

NexStitch Crochet Articles

Featuring step-by-step instructions, guides, and tutorials on all the basics of crochet



Grasp proper holding techniques



Master all the basic stitches



Learn to read patterns



Make your own gear!

Get a Grip:
How to Hold a Crochet
Hook and Yarn

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Get a Grip! How to Hold a Crochet Hook and Yarn

There are many ways to hold a crochet hook and yarn. Finding which approach feels most natural to you is important. In addition, consideration must be given as to whether you are left-handed or right-handed crocheter. Let's start by looking at the two predominant methods for holding the hook

The first one I like to call the **Underhand Method**. This is the same as holding a pencil to write, and is utilized most often for delicate lace crochet work.

Left Handed



Right Handed



The **Overhand Method** is another way to hold the crochet hook. This is similar to using a knife to cut food, but with the added benefit of leverage from the remaining three fingers. This technique is widely used, especially with heavier yarns.

Left Handed



Right Handed



After you have chosen the best hook holding method, move on to deciding which yarn holding technique is right for you. The goal here is to gain a consistent tension of the yarn while crocheting. Proper tension will help you achieve the accurate gauge according to the crochet pattern you are using. Let's look at two popular yarn holding techniques.

The **Pinky Wrap Method**, which is achieved by circling the little finger with yarn, is one way to gain good tension.

Left Handed



Right Handed



Another way to gain tension on the yarn is to use the **Index Finger Method**. This involves wrapping the yarn over the index finger, grasping the dangling yarn with your pinky and ring finger flush up against the inside of your palm.

Left Handed



Right Handed



Once you have a comfortable grip on the yarn and hook, move on to learning how to make a chain stitch.