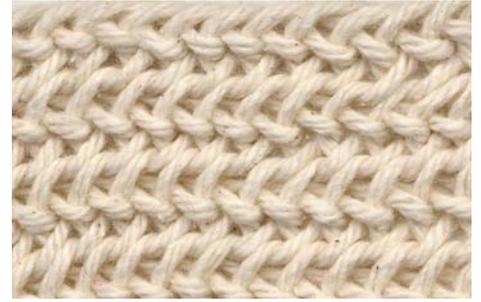
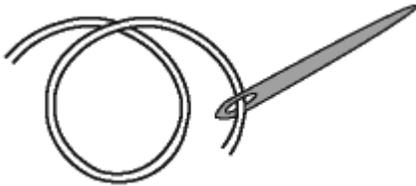


Oslo stich

UO/UOO F1



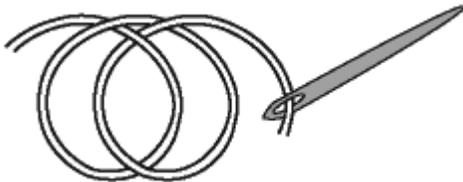
The stitch



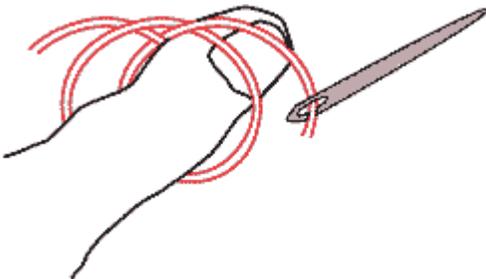
1. Make a simple loop with the working end crossing in front of the tail end



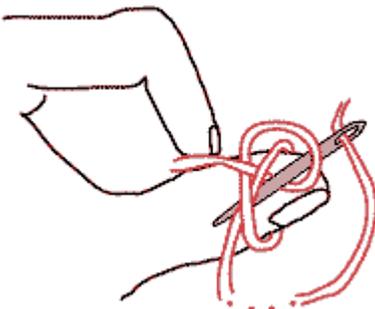
2. Pass the needle through the loop you just made from front to back with the running thread draped behind the needle



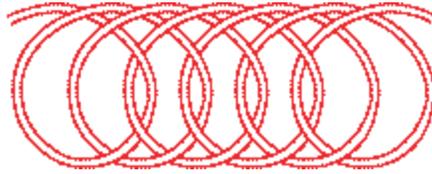
3. Your work should now look something like this



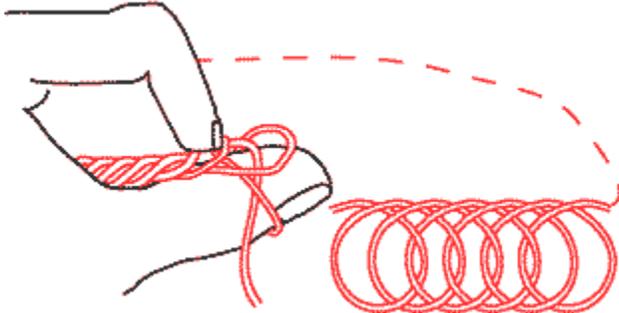
4. Place your thumb through the second loop



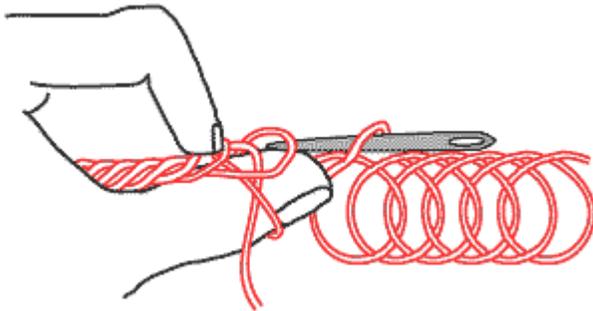
5. Pass the needle through the first loop from back to front and then underneath the second loop on the thumb.
6. Tighten the new loop around the thumb.
7. Remove the old loop from the thumb. You will be passing the needle through this loop as you repeat steps 5-7



