

7 DAY CHALLENGE

WALKTHROUGH &
REFERENCE GUIDE

with sigoni macaroni



7 DAY CHALLENGE WALKTHROUGH & REFERENCE GUIDE

WELCOME!

about the instructor

Hey!

Welcome to the **7 Day Challenge Walkthrough & Reference Guide!**
I'm so excited that you're here and that you've chosen me to help you along the start of your crochet journey.

My name is Sigoni and I'm the founder of Sigoni Macaroni, the place where beginners learn to crochet like pros. Before we get to learning, I wanted to share a little about me and why I believe I'm qualified to teach this course.

I've always been a pretty crafty person. I love to paint and draw, but I'm interested in learning almost every other craft as well (you can never know too much!). But even being a crafty person, I never found that one craft that made me feel creative until I found crochet.

Crochet is my passion and I love it with all of my heart. There is a certain magic to creating something from nothing and that is why I want to share this amazing craft with the world.

With crochet, the possibilities are endless and I can't wait to show you how easy and fun it is to make so many things in so many different ways.

Whether you'd like to crochet as a hobby to make gifts for friends and family or if you think that one day you'd like to turn your hobby into a business, this is the best place for you to start.

I wanted to create this course to help those of you who are struggling like I was in the beginning. Those of you who need an extra push, someone to encourage you to keep going, and stress that mistakes are just a part of learning.

And that's what I'm here for.

I can't wait to see all of the beautiful things you're going to make! So what are we waiting for? Let's get started!

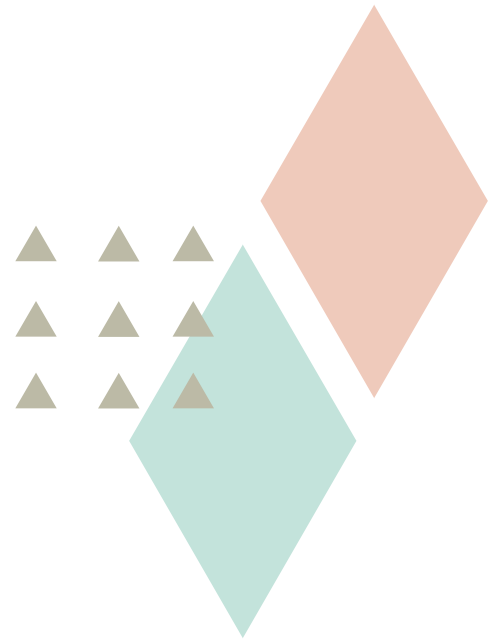


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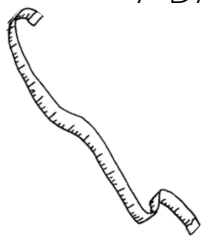
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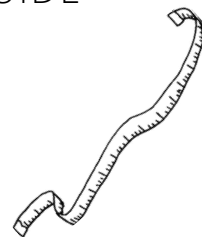
LESSON 1

BASIC MATERIALS TO GET STARTED

Materials you'll need
All about yarn
All about hooks
Extra helpful tools



LESSON 1



basic materials to get started

Lesson 1; Part A: All Things Yarn

Crochet is a yarn craft so, of course, you must have the yarn! The yarn is used to create the fabric of your project. Whether that is a garment, a home decor item, or even a stuffed animal! Yarn is classified by its weight and the fibers used to create it.

Yarn Fibers

There are many, many, many different types of yarn fibers out there. Some of the most common are:

- Polyester
- Acrylic
- Wool
- Cotton
- & so many more

When you're first learning, acrylic is the best option (in my opinion). It's easy to use, easy to wash, and it tends to be cheaper than others.

Yarn Weight

There are seven weight classifications. Lace (0), superfine (1), fine (2), DK/light (3), medium (4 – also known as worsted weight), bulky (5), super bulky (6), and jumbo (7).

I love chunky yarn because they work up quickly and of course, they make super cozy blankets.

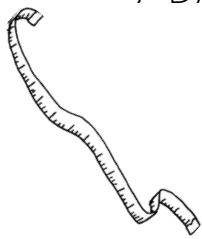
When you're getting started, I recommend using a medium weight or chunky yarn.



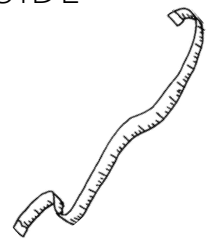
IMPORTANT TIP

A few things to remember when buying yarn as a beginner:

- Medium weight (#4) is the best to practice with (*you can find the weight on the yarn label*)
- Use a lighter color so you're able to see your stitches
- Stay away from novelty (fancy, fuzzy) yarn
- Choose a crochet hook that matches the recommendation on the label of the yarn you choose



LESSON 1



basic materials to get started

Lesson 1; Part B: Crochet Hooks

Just like yarn, there are many types of hooks out there as well. There are:

- Aluminum
- Bamboo
- Ergonomic
- Plastic
- Handcrafted

The hooks I 150% recommend are Clover Amour. These are the only hooks I use and I don't think I could ever use anything else. I have hooks of all different sizes, types, and brands. I started off with a complete beginner's set and then continued to experiment here and there with different types. While you're crocheting you'll realize which hooks you like for which projects.

When you're buying your hook for a particular yarn, just make sure your hook size matches the suggested size on the yarn label.

