

## Arm Knit Cowl

By Premier Yarns Design Team

Level: Intermediate



### FINISHED MEASUREMENTS

Width: 18"

Length: 84"

### MATERIALS

Premier® Yarns *Mega® Tweed* (97% acrylic, 3% viscose; 170gm/74 yds)

- #1007-01 White Tweed – 2 skeins
- #1007-02 Gray Tweed – 2 skeins

**Notions:** Size P (15mm) crochet hook

### GAUGE

3 sts x 2 rows = 4" in pattern

**Save time, check your gauge.**

### Directions:

#### STITCH GUIDE

#### Arm Knitting

**To cast on:** Make large slip knot about 18" from end of yarn, place slip knot on right arm. \* With left hand twist a loop into tail, with right hand reach through loop and grab opposite end of yarn, pull yarn through loop and place on right arm to form a stitch; rep from \* to cast on.

**To knit from right arm to left:** \* Pick up working yarn in your right hand, slide next st on right arm over hand and off arm, place new stitch from right hand onto left arm; rep from \* across row.

**To knit from left arm to right:** \* Pick up working yarn in your left hand, slide next st on left arm over hand and off arm, place new stitch from left hand onto right arm; rep from \* across row.

**To bind off (in either direction):** Knit 2 sts, slide 1<sup>st</sup> st over 2<sup>nd</sup> st and off arm, \* knit 1 st, slide 1<sup>st</sup> st over new st and off arm; rep from \* until 1 st remains, cut yarn and pull through last loop.

**Visit [Premieryarns.com](http://Premieryarns.com) for a video tutorial on Arm Knitting.**

## **COWL**

*(Hold one strand of each color tog throughout)*

Holding 2 strands of yarn, CO 12 sts.

Arm knit for 84 inches.

Bind off.

## **FINISHING**

With crochet hook, use tail ends to sew cast on to bind off edges of cowl.

Weave in all ends.

## **Abbreviations**

co	cast on
st	stitch
tog	together