FREE KNITTING TUTORIAL

I-Cord Knitting

How to knit i-cord, attached i-cord and an i-cord bind-off, plus a coiled coaster and trivet · US terms

SKILL LEVEL	PRACTICE	YARN
Beginner	**Coiled coaster + trivet**	**Worsted (#4) cotton**
NEEDLES	**STITCHES**	**TIME**
US 7 (4.5 mm) DPNs	**k only**	**About 1 / 3 hours**

Materials

- Worsted (#4) cotton: 25 yd (coaster) or 75 yd (trivet)
- 2 US 7 (4.5 mm) double-pointed needles or a short circular, tapestry needle

Abbreviations (US terms)

k knit

i-cord row knit 4, slide the sts back, don't turn

tack a small stitch joining 2 turns of the spiral

A 4-st worsted i-cord is about 0.42 in (1 cm) wide with 6 rows per inch. A typical value: measure 2 in (5 cm) of your cord and adjust the rows.

Coaster

Cast on	With double-pointed needles (or a short circular), cast on 4 sts.	**(4)**
I-cord row	Knit the 4 sts. Don't turn: slide them back to the other end of the needle, pull the yarn snugly across the back, and knit them again.	**(4)**
Keep going	Repeat the i-cord row 150 times in all (about 24 in or 60 cm of cord). Tug the cord every few rows to even it out.	**(4)**
Finish the cord	Cut the yarn, leaving a 30 in (75 cm) tail. Thread it through the 4 sts and pull tight. Keep the tail for sewing.	**(0)**
Coil	Start at the cast-on end: curl the cord round itself into a tight flat spiral, the same side up all the way, so no gap shows between the turns.	
Sew	With the tail and a tapestry needle, tack each turn to the one inside it from the back, about every 3/4 in (2 cm): about 32 tacks. Tuck the end under on the back and stitch it down.	**(32)**

Trivet

Cast on	With double-pointed needles (or a short circular), cast on 4 sts.	**(4)**
I-cord row	Knit the 4 sts. Don't turn: slide them back to the other end of the needle, pull the yarn snugly across the back, and knit them again.	**(4)**

Keep going	Repeat the i-cord row 490 times in all (about 81 in or 205 cm of cord). Tug the cord every few rows to even it out.	**(4)**
Finish the cord	Cut the yarn, leaving a 30 in (75 cm) tail. Thread it through the 4 sts and pull tight. Keep the tail for sewing.	**(0)**
Coil	Start at the cast-on end: curl the cord round itself into a tight flat spiral, the same side up all the way, so no gap shows between the turns.	
Sew	With the tail and a tapestry needle, tack each turn to the one inside it from the back, about every 3/4 in (2 cm): about 108 tacks. Tuck the end under on the back and stitch it down.	**(108)**

What's exact, what's calculated

Exact	The spiral layout: cord length, turns, diameter and tacks.
Calculated	Rows and yarn from the cord gauge.
Assumed	The cord width and rows per inch.

How to Knit I-Cord

4 sts, knit, slide, knit · never turn the work

1 · Knit 4



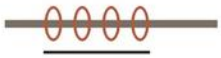
Cast on 4 and knit them on a double-pointed needle.

2 · Slide, don't turn



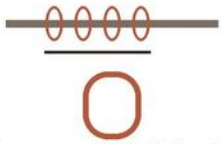
Push the stitches back to the other end of the needle, the same side facing you.

3 · Yarn across the back



The yarn is now at the far end: pull it snugly across the back and knit the 4 sts again.

4 · A tube



The yarn across the back closes the stitches into a little round cord.

