



Introduction

Below, you will find different cast ons available for knitting on a round knitting loom (or on a single sided rake). After loom knitting for awhile, you will find that some different cast on methods serve different purposes: sometimes you will need a flexible cast on, other times you will need a more firm cast on, and others you will need a firm cast on method but that has a more predominant first row.

Play around with them and find the one that you like the best, hope you find this instructional useful, if you have any comments/questions, please drop me a note at iselaphelps@loomknit.com

Happy looming!

Isela Phelps

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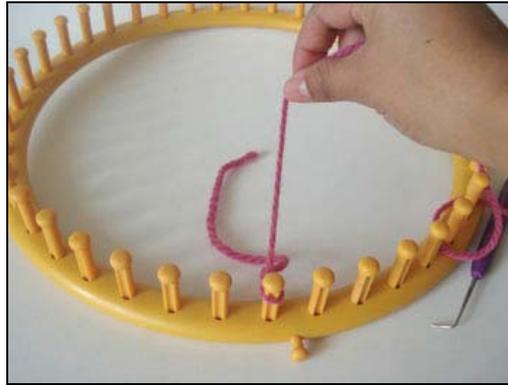
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E-wrap Cast On

Recommended when you need to have live stitches or when a very flexible opening is required.

Prepare: Before you begin your cast on, form a slip knot with your working yarn. Place slip knot on your first peg (any peg can be your first peg).

Step 1: With working yarn on your right hand and loom on your left. Take working yarn towards the center of the knitting loom.



Step 2: Wrap the yarn around the next empty peg.

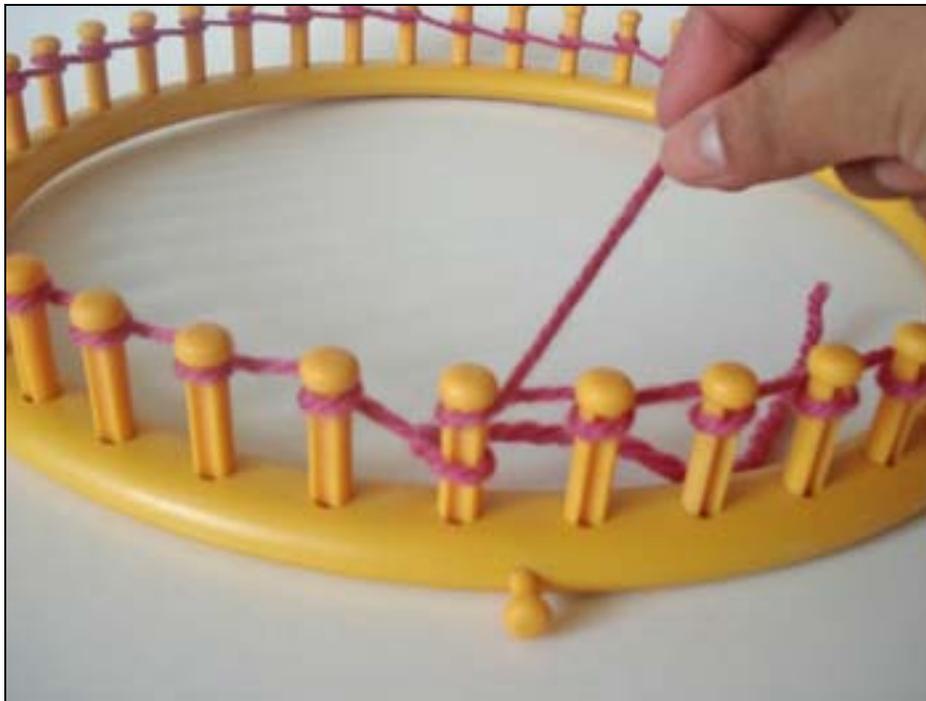
a. By going counter-clockwise around the peg (If knitting clockwise around the loom)



b. By going clockwise around the peg (if knitting counterclockwise around the loom)



Step 4: Continue around the knitting loom in this form. When you reach the last peg, you are ready to begin knitting on your loom.

