

# TUTORIAL: LIFTED INCREASES

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Unless there is some overriding reason to use something else, these are my favorite increases. They are practically invisible, and feel to me like an equivalent to mirrored decreases. I do not, however, recommend them in situations where there is an increase in the same location on every row: too many of them will pull on the knitting because they involve knitting stitches from previous rows.

Note that you can either knit or purl the lifted stitches, though I use the word *knit*.

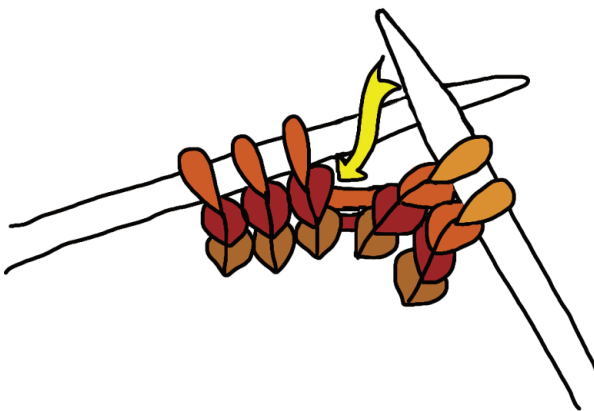
## Definitions:

inactive describes the needle holding the stitches you are about to work.

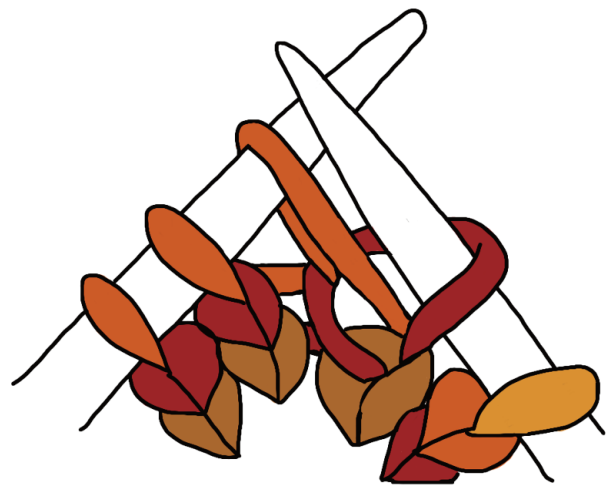
working describes the needle holding newly-worked stitches.

## Right lifted increase from knit stitch:

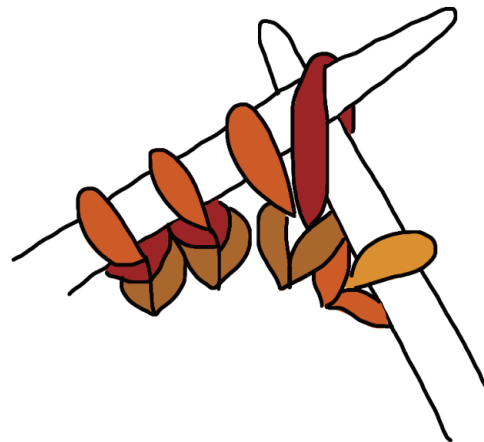
1: Reach down with the working needle to the stitch one row below the next unworked stitch.



2: Pick it up from behind.

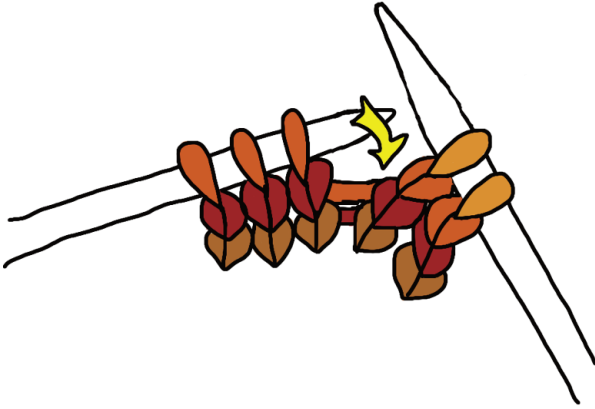


3: Slip it to the inactive needle and knit it through the back loop to twist it.