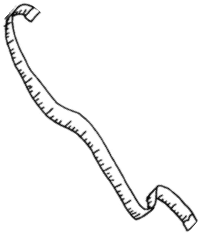
Ergonomic Hooks

Ergonomic hooks usually have some sort of grip on the handle so that it puts less stress on your hand while you're crocheting. I never understood why someone would need an ergonomic hook because any hook I used in the past used to work for me. Then I came across Clover Crochet Hooks and I thought I would give them a try. I fell in love. If you have any issues with your wrists or hands getting tired or cramping easily, I HIGHLY recommend using these.

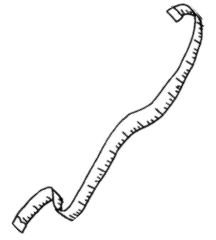
Aluminum & Plastic

Aluminum and plastic hooks are cheap and come in a lot of different sizes. Both are great, too!

The only problem I've had with plastic hooks is when I crochet with two strands of yarn with cotton yarn. The plastic hooks make it a little harder to work your stitches because they're a little flimsy. They might even break... which I've learned from experience. Other than that they work pretty well!



LESSON 1






basic materials to get started

Lesson 1 Challenge: Gather Your Supplies

It's time for your FIRST Challenge and that is to simply to gather your supplies! Below you will find a little checklist of essential supplies to help you keep track of what you have so far.

-  **YARN**
-  **CROCHET HOOK SET**
-  **TAPESTRY NEEDLES**
-  **SCISSORS**
-  **STITCH MARKERS**

Here's an additional list of supplies that are great to have, but you don't NEED them in order to get started.

-  **CROCHET HOOK CASE**
-  **PROJECT BAG**
-  **NOTEBOOK**
-  **TAPE MEASURE**



LESSON 2

HOOK, YARN, & TENSION

How to hold your hook
How to hold your yarn
Basics of gauge & tension
Tips to improve your tension



LESSON 2



hook, yarn, & tension

Lesson 2; Part A: How To Hold Your Crochet Hook

You can hold your hook however you feel comfortable. But there are two main positions that most crocheters use.

The first is like you're holding a pencil (*left photo*) and the second is like you're holding a knife (*right photo*). I personally hold mine like a knife.

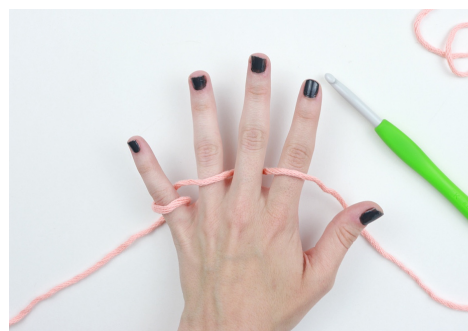
Try both of these techniques and choose the one that feels the most comfortable to you. Remember, it won't feel completely natural at first but once we start working on stitches you'll start to get a feel for the one that fits you better.



Lesson 2; Part B: How To Hold Your Yarn

With yarn, there are many many different ways you can choose to hold it. What matters the most is that you feel comfortable while you're crocheting. Getting used to this new feeling of holding your yarn is going to take some **time and practice**. You'll notice in all of these photos that they have one thing in common: **the working yarn is always draped over your pointer finger.**

Photo 1 - Starting from between your pinky and ring finger, wrap the yarn over and then under your pinky, back over your ring finger, under your middle, and over your pointer.





LESSON 2



hook, yarn, & tension

Lesson 2; Part B: How To Hold Your Yarn *(continued)*

Photo 2 - Wrap the yarn once around your pinky. Bring the yarn under your ring and middle finger and over the top of your pointer finger. →



Photo 3 - Weave your yarn over your ring finger, under your middle, and wrap it around your pointer finger twice. →



I hold my yarn loosely between my pointer and middle fingers while the rest of the yarn is loose.

In order for me to create the best tension for myself, I lightly hold the yarn between my knuckles so that it's not just lying there. The way I hold my project makes it so that the yarn doesn't get in my way.





LESSON 2



hook, yarn, & tension

Lesson 2; Part B: How To Hold Your Yarn *(continued)*

This is what works for me and I encourage you to find your way. There is no wrong way. Feel free to mirror how I hold things if that makes it easier for you, especially as you're watching through the video tutorials.

But if it doesn't feel right, do your own thing! As long as you can finish a project comfortably, then you're on the right track!

This is something that you are really going to have to work on. That is why I suggest chaining and, of course, lots of practice (*which we'll start in the next lesson*).

Lesson 2; Part C: Tension

Tension is how loose or how tight you crochet. This is the part that takes the most practice and you will need to have some patience with yourself.

This isn't something you're going to get right away. How could you? You're introducing a new craft to your hands and it's bound to take some time. You have to promise me that you'll take the time to really practice!

Don't give up!

I know "practice, practice, practice" can be frustrating to hear, but I'm going to tell you now that **I will be saying that a lot in this course.**

The more projects you make, the better you'll get. The more mistakes you make, the more you'll be able to recognize those mistakes in the future.

It's all part of the learning process.



LESSON 2



hook, yarn, & tension

Common Tension Mistakes

It's very common as a beginner to start a project feeling a little tense. This is natural because you're excited about starting a new project and you want to make sure it's perfect.

But without realizing, you will start off chaining tighter than you should. Then as you continue your project, you start to loosen up and relax a little bit, resulting in looser chains or stitches. You could also start off with a really loose chain and your stitches will get tighter as you go.

This could cause your projects to curl, twist, or just look a little wonky. If you've had this problem before, don't worry. We're gonna fix it.

Lesson 2 Challenge: Get Familiar With Your Tools

Today's challenge is to read over all of the information within this lesson, to purchase any additional supplies you need, start getting familiar with your new tools, and start getting excited about Lesson 3!