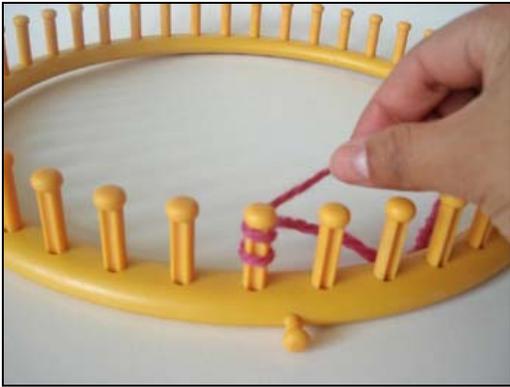


Double e-wrap Cast on

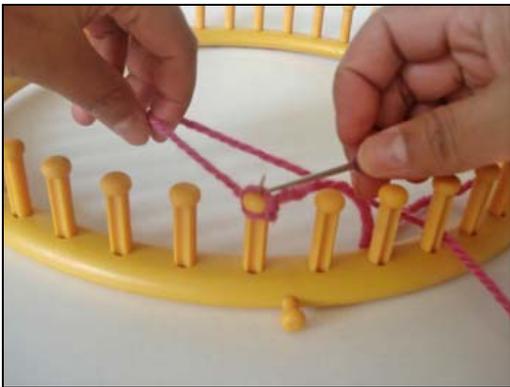
Similar to the e-wrap cast on, except in this method you wrap each individual peg twice and knit over, then you move on to the next empty peg. However, unlike the e-wrap cast on, the double e-wrap cast on provides a tighter first row.

Prepare: Before you begin your cast on, form a slip knot with your working yarn. Place slip knot on your first peg (any peg can be your first peg).

Step 1: With working yarn on your right hand and loom on your left. Take working yarn towards the center of the knitting loom and e-wrap the peg again. Peg should have two loops.



Step 2: Knit over so only 1 loop remains on the peg. Pull on working yarn to tighten the stitch.



Step 3: Repeat all around the knitting loom.



