

**Portuguese Knitting (aka Incan , Andean or Turkish knitting, “around the neck” knitting)**

Portuguese knitting creates stitches that are identical to the usual knit and purl stitches, but that are worked differently from English/American and Continental styles. An advantage of this style is the economy of motion. Very small movements are used. This can alleviate arthritis, carpal tunnel and joint pain. It can also be beneficial to change your style of knitting occasionally to avoid repetitive motion injuries.

Another huge advantage is the speed of purling. Because yarn is tensioned from the front, a small flick of the thumb is all that is needed to purl. In knitting traditions that use this technique, purling is the dominant stitch. For example, garter stitch is purling every stitch, and not knitting every stitch.

**The Set-up:**

Your yarn supply is on your right side, with the yarn loosely tensioned around your right hand. The yarn then drapes over the back of your neck, attached to your project in your left hand. Alternatively, you can use a knitting pin attached to your left shoulder. The yarn is threaded through the pin to keep the yarn supplying from the front of your knitting.

**Purl stitch:**

Insert the right needle into the stitch purlwise, from right to left. Use your left thumb to gently flick the yarn over the right needle, in a counterclockwise manner (from right to left). Then pull the yarn through the stitch. So simple!

**Knit stitch:**

The yarn is being supplied from the front of the work, but the yarn should be at the back of the work. Insert the right needle into the stitch knitwise, from left to right. But instead of crossing the right needle under the left needle, you bring it in front of the left needle. Use your left thumb again to gently flick the yarn over the right needle, in a counterclockwise manner (from right to left). Pull the yarn through the stitch and remove the stitch from the left needle. The same motion is used by the thumb in knitting and purling!

**Resources:**

Knitting in the Portuguese Style with Andrea Wong - Knitting Daily TV 307:

[https://www.youtube.com/watch?v=gzfYS9\\_t27k](https://www.youtube.com/watch?v=gzfYS9_t27k)

About Knitting video: [http://knitting.about.com/od/Knitting\\_Purling/fl/Portuguese-Knitting.htm](http://knitting.about.com/od/Knitting_Purling/fl/Portuguese-Knitting.htm)

Very Pink video: <http://verypink.com/2016/05/11/portuguese-knitting-style/>

Improve Your Knitting: Alternative Methods and Styles with Patty Lyons - Craftsy class

Knit Fast with Portuguese Knitting with Andrea Wong – Craftsy class