If you're still waiting on supplies, reading the information in this lesson will still get you mentally prepared by knowing what to expect once you do have your yarn and hook in hand. If you do have your supplies, try holding your hook and yarn in different positions to get used to the feeling and see what feels comfortable for you.

We haven't learned any stitches for you to practice yet, but tomorrow you'll learn how to create a slip knot and how to begin chaining! Then you'll really be able to practice your tension.

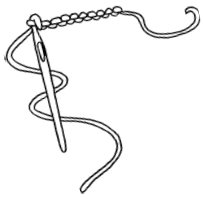
Oh and one more thing. In the BONUS lesson, you will find additional tips on how to improve your tension. So if you've practiced a bit and you still feel like you're having some trouble go check out that lesson.



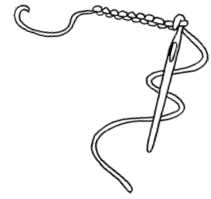
LESSON 3

SLIP KNOT & CHAIN STITCH

How to tie a slip knot - 3 ways
How to create a foundation chain
How to count chain stitches
Stitch abbreviations
US vs. UK conversions



LESSON 3



slip knot & chain stitch

Lesson 3; Part A: Slip Knot

Abbreviation: Slip Knot - (sl knot) | This term is the same in the UK

Learning how to tie a slip knot in crochet is one of the most important things to master. Why? Because a slip knot is used to begin nearly every project. There are several different ways that you can make a slip knot and I've chosen two of the easiest ways I could find and explain in photos.

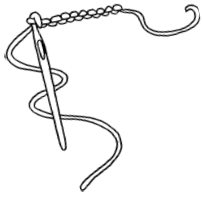
Try both of these methods and choose the one that comes more naturally to you.

****First rule of thumb: Pull out a good 8-10 inches of yarn so you have enough to work with.**

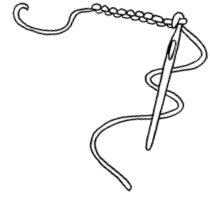
After you tie your slip knot, insert your hook and pull the working yarn to tighten the loop around your hook. Make sure your slip knot is loose enough to slide up and down your hook, but tight enough so that it doesn't fall off.

Side note: there's an additional method to tying a slip knot within the video tutorial that's not mentioned here.





LESSON 3

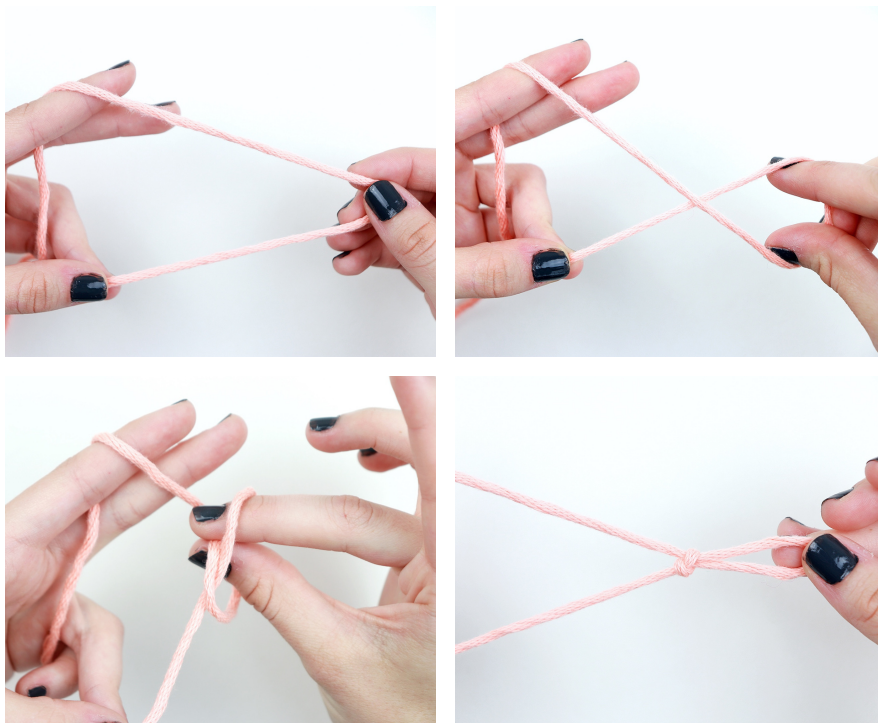


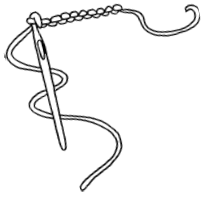
slip knot & chain stitch

Lesson 3; Part A: Slip Knot

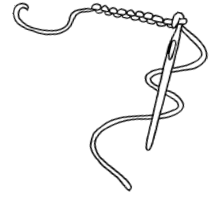
Method #1:

1. First, use your thumb and pointer fingers of your left hand (if you're right-handed) to hold the tail end of the yarn while your pinky and ring finger are holding the working yarn.
2. Twist the yarn with your right hand so that the working yarn lays on top of the tail.
3. Insert your thumb and pointer finger of your right hand into the hole you just created and pull the working yarn through.
4. Pull the loop tight with your right hand while holding both the working yarn and the tail in your left.
5. Insert your hook into the slip knot and pull tight on the working end to tighten onto your hook.