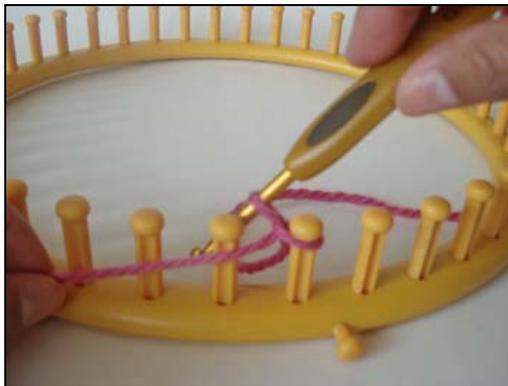
Cable Cast On

Discovered by Becky Hansen

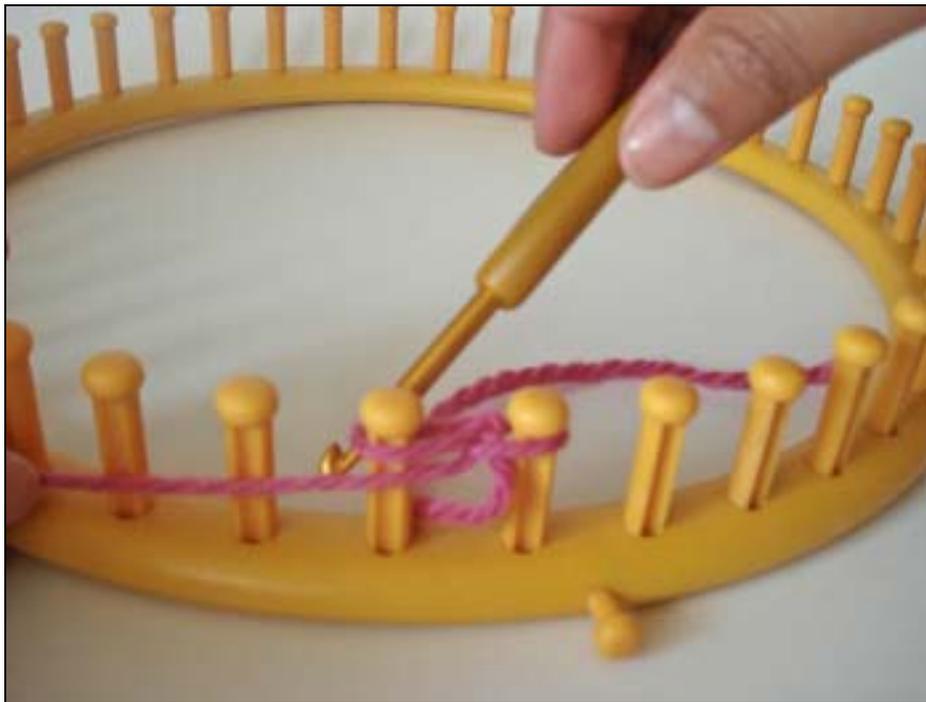
Provides a firm, non-loopy cast on.

Prepare: Before you begin your cast on, form a slip knot with your working yarn. Place slip knot on your first peg (any peg can be your first peg). Take working yarn towards the outside of the loom.

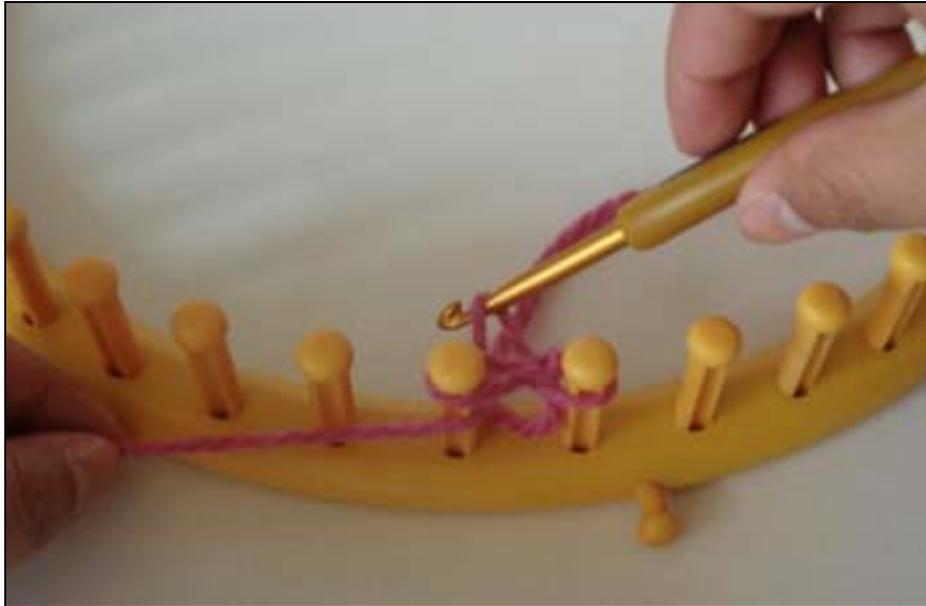
Step 1: Insert crochet hook through slip knot, hook working yarn and make a chain.