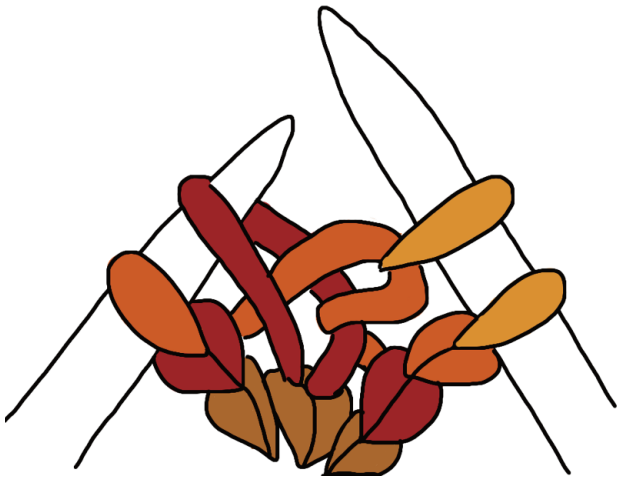


*Left lifted increase from knit stitch:*

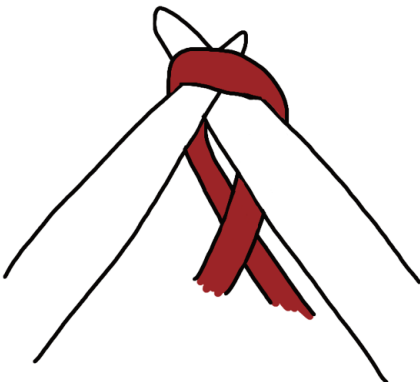
1: Reach down with the working needle to the stitch two rows below the one just knit.



2: Pick it up from the front and slip it to your inactive needle.



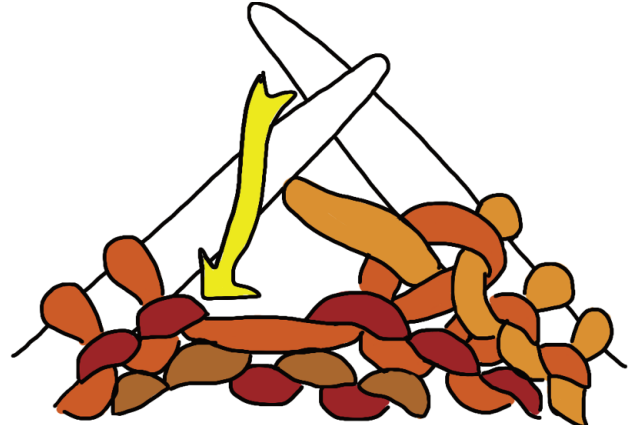
3: Knit that stitch through the front loop to twist it.



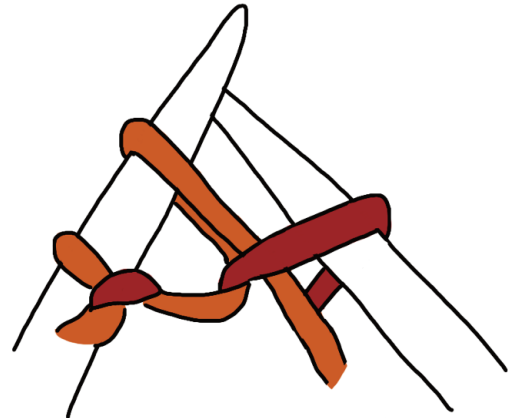
Lifting purl stitches looks a little different, though the motions are much the same. Again, the lifted stitch can either be knit or purled though I use the word *purl*.

*Right lifted increase from purl stitch:*

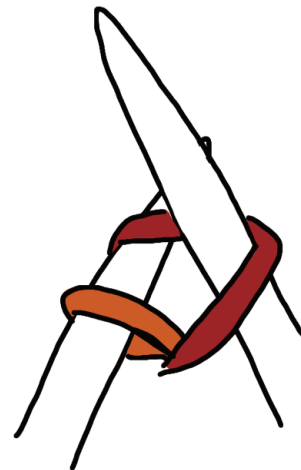
1: Reach down with the working needle to the stitch one row below the next unworked stitch.



2: Pick it up from the front.

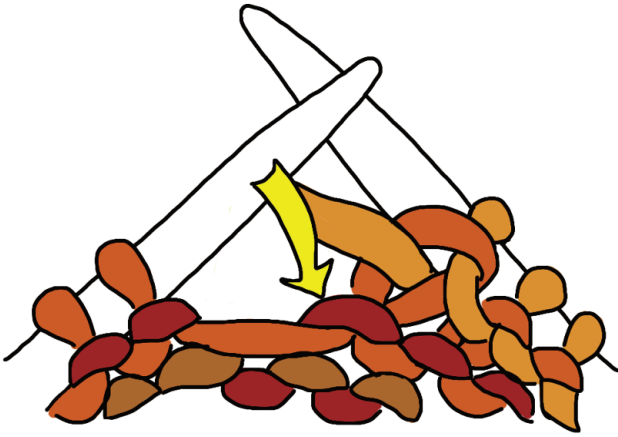


3: Slip it to the inactive needle and purl it through the front loop to twist it.

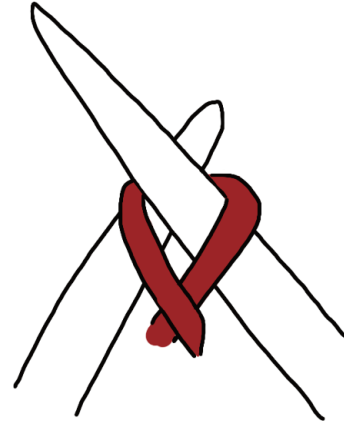


*Left lifted increase from purl stitch:*

1: Reach down with the working needle to the stitch two rows below the one just knit.



3: Purl that stitch through the front loop to twist it..



2: Pick it up from the front with your inactive needle.