LESSON 3

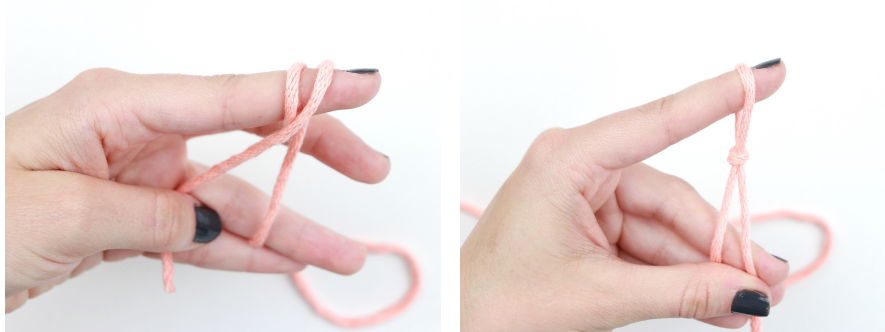


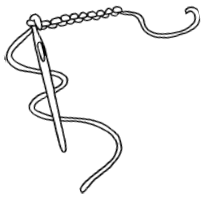
slip knot & chain stitch

Lesson 3; Part A: Slip Knot

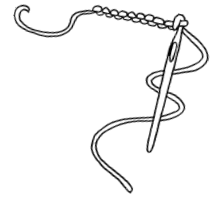
Method #2:

1. Use your thumb and middle finger of your left hand to hold onto the tail end of your yarn.
2. Wrap the working yarn around your left pointer finger twice and hold it between your thumb and middle finger to hold in place.
3. Pull the back loop over the front loop without letting it fall off your finger.
4. Then pull the now back loop over the front loop and over your finger.
5. Hold on to both the working yarn and tail with your other fingers and push up on the loop with your pointer finger, tightening the knot.
6. Insert your hook into the loop and pull down on the working end to tighten.





LESSON 3



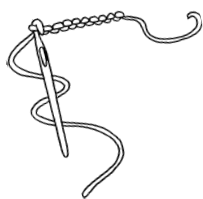
slip knot & chain stitch

Lesson 3; Part B: Chain Stitch Picture Tutorial

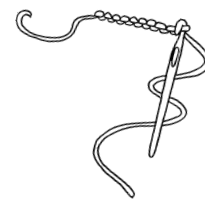
1. Create a slip knot and tighten it around your hook. Let it be loose enough to slide back and forth on your hook.
2. Wrap the yarn around your hook from the back to the front and with the head of your hook pointing down, grab the yarn and pull it through the loop on your hook.
3. You've just created your first chain!
4. Now repeat the same pattern.

See the video tutorial in today's lesson to see this stitch in action.





LESSON 3



slip knot & chain stitch

Lesson 3 Challenge: Tie A Slip Knot & Practice Chaining

Today's challenge is a two-parter.

Practice all methods I've showed you to tying a slip knot. Then choose one that comes the most natural to you.

Next, chain until your heart's content! If you'd like a more specific number, I'll leave it in the practice instructions below.

Practicing your chain stitches doesn't only help you learn the stitch itself, but it will also help you:

- to get the hang of holding your hook
- lets you practice and adjust your tension as needed
- gets you ready for future projects!

Practice Instructions For The Chain Stitch

Abbreviation: Chain - (ch) | This term is the same in the UK

Create a slip knot, chain 25. Fasten off.





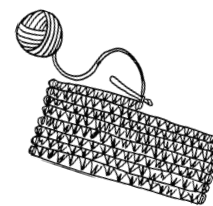
LESSON 4

SINGLE CROCHET STITCH

How to single crochet
How to count single crochet stitches
How to count single crochet rows
Stitch abbreviation
& US vs. UK conversions



LESSON 4



single crochet stitch

Lesson 4: Single Crochet Picture Tutorial

Step 1: Create a slip knot and chain 11.

Step 2: Insert your hook into the second chain from your hook (*the loop around your hook does not count as a chain*) Wrap the yarn around the back of your hook and over to the front (*this is called "yarn over"*) and pull the yarn back through the loop. **You will now have 2 loops on your hook.**

Step 3: Yarn over your hook again and pull through both loops on your hook.



Congratulations, you've made your first single crochet!

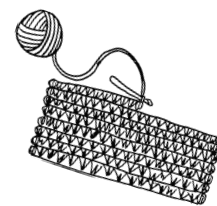
***Note: Working this stitch and almost every other stitch through the foundation chain is the hardest part when you're first starting out. Don't give up. Once you get a couple rows down it will become easier to grip your yarn.**

Continue single crocheting in each chain until you reach the end of the row.





LESSON 4



single crochet stitch

Lesson 4: Single Crochet Picture Tutorial (continued)

Working In Rows

1. Chain 1 and turn your work around so you're facing the back of the row you just finished.
2. Insert your hook into the very first stitch. (*When you insert your hook into the top of the stitch, you will notice it has a 'v' shape*), yarn over, and pull up a loop. **You will have 2 loops on your hook.** Yarn over, pull through both loops.





LESSON 4



single crochet stitch

Lesson 4 Challenge: Make A Single Crochet Swatch

It's time to create your very first swatch!

A swatch is a small piece of fabric that you create to practice or test out a new yarn, hook, or stitch.

Another side challenge is **to not rip out your work**. All we're doing today is learning how to create the single crochet stitch, not how to make it perfect (we'll go over this in another lesson 😊).

Once your swatch is finished, take a photo and print it out or save it somewhere so you're able to look back on it. I would love if you posted it in the comments or in the Facebook group so we can celebrate your beginning!