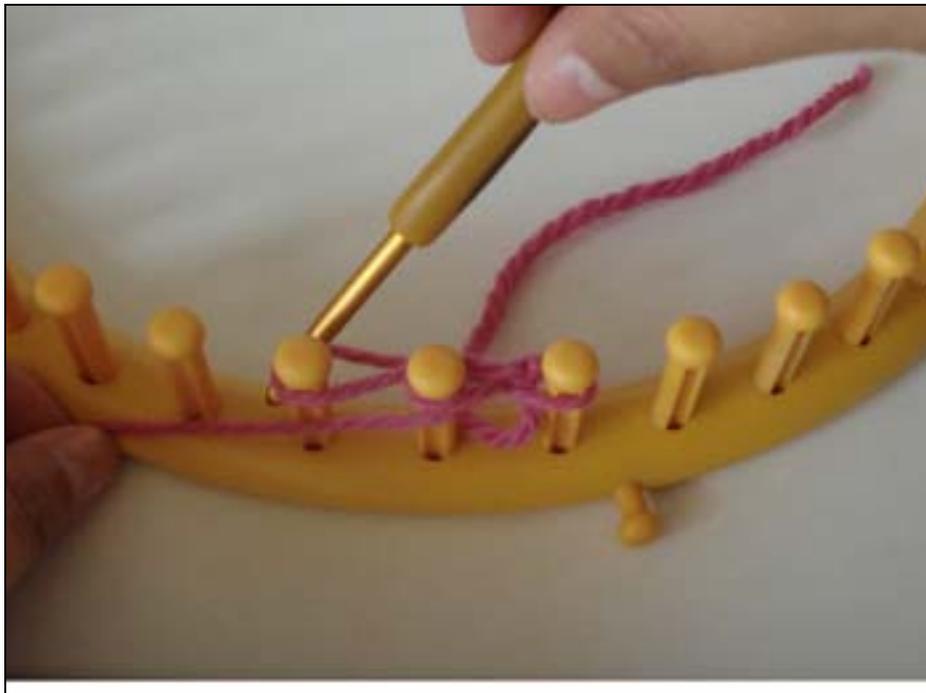
Step 2: Take chain and place in next empty peg. Be sure to keep the working yarn towards the outside of the loom.



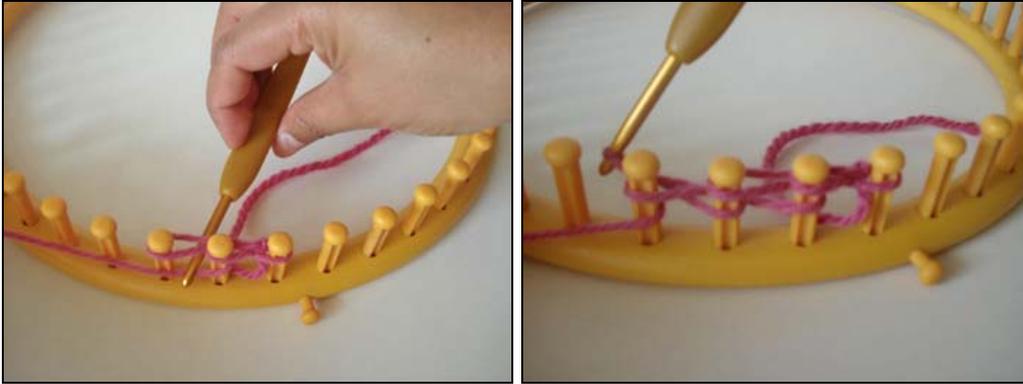
Step 3: Insert crochet hook between the two pegs (between peg 1 & 2), hook the working yarn forming a chain.



Step 4: Take crochet hook towards the inside of the loom and place the chain in the next empty peg.



Step 5: Repeat Steps 3 & 4.



Notice the following:

