



- Slip stitches on the WS also simply reverse so that if your WS row in flat knitting says hold the yarn to the back, you would hold it to the front in circular knitting.
- Cables in flat knitting will usually simply say to knit the knits and purl the purls as they face you. In circular knitting, you end up doing the exact same thing – i.e. working the stitches as they face you. The cross-overs are usually on the RS of the flat knitting so you will not need to change these.
- For your first attempt, choose a simple pattern – you will most likely have to frog more than once but – maybe not if you write out your instructions first and let the appearance of your work guide you. You already know what it ‘should’ look like.
- Stitch Markers are highly recommended
- If in doubt, chart it out
- From the point of dividing for the sleeves or neck, pattern is worked back and forth

### **General Methodology:**

1. First, delete any edge stitches. For example, if your stitch pattern tells you to ‘Cast on a multiple of 5 plus 4’, omit the ‘plus 4’. You will only need to cast on any multiple of 5. In flat knitting, the ‘plus’ stitches are to even out the edges of the pattern; in circular knitting you are knitting in a continuous spiral, and have no side edges.

Note: Read and ‘translate’ your pattern first:

For example, in a pattern reading

ROW 1: RS k5, \*p10, k4\* Rep from \* to \* to last 10 sts, P10, K1

ROW 2: WS Purl

Change the WS Purl rows to ‘RS’ Knit rounds but note the number of sts in the RS rows given which constitute the actual pattern – 1K st at the beginning and end need to go as pattern is P10,K4,P10,K4.... So you know that there should only be 2 k on each side piece to keep the pattern a constant 4K between the purls.

Watch for side stitches on back as well as sides and use both pieces to decide.

2. Change the WS rows in the knit pattern to be RS rows. In circular knitting, the front of the fabric (RS) always faces the knitter so you will ONLY be knitting RS rows. Therefore you change the WS ones to become RS ones.

## Stitch examples

### **Garter Stitch FLAT:**

Row 1(RS) – Knit

Row 2 (WS) Knit

### **Garter Stitch CIRCULAR**

Round 1 – Knit (RS row so does not change)

Round 2 – PURL (WS rows so it needs to be ‘reversed’ to become another RS row in circular knitting)¶

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### **Stocking or Stockinette Stitch FLAT**

Row 1(RS): Knit all stitches (Right Side)

Row 2 (WS): Purl all stitches (Wrong Side)

### **Stocking or Stockinette Stitch CIRCULAR**

Round 1 (RS): Knit – Right side rows do not change

Round 2 (WS): Knit – WS rows need to be ‘reversed’

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### **2 X 2 Rib – Flat (even # of stitches with a multiple of 4)**

Row 1 (RS) Knit 2, Purl 2 across entire row

Row 2 (WS) Knit 2, Purl 2 across entire row

### **2 X 2 Rib – Circular (even # of stitches with a multiple of 4)**

Round 1: K2, P2 around

Round 2: K2, P2 around

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### **Seed Stitch – Flat – A plain on top of a purl, on top of a plain..... follow the design – you can see it**

Row 1:(RS): K1, P1 across

Row 2:(WS) P1, K1 across

### **Seed Stitch – Circular**

Round 1 (RS): K1, P1 around

Round 2 (WS): P1,K1 around

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Note: If the flat knitting has an extra stitch for seaming – drop it from the pattern. Also, if it is a 2X2 Uneven so you end with a K2 in the flat, be aware that, in the round, you will have 4 K stitches together at the ‘join’ if you don’t amend it.