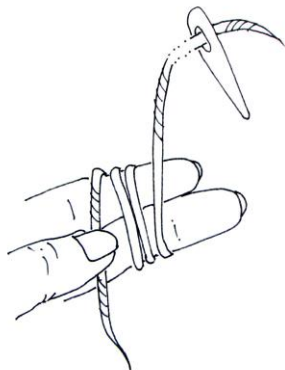


# Nalbinding

## How to start

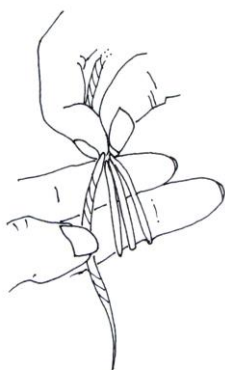
In nalbinding yarn does not run from a ball of yarn like in knitting and crocheting. Nalbinding requires short lengths of yarn. For practising, cut a piece of yarn, about 1 to 2 m long. When you are familiar with the technique, you will probably want to use longer lengths, like 5 to 15 m. Thread the nalbinding needle.



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1. Wrap the yarn around your fingers 3 times.

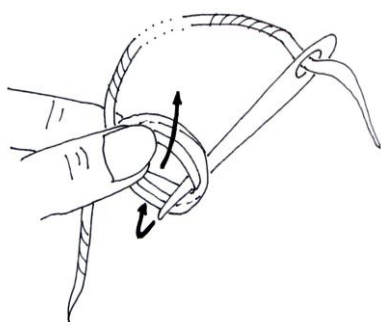
Leave the tail of yarn a bit longer (ab. 30 to 40 cm) if you want to use the tail for finishing off the edge where you started.



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2. Grab the loops at the top.

Move the loops to your left hand, between thumb and forefinger (see below, picture 3).



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### NOTE

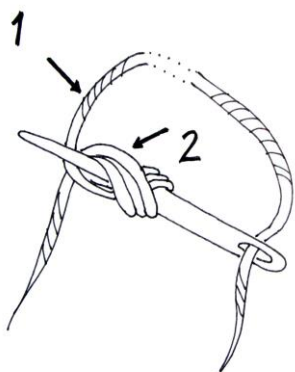
In the next phase push the needle through **only halfway**.

3. Turn the needle towards yourself and upwards, and insert the needle through the loops, from bottom to upwards, like shown on the picture. **Do not** push the needle all the way through.

Turn the needle tip first downwards, and then away from yourself, and continue by inserting the needle through the loops, from bottom to upwards, like the arrow shows.

**Do not** push the needle all the way through.

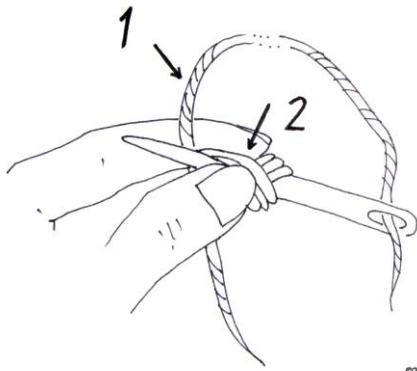
**Let the needle stand at its place** (see below, picture 4)



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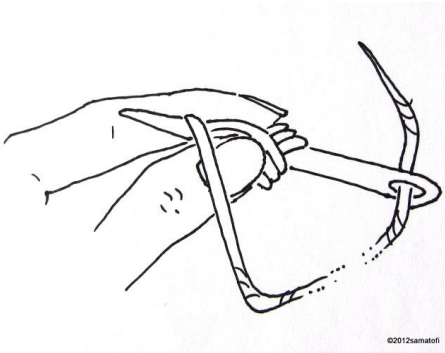
4. The loops form an 'eight' around the needle.

1 - *needle yarn or working yarn*, this will form one thumb loop  
2 - these loops form more thumb loops



5. Grab the 'eight' between your fingers

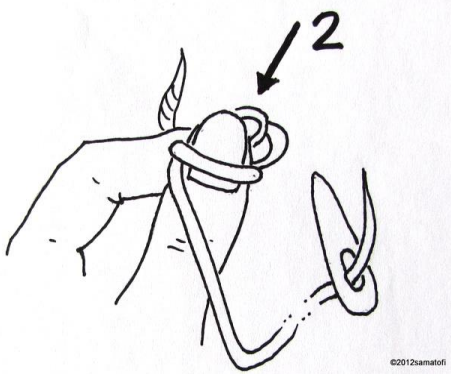
1 - turn the *needle yarn* (1) onto the thumb (see below, picture 6)



