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1. Basic Decrease:

1. Cast on 20-40 stitches with any method you like
2. Knit a few rows
3. *Put the right 2 edge stitches on a transfer tool
4. Transfer the stitches one needle to the left, doubling up the stitch
5. Take the emptied needle out of work
6. Knit 2 rows*
- 7 Repeat from * to * on the left side

Repeat the decreases 4-5 more times Don't bind off

2. Basic Increase:

1. Continue on the same piece. Transfer 2 stitches to the right
2. Fill in the empty needle with the heel of the stitch from the row below
3. Knit 2 rows
4. Repeat on the left side
5. Continue to increase every other row until you have your original stitch count in work.

3. Full Fashioned Decrease

1. Continue on the same piece. Working on the right
2. Transfer the 3rd stitch to the 2nd needle, then transfer the 2 outside stitches to fill the emptied needle
3. Knit 2 rows
4. Repeat on the left side
5. Continue to decrease every other row 5 times
6. Drop the work from the machine