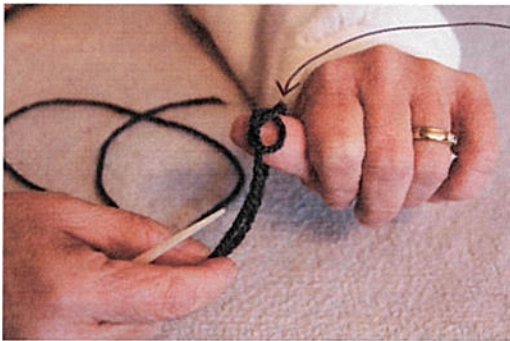


# Nålbinding: The Oslo Stitch

## Part 1: Attach the yarn to your thumb.

1. Thread your needle.
2. Make a small overhand knot at the other end of the yarn, but do not pull it tight.
3. Place the knot on the pad (back) of your left thumb, with the needle end of the yarn (the working thread) to the left (going between thumb and index finger). Gently hold it in place with your index finger.
4. Bring the working thread in front of your thumb.
5. Pass the needle through the loop on the pad of your thumb, passing over the right side of the loop and under the left side of the loop.
6. Carefully pull the yarn tight so that the first loop stays on the back of your thumb and the yarn goes snugly around the front. At this point, if you let go, the loops stay in place.



## Part 2: Make a "caterpillar."

1. Pass just the tip of the needle through the loop on the back of your thumb by going under the loop from front to back.
2. Twist the needle and pass it under the loop and thread that is around your thumb. Pull the yarn tight around your thumb.
3. At this point you can begin to adjust the size of your loops to suit the size of your yarn. Carefully remove the top loop from your thumb and gently pull at the left side of the loop that is still around your thumb, until the first loop tightens up next to the preceding loop. Tighten the loop around your thumb by pulling on the working thread.
4. Again, bring the needle tip under the first loop on the back of your thumb, twist and go under the loop around your thumb. Pull tight. If needed, adjust the stitch size as before.
5. Continue making stitches in this way until the cord is long enough for your project.



Because nålbinding stitches naturally twist, you may find that your caterpillar changes its angle off the back of your thumb as you work. That's OK. Keep going if it is comfortable, or adjust the cord.

If you put the caterpillar down while you are working, you will know you have it in the correct orientation to continue when the working thread is on the left and on the underside of the last loop (the loop that belongs on your thumb).

### Part 3: Make a ring.

1. With the caterpillar attached to the back of your thumb, carefully stretch out the cord and eliminate the twists.
2. Bring the starting stitch around and hold it just below the stitch on your thumb.
3. Pick up the top of the first stitch with the tip of your needle.
4. Pass the tip of the needle through the first loop on the back of your thumb, twist and pass under the loop on your thumb.
5. Pull the yarn tight. Adjust the size of the loops if needed.
6. Pick up the next loop in the ring, pass through the first loop on the back of your thumb, twist and go under the loop on your thumb. Continue making stitches in this way.



As you make the ring you will notice that the angle that you hold your left hand shifts. Hold your hand however it is comfortable.

To decrease the number of stitches, just skip a loop in the ring.

To increase the number of stitches, just make 2 stitches in the same loop of the ring.

Find good YouTube videos -

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