FREE KNITTING TUTORIAL

Twisted Rib Knitting

How to knit twisted rib (k1 tbl, p1), plus a cowl in 2 sizes · US terms

SKILL LEVEL **Advanced beginner**	PRACTICE **Cowl, 2 sizes**	YARN **Worsted (#4) wool**
NEEDLES **US 7 (4.5 mm) circular**	STITCHES **k1 tbl, p**	TIME **About 6 / 10 hours**

Materials

- Worsted (#4) wool: 380 yd (neck warmer) or 625 yd (long cowl)
- US 7 (4.5 mm) 16 in (40 cm) circular needle, stitch marker, tapestry needle

Abbreviations (US terms)

k1 tbl	knit 1 through the back loop	**tbl**	through the back loop
p	purl		

Gauge: 26 sts and 30 rounds = 4 in (10 cm) in twisted rib, unstretched. A typical worsted value.

Cowl, Neck warmer

Cast on	Cast on 144 sts with a stretchy cast on (long tail or German twisted) onto a 16 in (40 cm) circular needle. Place a marker and join in the round without twisting.	**(144)**
Round 1	*K1 tbl, p1*; repeat to the end.	**(144)**
Rounds 2–68	Repeat round 1. The cowl measures about 9.1 in (23 cm).	**(144)**
Bind off	Bind off loosely in pattern: k1 tbl the knits, purl the purls as you bind off. Weave in the ends.	**(0)**

Cowl, Long cowl

Cast on	Cast on 182 sts with a stretchy cast on (long tail or German twisted) onto a 16 in (40 cm) circular needle. Place a marker and join in the round without twisting.	**(182)**
Round 1	*K1 tbl, p1*; repeat to the end.	**(182)**
Rounds 2–90	Repeat round 1. The cowl measures about 12.0 in (30 cm).	**(182)**
Bind off	Bind off loosely in pattern: k1 tbl the knits, purl the purls as you bind off. Weave in the ends.	**(0)**

What's exact, what's calculated

Exact	Every round in our knitting engine; even cast-on; every knit column twisted.
Calculated	Stitches, rounds and yarn from the gauge.

Assumed	The gauge.

How to Knit Twisted Rib

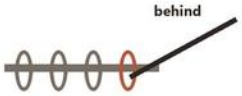
k1 tbl (through the back loop), p1 · a crisper, firmer rib than plain 1x1

1 · The back leg



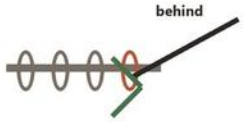
Look at the next stitch on the left needle: it has a front leg and a back leg.

2 · Through the back loop



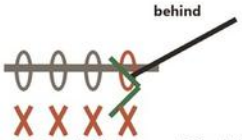
Insert the right needle into the BACK leg, from right to left, behind the left needle.

3 · Knit it



Wrap the yarn and pull it through as for a normal knit stitch. That's k1 tbl.

4 · Then p1



Purl the next stitch as usual. The knit columns come out twisted: crisp and neat.

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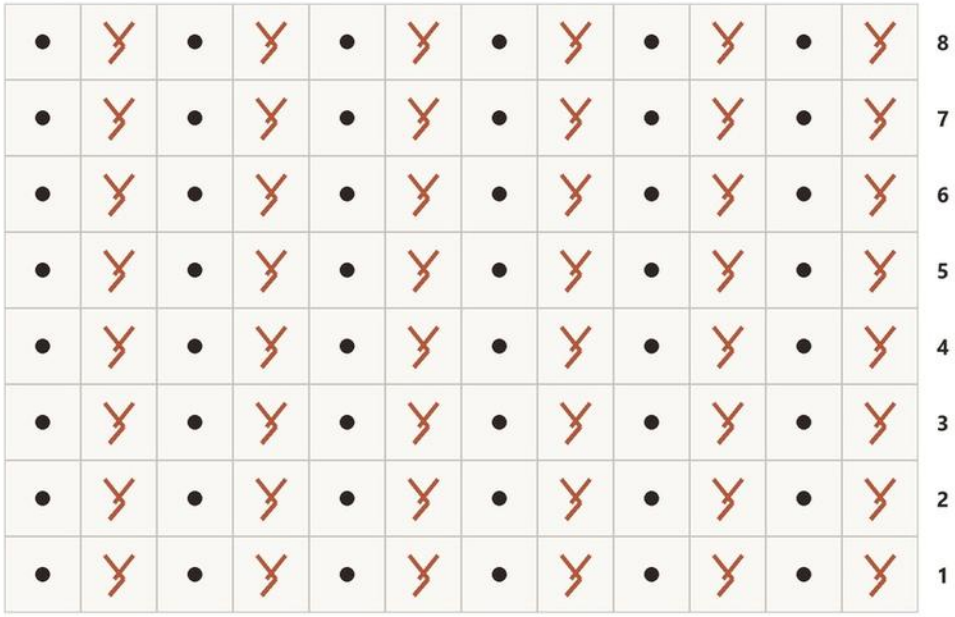
Twisted 1x1 Rib · Chart

worked in the round, every round the same · 12 sts × 8 rounds shown



Orange crossed V = k1 tbl (knit through the back loop) · dot = purl · read every round from right to left

The cast-on is an even number, so k1 tbl and p1 alternate all the way round.

Twisted Rib · Simulated Fabric

20 sts × 24 rounds of k1 tbl, p1 from our knitting engine (right side)



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Twisted Rib Cowl · Sizes

Worsted (#4) wool · US 7 (4.5 mm) 16 in circular needle · gauge 26 sts × 30 rounds = 4 in in twisted rib, unstretched

Size	Circumference	Height	Cast on	Rounds	Worsted wool
Neck warmer	22 in (56 cm) round	9 in (23 cm) tall	144	68	380 yd
Long cowl	28 in (71 cm) round	12 in (30 cm) tall	182	90	625 yd

Twisted rib pulls in less than plain rib and stretches less: the cowl keeps its shape.

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