

LOOPS AND KNOTS FOR BEGINNERS

Workbook



Course Check List

Crochet Supplies

- Hooks
- Yarn
- Accessories

The Basics

- Terminology & Reading A Pattern
- Gauge & Tension
- Right and Wrong Sides

Essential Skills

- Hold Crochet Hook
- Slip Knot
- Hold Yarn
- Yarn Over

Beginner Stitches

- Chain Stitch
- Slip Stitch
- Turning Chains
- Single Crochet Stitch
- How to Finish a Project
- Half Double Crochet Stitch
- Double Crochet Stitch
- Treble Crochet Stitch
- Extended Stitches

Gauge

- Correcting Gauge

Changing Yarn Color

- Changing Yarn Color

Edging

- Adding an Edge

Increase and Decrease

- Increase
- Decrease

Working in the Round

- Starting a Circle
- Working Increases in the Round

Working in One Loop

- Front Loop
- Back Loop

Post Crochet

- Front Post
- Back Post

Working Between Stitches

- Between Stitches

Working Several Stitches in One Space

- Shell and Fan Stitches

Working Several Stitches Together

- Cluster Stitch
- Puff Stitch
- Bobble Stitch
- Popcorn Stitch

The Granny Square

- Basic Granny Square
- Seams

After Care

- Blocking
- Laundry Care

Bonus!

- Chain-less Foundation Chains

Shopping List

- **Crochet Hooks**

An affordable set with a range of sizes. If you don't want to buy a full set - hook sizes G, H, I are a good starting sizes for beginners.

- **Yarn**

A smooth, light colored, medium weight yarn.

Accessories

- **Scissors**

Scissors with a sharp point to snip yarn ends – Embroidery scissors are a great choice.

- **Yarn Needle**

- **Measuring Tape or a Ruler**









Hook Size Conversion Chart

Use this chart as a guide only. Sizes given do not always correspond exactly.









Aluminum and Plastic Hooks			Steel Hooks		
Metric Sizes	US Sizes	UK Sizes	Metric Sizes	US Sizes	UK Sizes
2.00 mm		14	0.60 mm	12	6
2.25 mm	B-1	13		11	5.5
2.50 mm		12	0.75 mm	10	5
2.75 mm	C-2				4.5
3.00 mm		11	1.00 mm	9	4
3.25 mm	D-3	10			3.5
3.50 mm	E-4	9	1.25 mm		3
3.75 mm	F-5		1.50 mm	8	2.5
4.00 mm	G-6	8	1.65 mm	7	
4.50 mm	7	7	1.80 mm	6	2
5.00 mm	H-8	6	1.90 mm	5	1.5
5.50 mm	I-9	5	2.00 mm	4	1
6.00 mm	J-10	4	2.10 mm	3	1/0 or 0
6.50 mm	K-10.5	3	2.25 mm	2	
7.00 mm		2	2.50 mm		2/0 or 00
8.00 mm	L-11	1	2.75 mm	1	
9.00 mm	M/N-13	0	3.00 mm		3/0 or 000
10.00 mm	N/P-15	00	3.25 mm	0	
12.00 mm			3.50 mm	00	
15.00 mm	P/Q				









Standard Yarn Weight System

Categories of yarn, gauge ranges, and recommended hook sizes.

Yarn Weight	Type of Yarns in Category	Crochet Gauge* in Single crochet to 4 inches	Recommend Hook Size in Metric Size Range	Recommended Hook Size US size range
 LACE 0	Fingering 10-count crochet thread	32-42 Double Crochets**	Steel*** 16-14 mm	Steel*** 6,7,8 Regular Hook B-1
 SUPER FINE 1	Sock, Fingering, Baby	21-32 sts	2.25-3.5 mm	B-1 to E-4
 FINE 2	Sport, Baby	16-20 sts	3.5-4.5 mm	E-4 to 7
 LIGHT 3	DK, Light Worsted	12-17 sts	4.5-5.5 mm	7 to I-9
 MEDIUM 4	Worsted. Afghan, Aran	11-14 sts	5.5- 6.5 mm	I-9 to k-10.5
 BULKY 5	Chunky, Craft. Rug	8-11 sts	6.5- 9 mm	K-10.5 to M-13
 SUPER BULKY 6	Bulky, Roving	5-9 sts	9 mm or larger	M-13 to Q
 JUMBO 7	Jumbo	5 sts or fewer	15 mm or larger	Q and larger
<p>* GUIDELINES ONLY: The above reflect the most used gauges and hook sizes for specific categories.</p> <p>** Lace weight yarns are usually crocheted on larger hooks to create lacy, openwork patterns. Accordingly, a gauge range difficult to determine. Always follow the gauge stated in your pattern</p> <p>*** Steel crochet hooks are sized differently from regular hooks- the higher the number, the smaller the hook, which is the reverse of regular hook sizing.</p>				