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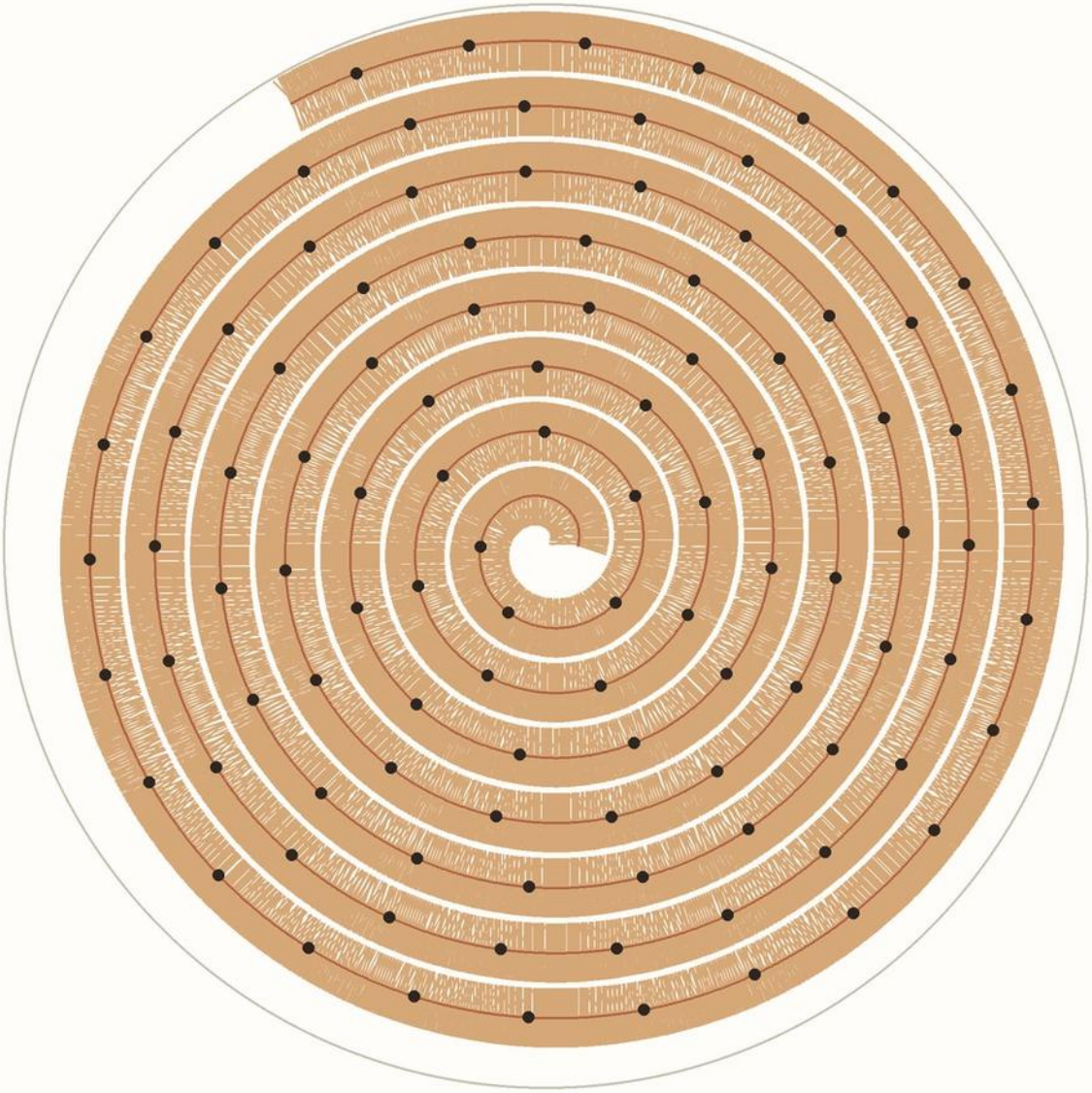
Coiled I-Cord Trivet · Layout

7 in (18 cm) across · 81 in of cord · 7.3 turns · 108 tacks



Brown line = the centre of the cord · dark dots = where to tack it to the turn inside it, from the back.

Coiled I-Cord · Sizes

Worsted (#4) cotton · US 7 (4.5 mm) DPNs · 4-st i-cord about 0.42 in (1 cm) wide, 6 rows per inch

Make	Diameter	Cord length	I-cord rows	Turns	Tacks	Worsted cotton
Coaster	4 in (10 cm)	24 in (60 cm)	150	3.8	32	25 yd
Trivet	7 in (18 cm)	81 in (205 cm)	490	7.3	108	75 yd

The cord length grows with the square of the diameter: a trivet almost twice as wide needs about 3 times the cord.

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