6. Turn the *needle yarn* (1) onto the thumb.

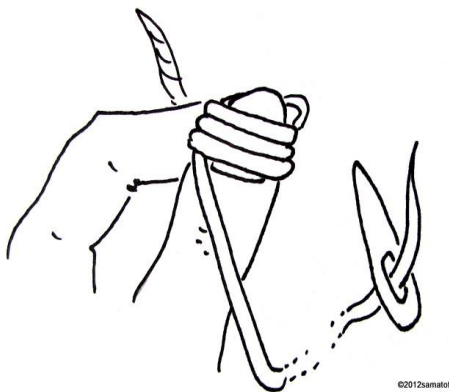
Hold securely the needle and loops between your fingers, and pull the needle and yarn through entirely.

*Needle yarn* tightens around the thumb and forms a *thumb loop* (see below, picture 7).



7. There is now one *thumb loop* around the thumb.

Use the needle tip to lift two loops (2) from behind the thumb onto the thumb.



8. There are now *three thumb loops*.

**The first loops are now ready, and you can start doing the actual nalbinding stitches** (page 3, "Finnish Stitch 2+2").

*Needle yarn* – runs across the thumb; from the work into the needle; needle yarn always forms the next thumb loop

*Thumb loops* – the loops around the thumb

*Small loops or back loops* – the loops behind the thumb

## IMPORTANT

**Tension the newest thumb loop always at the bottom, below the older thumb loop(s).**

When the stitch type requires more than one thumb loop, always pick up the oldest one (the topmost one). If the order of thumb loops gets disorganized, and they are picked up in wrong order, there will be a visible error.

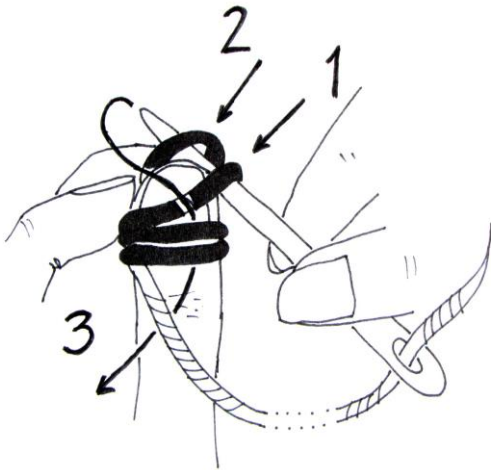
Nalbinding textile builds up to the opposite direction compared to knitting or crocheting. New loops accrue on the left hand side, and the work proceeds from left to right.

# Nalbinding Finnish Stitch 2+2

(UUOO/UUOOO)

When you have the first loops around your thumb (pages 1-2), you are ready to start doing the actual nalbinding stitches.

(This pdf shows how to do the Finnish Stitch 2+2, which has been the most common stitch type in Finland).



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Start-up – Make 3 loops around the thumb.

**1** - Pick up the oldest/topmost thumb loop onto the needle. While doing this, that thumb loop slips off the thumb.

**2** - Pick up onto the needle also one small loop (or back loop) from behind the thumb (one at the right).  
(Note. At first the small loop may not be easy to see/find. In that case pick up any loop onto the needle. At the second and third actual nalbinding stitch the small loops behind the thumb are better seen.)

**3** – Turn the needle tip towards 8 o'clock, towards the root of the thumb, and insert the needle (on the **pad** side of the thumb) through two thumb loops, and under the needle yarn. See picture 1 (on the left), and picture 2 (below).

**Note.** On the upper picture the arrow runs across the thumb nail, but in practice, when you are doing the stitch, the needle runs on the **pad** side of the thumb!!! (see picture below)



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There are two loops on the needle (=the oldest/topmost thumb loop and one small loop (or back loop)), and needle goes under two thumb loops and under needle yarn.

Hold securely the loops between your fingers, and pull the needle and yarn through.

A new thumb loop tensions around the thumb.

Note. Tension the newest thumb loop always at the bottom.

### Continue making these actual nalbinding stitches

Pick up the oldest/topmost loop around the thumb, and one small loop from behind the thumb. Push the needle under two thumb loops and under needle yarn. Pull the needle and yarn through, and tension a new thumb loop..

### **Mnemonic: 2 loops stay around thumb - 2 loops are picked up onto the needle**

Nalbinding builds up to the opposite direction compared to knitting and crocheting. New loops accrue on the left hand side, and the work proceeds from left to right.