I encourage you to keep the swatch, **mistakes and all**, so you can look back and see how much you've progressed!

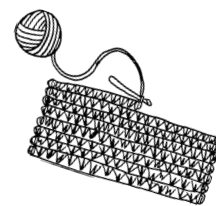
Practice, practice, practice, and don't give up! You got this.

Find the practice instructions for the single crochet stitch on the next page.





LESSON 4



single crochet stitch

Lesson 4 Challenge: Make A Single Crochet Swatch

Practice Instructions For The Single Crochet Stitch

Abbreviation: Single Crochet (sc) | UK Term: Double Crochet (dc)

1. Create a slip knot, chain 11.
2. Single crochet into the 2nd chain from your hook and each chain down.
3. Chain 1, turn your work. Single crochet in each stitch across.
4. Repeat step 3 until you reach 15 rows.

(feel free to keep going past 15 rows if you want!)

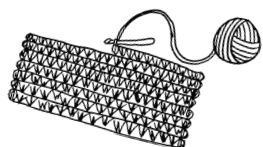




LESSON 5

DOUBLE CROCHET STITCH

How to double crochet
How to count double crochet stitches
How to count double crochet rows
Stitch abbreviation
& US vs. UK conversions



LESSON 5



double crochet stitch

Lesson 5: Double Crochet Picture Tutorial

Step 1: Create a slip knot and chain 13

Step 2: Yarn over and insert your hook into the 4th chain from your hook. Yarn over, pull up a loop. **You will have 3 loops on your hook.**

Step 3: Yarn over, pull through 2 loops.

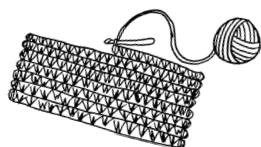
Step 4: Yarn over again and pull through the remaining 2 loops.



That is the double crochet stitch!

Continue double crocheting in each chain down the row.

Once you've reached the end of the row, you should have 11 double crochet stitches total (*the 3 chains that you skipped at the beginning of the row counts as a double crochet*).



LESSON 5



double crochet stitch

Lesson 5: Double Crochet Picture Tutorial (continued)

Working In Rows

1. Chain 3 and turn your work to face the back side of your first row.

***IMPORTANT: The very first stitch in a row is known as a "false" stitch. You will make your first double crochet into the next stitch. Learn more about turning chains in the BONUS LESSONS.**

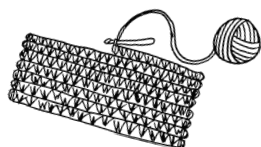
2. Double crochet into the next stitch by inserting your hook under both loops of the next stitch (not the base of the chain 3 – see photo)

Continue double crocheting in each stitch down the row.

Don't forget about the last stitch! Because the chain 3 at the beginning of each row counts as a stitch, you'll be crocheting into the top chain of the chain 3.

Sometimes it can be a little tricky to find. For additional help, please see the video tutorial.





LESSON 5



double crochet stitch

Lesson 5 Challenge: Make A Double Crochet Swatch

Today's challenge is about the same as yesterday's: create a swatch of double crochet. **Follow along with the tutorial above or the video tutorial within the lesson.**

As I said with the previous challenge, **don't rip out your work!**

Remember, we're just learning how to create the double crochet stitch, not how to make edges perfect.

Once you've made your swatch (see the practice instructions in the next lesson), tie off your work and then keep the swatch, mistakes and all, so you can look back and see how much you've progressed!

Tomorrow we'll go more in depth about working in rows and how to keep your edges straight! But remember, practice is key.

If you're getting frustrated, give yourself a break. Everyone starting out has frustrations.

If you're still having some trouble holding your hook and yarn, try a different position. If this doesn't help, check the BONUS LESSONS for additional tension tips.





LESSON 5



double crochet stitch

Lesson 5 Challenge: Make A Double Crochet Swatch

Practice Instructions For The Double Crochet Stitch

Abbreviation: US Term - Double Crochet (dc) | UK Term - Treble Crochet (tr)

1. Create a slip knot, chain 13.
2. Double crochet into the 4th chain from your hook and each chain down
- *You should have 11 stitches (including the chain 3)*
3. Chain 3, turn your work. Double crochet in each stitch across.
4. Repeat step 3 until you reach 15 rows.





LESSON 6

STRAIGHT EDGES EVERY TIME

Tips for counting rows
Tips for counting stitches
Counting & identifying single
crochet stitches and rows
Counting & identifying double
crochet stitches and rows

LESSON 6

straight edges every time

Lesson 6: Straight Edges Every Time

Tips for Counting Rows

When crocheting by rows, you will be turning your work at the end of each row. When you turn the row, you're going to see the back side of the stitches you just completed.

No matter what stitch you're using, when crocheting in rows, you will see the front side of the stitch in one row and the back side of the stitch in the next row.

There are a few ways to make counting rows easier to manage:

- Pay attention to which side the stitch is facing
- Use a row counter
- Make a tally on a piece of paper every time you finish a row (*I used to do this!*)
- Use stitch markers to mark each row

Tips for Counting Stitches

There are two ways you can count your crochet stitches.

- Count by the post
- Count by the 'v' stitch at the top of each row

Some stitches are easier to count than others. With the taller stitches (like the double crochet) it can be easier to count the post of the stitch.

With the single crochet, it may be easier to count the 'v' stitch at the top.

