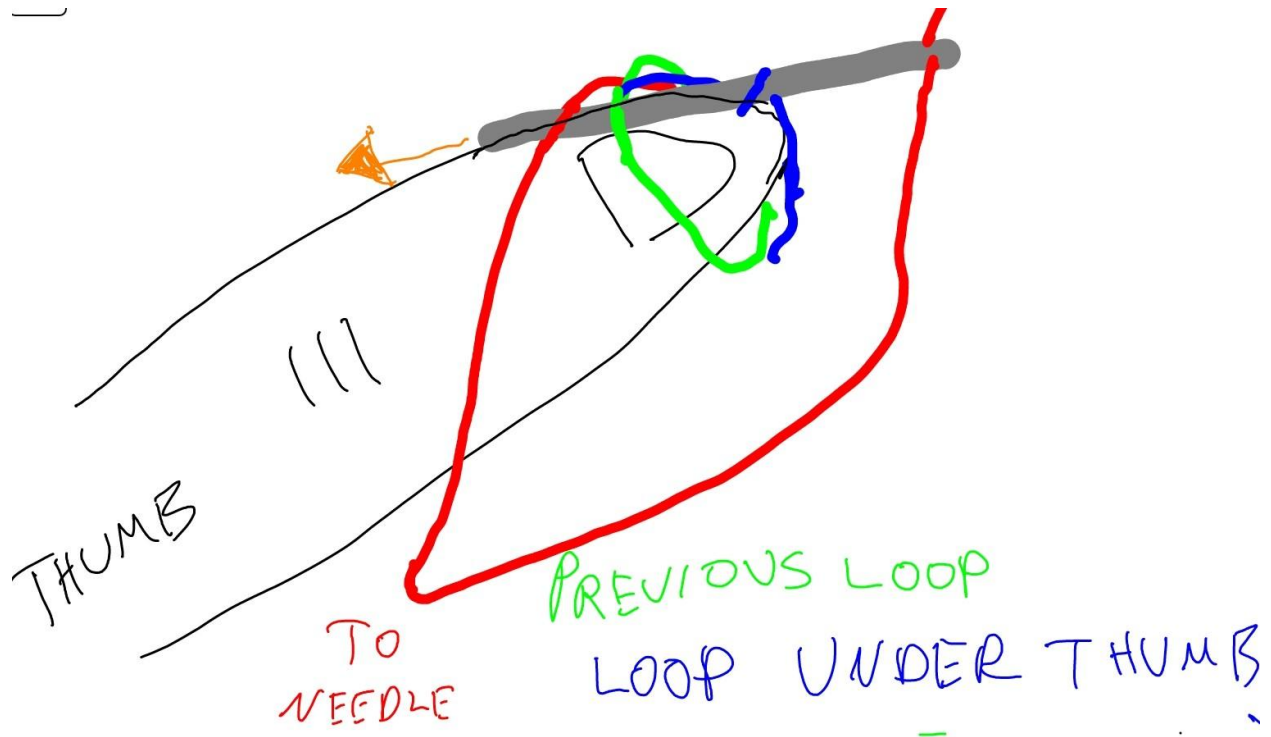
Step 2: Now you need to bring the needle back around, to go in between the chain of stitches and your thumb pad. Make sure it's under both the loop and the live yarn tail that are around your thumb.



Doing this correctly will twist the (blue) loop that's behind your thumb. That's intentional.



Step 3: Before you pull the needle through, take your thumb out of the loop around it. That loop now goes under the pad of your thumb. Gently grip all the loops between your fingers and your thumb as you pull the needle and its tail.



Continue pulling the tail through. You may need to grab and pull more than once. As you pull it, it will eventually tighten around your thumb and become the new thumb loop.

