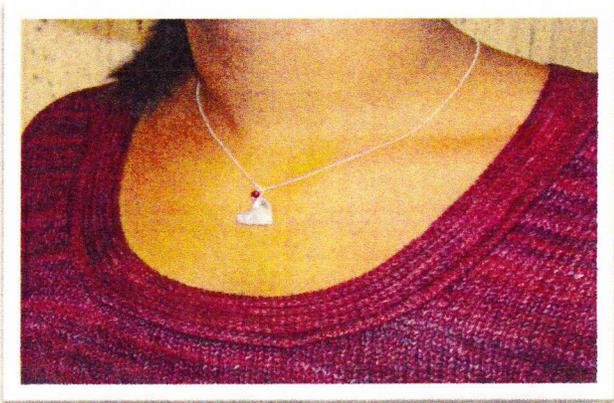


How to knit an Estonian Braid

by Vera Sanon

The first time that I saw **Estonian Braids**, also called **Latvian, Lateral** or **Vikkel Braids**, I immediately fell in love with them. When I researched their origin and how to knit this little braid, I learned that it has mostly been used on socks, hats and gloves.

Immediately, I started to incorporate the braid into some of my garment designs, to replace regular ribbing, create a border for lace and slip-stitch patterns and to create asymmetrical patterns on sweaters by themselves.



Estonia Pullover Neckline (designed by Vera Sanon)

Estonian Braid - worked flat

Kfb, then slip newly made st onto the left needle as if to purl.

** Keep yarn to back, knit into the back of the 2nd st (the one to the left of the newly made st), and then, keeping that st on needle and yarn at back of work, bring needle around to front, and knit into the front of the first st. Slip both sts off the left needle. *You should have 2 newly made sts on your right needle.* Slip the 1st st from the right needle back onto the left needle as if to purl. ** - repeat from ** to ** to 1 st remaining.

K last st and slip second last st over last st as if to bind off

Estonian Braid - in the round

Kfb (last st of previous round), remove marker, then place the newly made st onto the left needle.

** Bring yarn to back, knit into the back of the 2nd st (the one to the left of the newly made st), and then, keeping that st on needle and yarn at back of work, bring needle around to front, and knit into the front of the first st. Slip both sts off the left needle onto the right needle.

You should have 2 newly made sts on your right needle. Place the 1st st from the right needle back onto the left needle. ** - repeat from ** to ** until end of round.

Slip the 1st st on the left needle onto the right needle (it is now the 1st st on the right needle).

Slip the 2nd st on the right needle over the 1 st, on the right needle, as if to bind off.

Slip the 1st st on the right needle back onto the left needle.

Replace stitch marker onto the tip of the right needle.

Knit the 1st st on left needle, continue to work next round in stockinette st.

Kfb - knit into the front and back of the same stitch (1 stitch increased), this can also be replaced with a MIL (make 1 left increase stitch)

List of my patterns using Estonian Braids:

- Estonia by Vera Sanon
- Memory Vest
- Bella Sweater
- Emily by Vera Sanon
- Elda Cardigan
- Freya Hoodie
- Mini- Freya Hoodie
- Sweet Seasons
- Ricky for All Seasons

About Vera:

Vera Sanon is a knit and crochet designer who was born and raised in Europe but resides in North Hollywood, California. She has been knitting and crocheting for 40 years and has been designing since she was a teenager. Her designs can be found in various well-known publications, such as Knitscene, Interweave Knits, Knit 'n Style, Knit Now, Vogue Knitting, and she designs for Cascade & Anzula Yarn's pattern collections. She also self-publishes patterns on Ravelry ("Designed by Vera Sanon" - Ravelry Name: sunfunliving)