LESSON 6

straight edges every time

Lesson 6: Straight Edges Every Time *(continued)*

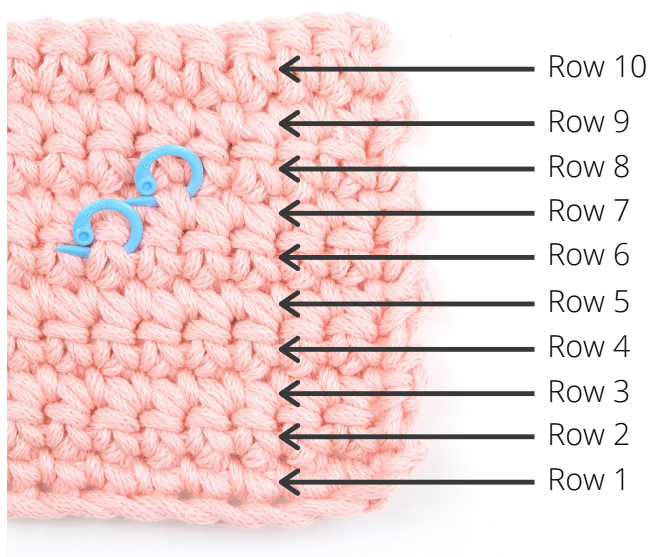
Counting & Identifying Single Crochet Stitches and Rows

Single crochet stitches are pretty small and close together so it can be a little tough to see the post of the stitch. In this case, it would be easier to count the tops of the stitches.

With single crochet stitches, the chain 1 at the beginning of each row almost never counts as a stitch *(unless stated otherwise)*.



Understanding the construction of a stitch will help you to recognize each row. In the photo to the right, I marked the front and back of the stitch to help you count each row.



LESSON 6

straight edges every time

Lesson 6: Straight Edges Every Time (continued)

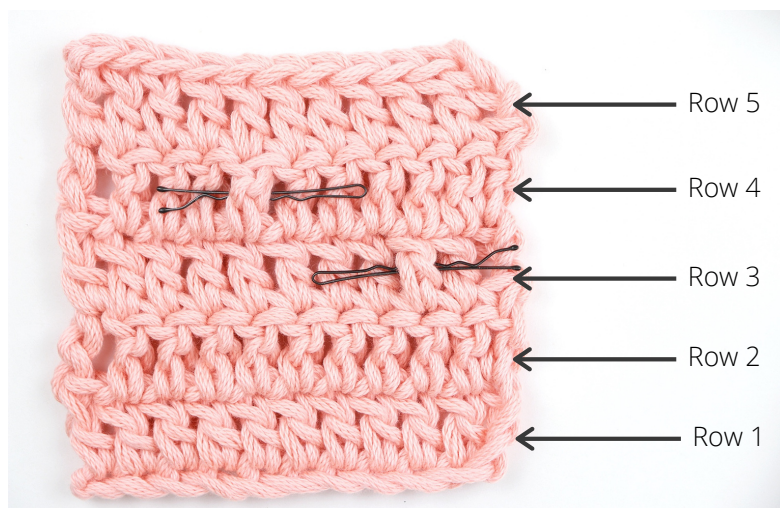
Counting & Identifying Double Crochet Stitches and Rows

Counting & recognizing double crochet stitches and rows is easier than the single crochet stitch.

The height of this stitch makes each post (*the front of the stitch*) easy to identify, as well as the small gaps they leave in between.



Again, when you take a look at the photo to the right, you will see the front and back of each double crochet marked with a bobby pin to help you recognize what the stitch looks like from the back and from the front.



LESSON 6

straight edges every time

Lesson 6 Challenge: Make & Inspect 2 New Swatches

Today's challenge is to create two more swatches. **One swatch of single crochet and one swatch of double crochet.**

Now notice that I said we're creating a **new swatch**. We're not ripping out the stitches from our previous swatches and I hope you kept them so that you can compare and celebrate how far you've already come!

If you didn't keep them, it's okay. I just think it would be fun for you to compare your first few tries while also recognizing what mistakes you made in your first swatch in order to understand what not to do next time.

Your goal for this challenge is to **accomplish straight edges**. Watch the video tutorial provided within the course as well as the photos within this workbook to help you better identify each stitch and row.

Once you've created your swatch, take a minute to inspect it.

Can you count how many stitches you have in each row, just by the look of the stitch?

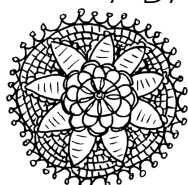
Can you recognize how many rows you have by the look of the fronts and back of the stitches?



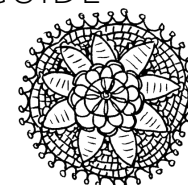
LESSON 7

READING & UNDERSTANDING CROCHET PATTERNS

Before the pattern
Rounds vs. Rows
Following a pattern
Pattern repeats
& more!



LESSON 7



reading & understanding crochet patterns

Lesson 7; Part A: Before The Crochet Pattern

Cover Page

If you're working from a pattern on the internet, there won't be a designated cover page.

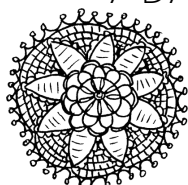
If you purchase a PDF pattern, the cover page is the first page that includes a photo of the pattern, the designer's name, and other important information (like copyrights) about the pattern.

Skill Level

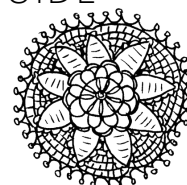
Not all designers include the skill level in their patterns, but you will find this on patterns through sites like Yarnspirations and any pattern that are a little more professional.