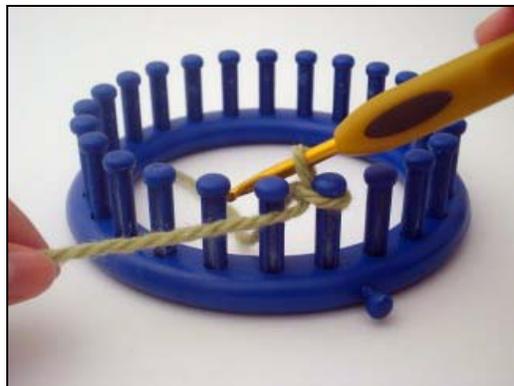
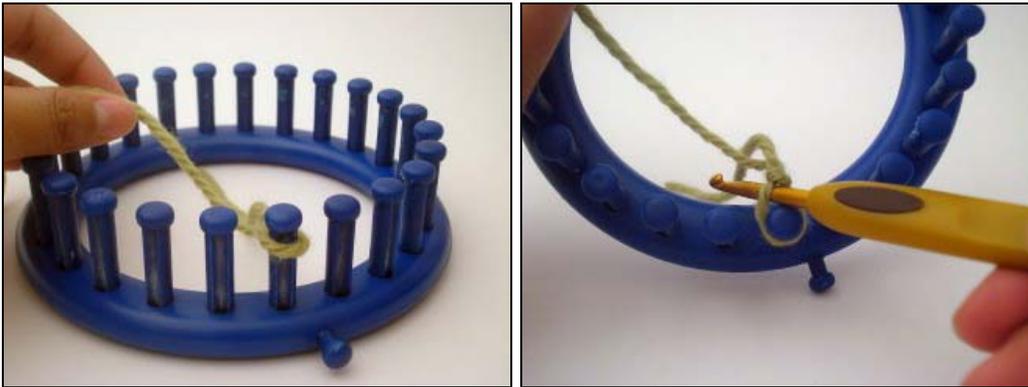
- Working yarn stays towards the outside of the loom at all times.
- Each peg has 2 loops on it.
- Before you begin knitting, knit over on all the pegs so you have only 1 loop on each peg.

Chain Cast On

The Chain Cast on is similar to the Cable Cast on. I came upon it after researching a bit on needle knit cast ons and I found the chain cast on and I tried it out on the looms and it worked.

Prepare: Before you begin your cast on, form a slip knot with your working yarn. Place slip knot on your first peg (any peg can be your first peg). Take working yarn towards the outside of the loom.

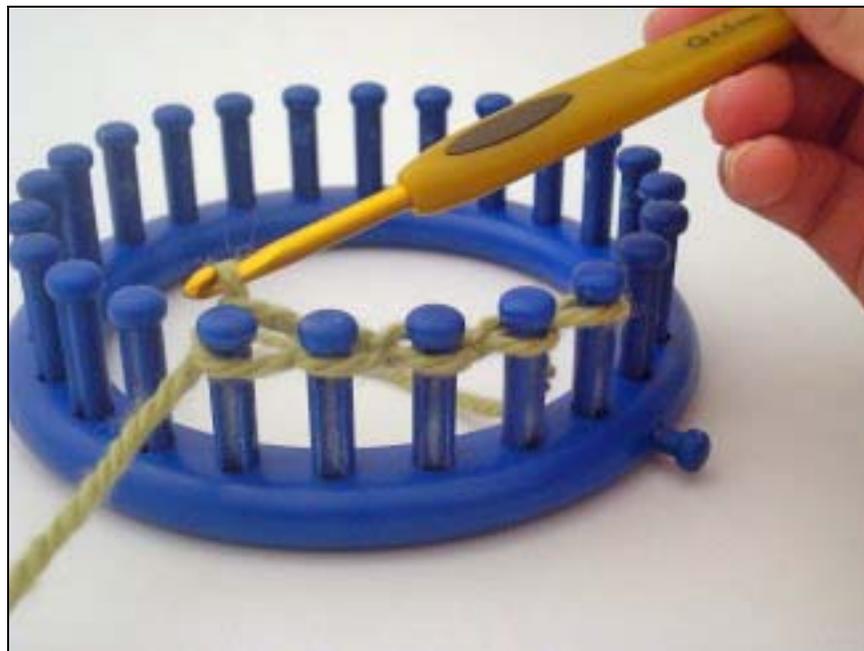
Step 1: Insert crochet hook through slip knot, hook working yarn and make a chain. Keep chain towards the inside of the knitting loom and working yarn is towards the outside—peg is between the working yarn and the chain.