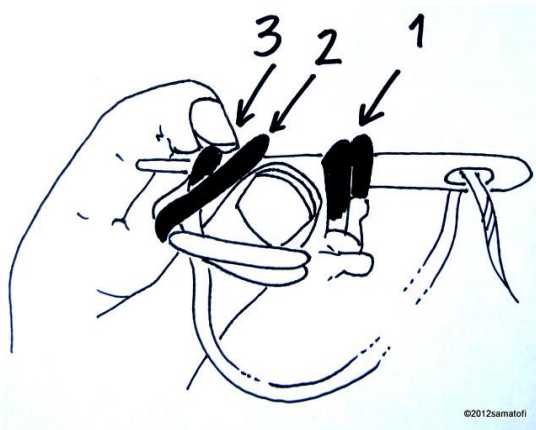
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### How to join a chain of stitches to a circle

By this way you can make a hat from brim to top, or mittens from wrist to fingers.

Grab the beginning of the chain, and insert the needle into two *edge loops*, at the upper edge of the chain.

Then do the actual nalbinding stitch, ie pick up one thumb loop, one small loop behind the thumb, and push the needle under two thumb loops and under needle yarn.  
(see next picture)

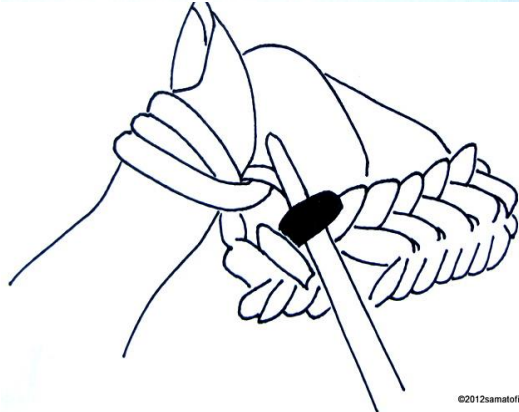


1 = Two *edge loops* picked up at the beginning of the chain.

2 = The oldest/topmost thumb loop.

3 = The small loop behind the thumb.

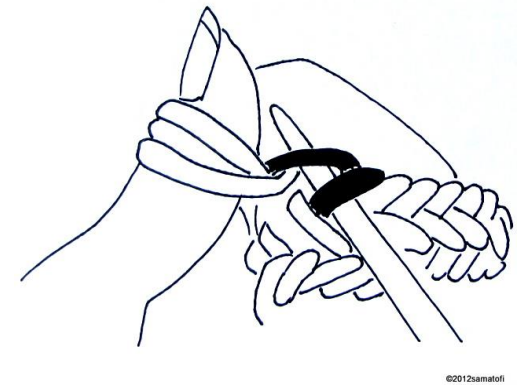
Turn the needle towards 8 o'clock, and finish the stitch as usual, ie push the needle under two thumb loops and under needle yarn.



**Next new stitches you can connect to either one or two edge loops of the previous row.**

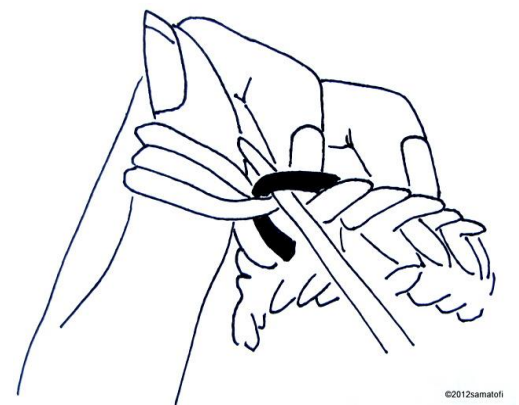
Either one edge loop (one 'new' edge loop).

Then do the stitch as usual.



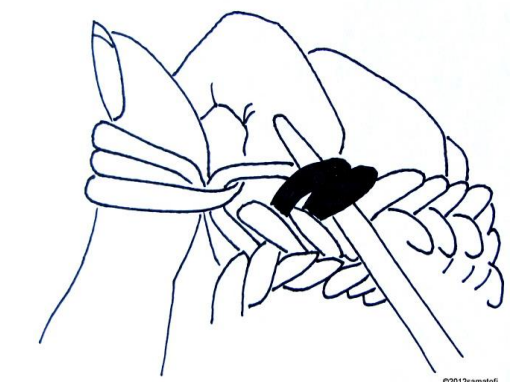
Or two edge loops (one 'new' and one 'old' edge loop).

Then do the stitch as usual.



### Increasing

Do two stitches into the same edge loop(s).



### Decreasing

Pick up two new edge loops instead of one.