The project, or skill, levels according to the **Craft Yarn Council** are as follows:

- **Basic** - Projects using basic stitches. May include basic increases and decreases.
- **Easy** - Projects may include simple stitch patterns, color work, and/or shaping.
- **Intermediate** - Projects may include involved stitch patterns, color work, and/or shaping.
- **Complex** - Projects may include complex stitch patterns, color work, and or/shaping using a variety of techniques and stitches simultaneously.



LESSON 7



reading & understanding crochet patterns

Lesson 7; Part A: Before The Crochet Pattern (continued)

Materials/Supplies Needed Section

This is pretty self-explanatory and just covers all of the supplies you will need to complete the desired project. This includes the **type of yarn, yardage used, hook size, scissors, tapestry needle, stitch marker if required, and so on.**

It's important to look over the **brand** of yarn that was used as well as the **weight** of that yarn. If you can't purchase the same yarn the designer used to create the project, you should at least find a different brand **in the same weight category.**

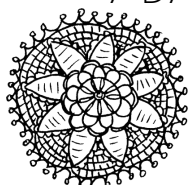
As long as you use the same weight yarn, you should be okay, but you will have to create a gauge swatch to be sure. That way it turns out the same size as the designed piece (*more on this on later*).

Also, some patterns will include how many yards of yarn that is needed to complete the project. Use this information to ensure you have the correct amount needed, especially if you're going with a different brand of yarn.

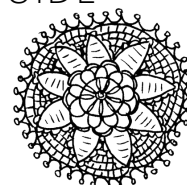
Abbreviations

The third and most important note are the abbreviations, or the "crochet lingo". **Crochet patterns are written with abbreviations in order to make patterns short and to the point.** If abbreviations weren't used, these patterns would be paragraphs upon paragraphs long and that's not fun for anybody.

For example, "ch" is the abbreviated form for "chain stitch" and "sc" is abbreviated for "single crochet".



LESSON 7



reading & understanding crochet patterns

Lesson 7; Part A: Before The Crochet Pattern (*continued*)

Abbreviations (*continued*)

Another important thing to note about crochet abbreviations is the difference between US and UK terms.

I briefly explained in the previous stitch tutorials the difference between US vs. UK terms. This is important to know now because you will come across patterns from all across the world and you'll need to know which lingo you'll be working off of.

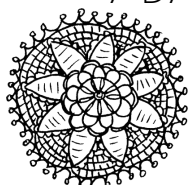
On the last page of this workbook you'll see an excerpt from my digital project planner, *Hooked on Planning*, that includes all of the US vs. UK conversions. Feel free to print this page out if needed.

Gauge

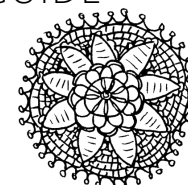
To put it simply, gauge is a small crocheted swatch that you work up before you begin the pattern. The purpose of gauge is to ensure that your finished project will work up the same size as the designer's finished item.

I was going to explain a little more about gauge, but I don't want you to get caught up in it! There is a lot that goes into gauge and at this point I think it would just confuse you more than help you. But I also wanted to include it in this section because you may see it within a pattern.

When it comes to blankets, washcloths, baskets, gauge doesn't matter too much. The only time it's completely necessary is when you're crocheting something that will need to fit you like clothing, or garments. And sometimes hats.



LESSON 7



reading & understanding crochet patterns

Lesson 7; Part A: Before The Crochet Pattern (*continued*)

Notes

The notes section is basically for notes that don't have a specific category. Almost every pattern has some additional notes for you to know about.

The notes can include important information on how to resize the project (*if there isn't a specific resizing section*), whether or not the chain counts as a stitch, how you'll finish the project, and any other important information the designer wants you to know.

Finished Measurements

You will see this on the projects where sizing is generally important. Garments, blankets, baskets, washcloths, etc. This section can also be used to explain how to resize your finished project to make it larger or smaller.

For example, with garments you will see the measurements for multiple sizes and how to crochet a different size.

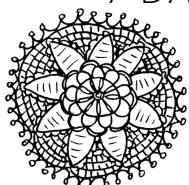
Lesson 7; Part B: Understanding The Pattern

Working In Rounds vs. Rows

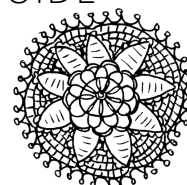
When you're reading a crochet pattern, you will first notice that your project will be completed either in the round or in rows.

Working in the round means you will be crocheting continuously in a circle.

When you're working in rows, you will be crocheting back and forth by turning your work at the end of each row.



LESSON 7



reading & understanding crochet patterns

Lesson 7; Part B: Understanding The Pattern *(continued)*

Starting The Pattern

For projects that start with a chain, without saying it specifically, it's always implied that you need to first create a slip knot. Then you will chain however many the pattern asks for.

Example:

Row 1: *Ch 20; dc in 4th ch from hook and in each ch across (17).*

-OR-

Ch 20

Row 1: *Dc in the 4th ch from your hook and in each ch across (17).*

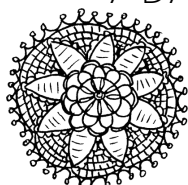
Both of these examples mean the same thing. After you create your slip knot, you will chain 20 and start working your first row of double crochet stitches.

Stitch Count

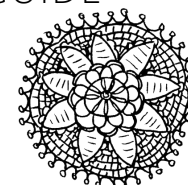
At the end of each row, a pattern will usually have a number in paranthesis. **This number is the total number of stitches that you should have when you're finished with that row.**

They could look like any of these examples below:

- : 17 dc
- (17 dc)
- — 17 dc
- (17)



LESSON 7



reading & understanding crochet patterns

Lesson 7; Part B: Understanding The Pattern (continued)

Asterisks & Brackets

When you see **Rep []**; or **Rep ***, the pattern is telling you to repeat the same pattern within the brackets or asterisks. Whether you're working in the round or in rows, you will see these indications a lot.