Step 2: Hook working yarn (by going in between pegs 2 & 3) forming a chain, pull this chain through the chain made in Step 1 (towards the inside of the loom). Working yarn should have wrapped around the outside of the peg.



Step 3: Keep working around the loom in this manner, forming a chain around the peg. Chains are in the inside of the loom and the working yarn is towards the outside.



Notice the following:

- Working yarn stays towards the outside of the loom at all times.
- Each peg has 1 loops on it.
- To complete a circular, place the last chain formed on the first peg. The first peg will have 2 loops on it.
- For a flat panel, place the last chain on the last peg.

Crochet Cast On

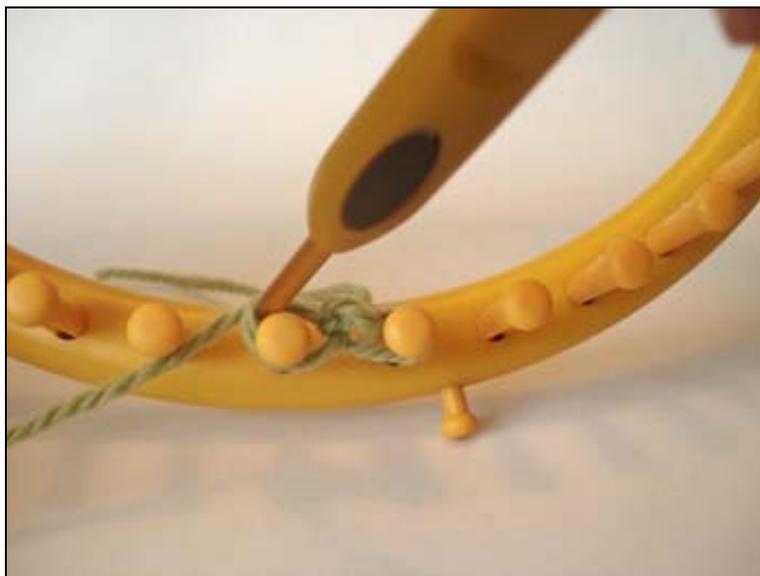
The Crochet Cast on is exactly like crocheting chains, except you place each chain on the empty peg.

Prepare: Before you begin your cast on, form a slip knot with your working yarn. Place slip knot on your first peg (any peg can be your first peg). Take working yarn towards the inside of the loom.

Step 1: Insert crochet hook through the slip knot. Hook working yarn forming a chain.



Step 2: Place chain in next empty peg.



Step 3: Insert crochet hook through chain made in step above.



Step 4: Place chain next empty peg.



Step 5: Continue all around the knitting loom. Each peg will have 1 loop.

Long Tail Cast On

Discovered by Suzann Wynn

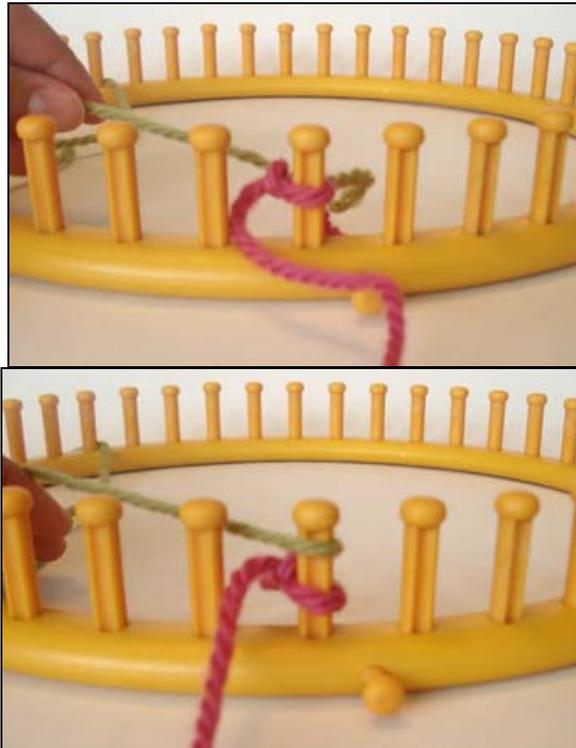
The Long Tail cast on is similar to the long tail cast on on needles. The cast on is formed by knitting with a beginning yarn tail end and yarn coming from the skein.

