



The first increase most knitters learn (often by mistake) is the **yarn over (yo)**. This simple technique creates a new stitch between two existing stitches.

To make a yarn over, bring the yarn up across the front of the needle, over the top and down the back. If the next stitch is a knit, you are in position and good to go. If the next stitch is a purl, bring the yarn forward under the needle into position to purl.



*Yarn over before a knit stitch.*



*Yarn over before a purl stitch.*

Yarn overs are easy to work and won't disturb the stitches on either side of the new stitch, but they also create a hole in the fabric. Some knitters view this as an effective decorative detail.

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[Yarn Overs](#)



[Knit in the Front and Back of the Stitch](#)



[Make 1 \(Left or Right\)](#)



[Lifted Increases  
\(Left or Right\)](#)



[Eyelets](#)



[Twisted Yarn Overs](#)

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