

Lesson 4: Holding Yarn & Hook

How to crochet for absolute beginners

Holding Styles

There is no one right way to hold your yarn and hook. In fact, as long as you're comfortable, and you're not re-adjusting after every stitch, you might have your most comfortable holding style! Here we'll cover:

- ❖ Right-handed
- ❖ Left-handed
- ❖ Holding Styles
- ❖ Tips

Right-handed

In this series, we will show you how to crochet with your hook in your right hand. However, all patterns in this series work for right or left-handed crocheters.

When learning crochet, you're learning lots of things at once: holding hook and yarn, creating fabric with stitches.

It's awkward, and that's normal! Give yourself some time to practice.

Left-handed

If you must crochet with your left hand, know that:

- ❖ Nearly all crochet patterns are written for right-handed crocheters; hold hook in right hand when crocheting.
- ❖ Only symmetrical patterns are reversible (right to left)
- ❖ Example: This granny square is not symmetrical (it begins near the corner). Therefore, instructions are not the same from right to left as they are from left to right

Holding Styles

Hook: Every crocheter holds their yarn and hook differently; there is no one right way. Two main styles are **Knife** (top), **Pencil** (bottom)

Yarn: Hold yarn between pointer and middle fingers, pinch work with thumb & ring finger.

Tips:

- ❖ When learning, hold yarn and hook as shown; basic holding style. You'll naturally find what is most comfortable.
- ❖ Your best holding style means: hands are not cramped, not adjusting after every few stitches.
- ❖ Be sure to stretch hands, shoulders, arms neck when learning; no tight grips!

What's Next?

Homework: Practice the Slip Knot and hold!

- ❖ Practice making the slip knot, and the holding style mentioned in this course a few times, until you're comfortable taking this position with very little hesitation!

Next... Lesson 5: Chain Stitch