Crochet Terms

US Stitch Terms	US Abbreviation	Symbol	UK Stitch Terms	UK Abbreviations
Stitch/Stitches	st/sts			
Chain	ch		Chain	ch
Slip Stitch	sl st	.	Slip Stitch	ss
Single Crochet	sc	+	Double Crochet	dc
Half Doble Crochet	hdc		Half Treble	htr
Double Crochet	dc		Treble	tr
Treble/Triple	tr		Double Treble	dtr
Gauge			Tension	
Yarn Over	yo		Yarn Over Hook	yoh
Extended Stitches				
Extended Single Crochet	esc			
Extended Half Double Crochet	ehdc			
Extended Double Crochet	edc			
Extended Treble/Triple Crochet	etr			
Term	Description			
*	repeat the instructions following the single asterisk as directed			
**	repeat instructions between asterisks as many times as directed or repeat at a specified location			
{ }	work instructions within brackets as many times as directed			
[]	work instructions within brackets as many times as directed			
()	work instructions within parentheses as many times as directed or work a group of stitches all in the same stitch or space			

US Terms	US Abbreviation	Symbol
Single Crochet Decrease	sc2tog	
Double Crochet Decrease	dc2tog	
Front Loop Only	FL or FLO	
Back Loop Only	BL or BLO	
Front Post Double Crochet	FPdc	
Back Post Double Crochet	BPdc	
Shell (Five Double Crochet Shell)	5dc shell	
Cluster (Three Double Crochet Cluster)	3dc cluster	

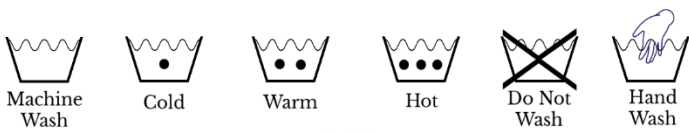
Turning Chains

Stitch	Number of chains from the hook, when working in the foundation chain	Number of chains in the turning chain
Single Crochet (sc)	2	1
Half Double Crochet (hdc)	3	2
Double Crochet (dc)	4	3
Treble Crochet (tr)	5	4
Extended Stitches		
esc	3	2
ehdc	4	3
edc	5	4
etr	6	5

Laundry

Yarn Care Symbol Cheat Sheet

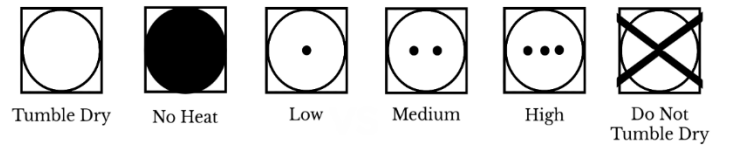
MACHINE WASH



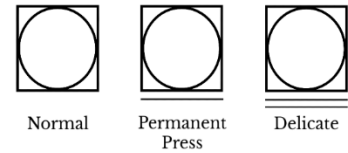
Cycle



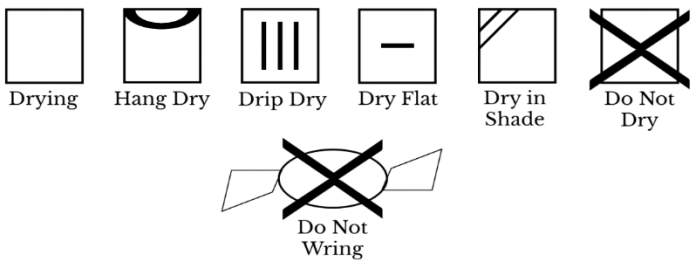
TUMBLE DRY



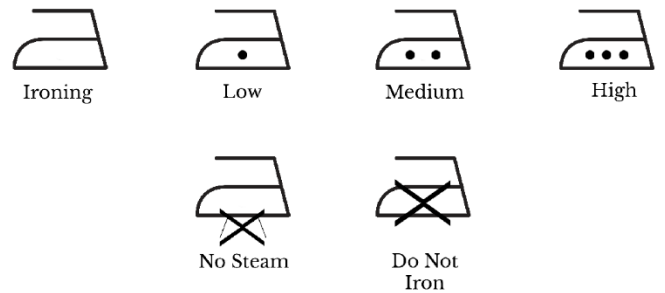
Cycle



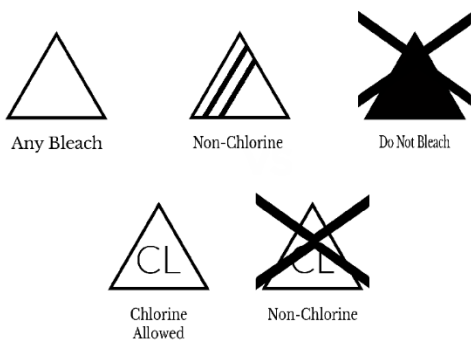
DRYING



IRONING



BLEACHING



DRY CLEANING