****Example 1:**

[3 dc into the next st, skip next st, 1 sc into the next]. Rep [] to end of row.

In this case, **you will place 3 double crochet stitches all into the next stitch. Skip over the next stitch and then place 1 single crochet into the next.**

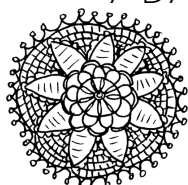
Then because it says, "*Rep [] to end of row*" you will repeat those same steps down the row, until you reach the last stitch.

****Example 2:**

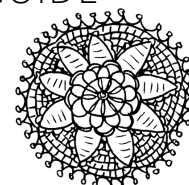
*Dc in next 5 sts; *ch 1, skip next st, dc in next st**; rep * across row ending with ***

This is saying the same thing, only using asterisks rather than brackets. In this case you would **only repeat the steps within the asterisks**, not the part before.

When it says '*...ending with ***' it means (in this example) at the end of the row, you should have ended with a dc in the last st.



LESSON 7



reading & understanding crochet patterns

Lesson 7; Part B: Understanding The Pattern (continued)

Chain Spaces

A chain space usually is formed when you work a stitch, then a chain stitch, skip the next stitch, and work a stitch into the next. **The space created by chaining and skipping a stitch is your chain space.**

If a pattern tells you to work a certain amount of stitches into a chain space, it means the space **in between your stitches** where you made a chain. You won't be working into the actual stitch.

Lesson 7 Challenge: Start Your First Project!

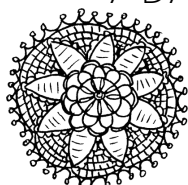
Today's challenge is to start your very first project!

Make sure you read over all of the notes I've provided in today's lesson. Everything I've gone over in this lesson is a general overview of reading patterns. **Not all of this information will be in every pattern.**

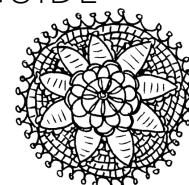
The more projects you make, the easier pattern reading will be.

And that's why we're going to start practicing our pattern reading skills by making our first project, the Checkered Washcloth. You will find the pattern instructions and the video tutorial for you to follow along in the next lesson.

We're starting off with something small just to get into the groove of crocheting and following a pattern.



LESSON 7



reading & understanding crochet patterns

US vs. UK Conversions

US/CANADA	UK
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slip stitch (sl st)

slip stitch (ss)

single crochet (sc)

double crochet (dc)

half double crochet (hdc)

half treble (htr)

double crochet (dc)

treble (tr)

treble (tr)

double treble (dtr)

double treble (dtr)

triple treble (trtr)

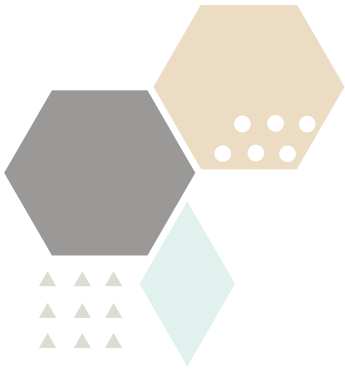
US	UK/CANADA
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gauge

tension

yarn over (yo)

yarn over hook (yoh)



LESSON RESOURCES

& VIDEO TUTORIALS

the following are clickable links

- 1 [7 Tips To Improve Your Tension](#)
- 2 [Crochet Abbreviations](#)
- 3 [Slip knot & Chain Stitch Tutorial](#) - **RIGHT** handed
- 4 [Slip knot & Chain Stitch Tutorial](#) - **LEFT** handed
- 5 [Single Crochet Tutorial](#) - **RIGHT** handed
- 6 [Single Crochet Tutorial](#) - **LEFT** handed
- 7 [Double Crochet Tutorial](#) - **RIGHT** handed
- 8 [Double Crochet Tutorial](#) - **LEFT** handed
- 9 [Counting Crochet Stitches & Rows](#)
- 10 **EXTRA HELP:** [The BEST Way To Hold Your Yarn For Tension](#)
- 11 **EXTRA HELP:** [Crochet Tension Regulator Pattern](#)
- 12 **EXTRA HELP:** [8 Common Mistakes & How To Fix Them](#)
- 13 [Upgrade to the Masterclass](#)
(use code *CHALLENGER* for 30% off)



ABOUT YOUR INSTRUCTOR



Hey there! My name is Sigoni and I'm the founder of the *Learn To Crochet Masterclass* and *Hooked on Planning*.

Crochet is my passion and I want nothing more than to make sure crochet is a hobby that brings you rest and relaxation, never stress.

I am a self-taught crocheter and over the years I've aspired to teach others the art of crochet in a way that it's clear and easy to understand.

That's why my goal is to provide different forms of tutorials so that you can learn the best based on your learning style.

I'm so happy you've chosen me to teach you everything I've learned over the years & I hope I've done a good job of teaching you the basics of crochet!

If you would like to upgrade to the full Masterclass, use the code CHALLENGER for 30% off. [Click here to sign up.](#)

I am always here to answer questions. Feel free to email me at any time at hello@sigonimacaroni.com

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If you need a place to keep track of all of your makes, check out my ultimate crochet project planner, [Hooked on Planning](#). Use the code **CHALLENGE** for 20% off your purchase!