The Join



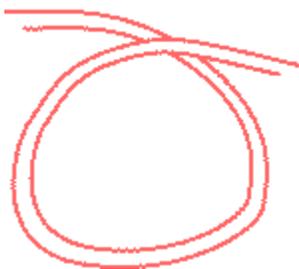
Make a "worm" of thirty or more oslo stitches and bring the starting end around, making sure there are no twists in the worm



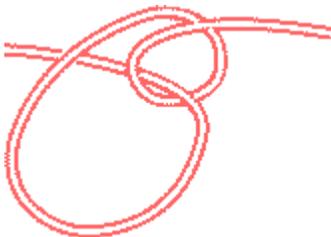
Pick up the top of the first loop, then complete the Oslo stitch as before

Continue to pick up one additional loop from the previous round before completing the Oslo stitch.

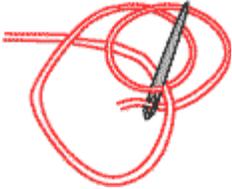
The Circular Start



Make a simple loop about the size of 3 of your fingers



Pass the working thread through this loop from back to front



Pass the needle first through the large loop then through the loop you just made from front to back with the running thread draped behind the needle

Continue with the regular stitch, picking up the large loop as well. When you have the number of stitches you need for the first row you can pull the tail of the large loop tight, closing the gap.

Online Instructions

- Nalbinding list on yahoo groups <http://groups.yahoo.com/group/nalbinding> great group with a lot of resources
- Pitty's Blog: <http://pittiom.blogya.de/pittiom/> - some great teaching videos in German and English
- Alix' Nalbinding: <http://www.alixtiberga.com/> - stitch tutorials and patterns
- Bernhard's Nadelbinden: <http://www.nadelbinden.de.vu/> - several stitches in German and English
- Krista Vanjanto: <http://www.vajanto.net/gradu/> - videos and thesis in Finnish
- Perline_la_Tisserande's blog: <http://perlinelatisserande.over-blog.com/article-6273784.html> - instructions in French
- Nålebinding Techniques in the Viking Age - Thora Sharptooth: <http://www.cs.vassar.edu/~capriest/nalebind.html> photos of several stitches, good bibliography
- Annotated Nalbinding Bibliography - Sigrid Briandsdotter: <http://www.scarlette.net/sigridkitty/>; THE bibliography for all things nalbinding

Print Resources

- Briandsdotter, Sigrid (Anne Marie Haymes); Nalbinding Made Easy; Tangle Fairies, Sultan, WA, 2004.
- Briandsdotter, Sigrid (Anne Marie Haymes); Nalbinding: The Åsle Mitten Stitch: An Instruction Manual: U (U) O/U OO F1+1; Tangle Fairies, Snohomish WA, 2000.
- Schmitt, Lawrence; Lessons in Nålbinding: Great Hats; Larry Schmitt, Cottage Grove, WI, 2006.
- Schmitt, Lawrence; Lessons in Nålbinding: Scarves Wimples and more; Larry Schmitt, Cottage Grove, WI, 1996.
- Schmitt, Lawrence W.; Lessons in Nålbinding: Lots of Socks; Larry Schmitt, Cottage Grove, WI, 2000.
- Schmitt, Lawrence W.; Mittens, Mittens, Mittens! A Nålbinding Mitten Workbook; Larry Schmitt, Cottage Grove, WI, 1997.
- Westman, Berit; "NÅLBINDNING;12 varianter" [NAALBINDING;12 Variations], 1983 ISBN 91-970550-0-X
- Mellgren, Nusse; Nalbinding, the Easiest, Clearest Ever Guide
- Thomenius, Erika; A Beginner's Guide to Naalbinding