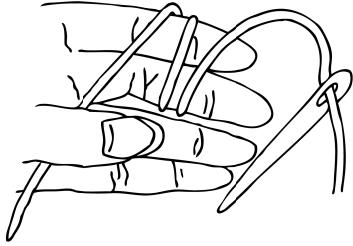


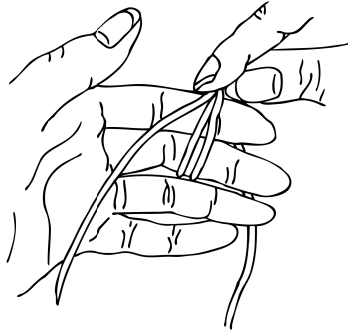


# the artful acorn

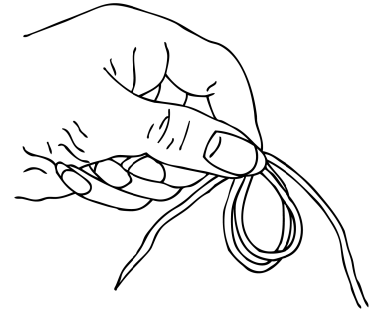
## Nåbinding | Starting Loops | Method 1



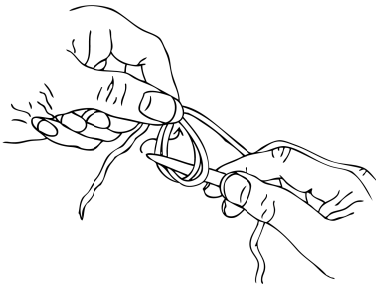
1. Wrap yarn clockwise around first two fingers of left hand to form two loops.



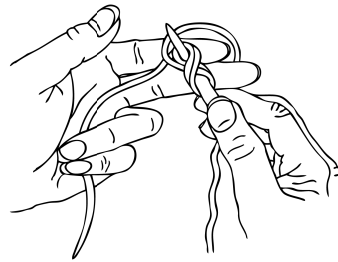
2. Pinch tops of loops with right index finger and thumb.



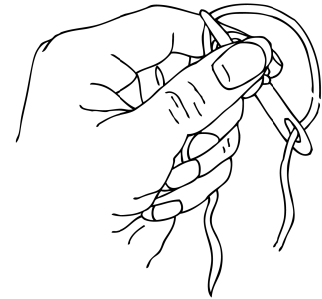
3. Transfer loops to left index finger and thumb.



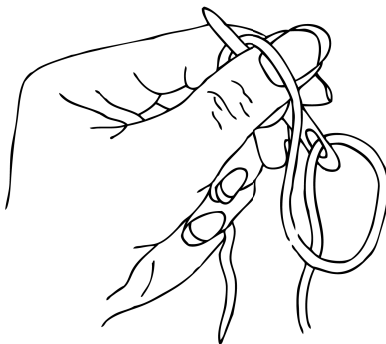
4. Insert needle through loops from back to front; swivel needle left, down, and right; come back up through the loops again.



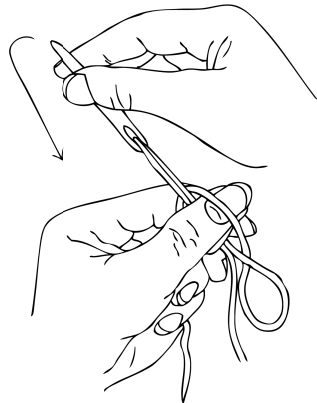
5. There should now be a figure 8 of yarn on the needle.



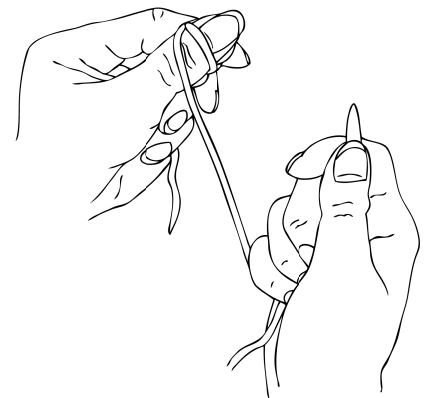
6. Place left thumb over figure 8, keeping working yarn behind needle.



7. Bring working yarn down into V-shape formed by thumb and needle, draping yarn across base of thumbnail.



8. While pinching figure 8 with left hand, use right hand to pull needle through.



9. Pull yarn down and right, to snug stitch across base of thumbnail. Ready to stitch!