I will demonstrate this cast on technique with 2 different colors to allow you to better see the steps. The pink color represents the yarn coming from the skein and the green represents the beginning long tail.

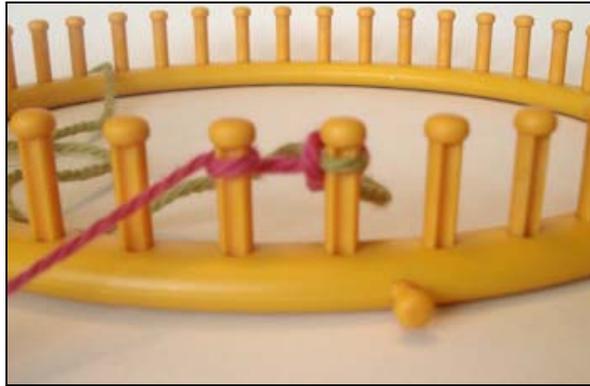
Prepare: Before you begin your cast on, measure around the knitting loom that you need to cast on. Leave a beginning yarn tail end long enough to go around the knitting loom twice, form a slip knot at this spot.

Place slip knot on your first peg (any peg can be your first peg). You will have two tails of yarn, one coming from the skein and another from the beginning tail.

Step 1: With slip knot on your first peg. Grab the yarn from the beginning tail and e-wrap the peg. Peg has 2 loops, knit over so only 1 loop remains.



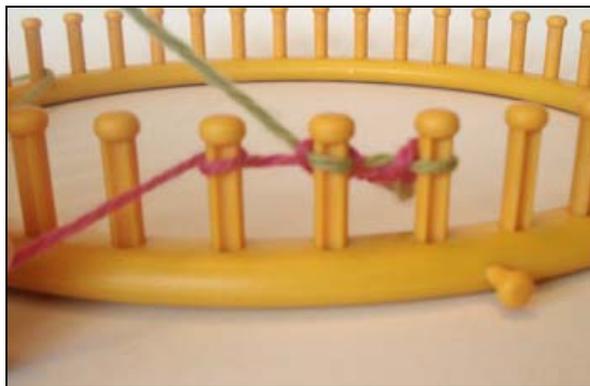
Step 2: Grab yarn coming from the skein (pink) and e-wrap the next empty peg.

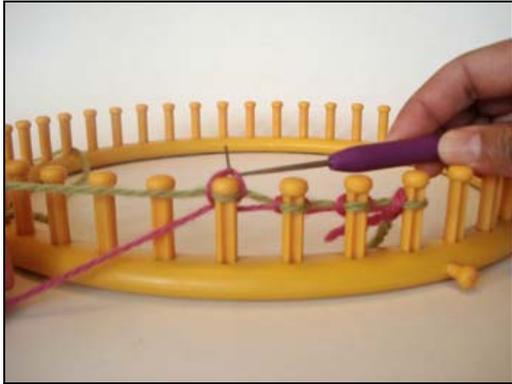


Step 3: Grab beginning tail (green) and place it above the e-wrap done in Step 2. Knit over (the peg should remain wrapped with the beginning tail (green yarn)).



Step 4: Repeat Steps 2 & 3 with the remaining pegs.





Copyright Note

I have not discovered all these cast on techniques, they have been around for awhile and I thought of putting them in one place for your convenience, if the name of the “discoverer” is known, I have put the name of the person by the cast on. Although the cast on is not original to me, **please note that the pictures and wording is copyrighted to me.** If you would like to use this instructional in a classroom setting, please let me know. The cast on instructional cannot be use commercially without explicit permission.

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