

Knitting: *YYY* Yarn in back, needle front to back

*YYY*

*YYY*

Purling: *~~~~* Yarn in front, needle back to front

*~~~~*

*~~~~*

Ribbing: *Y~Y~* Knit 2, Purl 2, On next row, knit

*Y~Y~* over the knits and purl over the purls,

*Y~Y~* the yarn has to go in between the needles, never over them