

**Materials:** 1 set size 4(5), 7-8" double point needles Sport or (DK) weight soft, washable non wool yarn.\*\*  
See below for approved yarns for distribution by knittedknockers.org groups, stitch marker to mark needle 1, tapestry needle. Gauge- 6st= 1" (5.5= 1")

### Outer Piece

	Stitch Counts
CO 3 sts *	3 sts
Next row - kfb every stitch	6 sts
Divide onto 3 needles to start knitting in the round	6 • 2/needle
Round 1 - kfb, k1 each needle	9 • 3/needle
Round 2 - K to last stitch on each needle, m1, k1, place stitch marker	12 • 4/needle
A cup - Repeat round 2 24(18) times, or amount to equal 4.5" diameter (across)	84(66) • 28(22)/needle
B cup - Repeat round 2 26(20) times, or amount to equal 5" diameter (across)	90(72) • 30(24)/needle
C cup - Repeat round 2 30(24) times, or amount to equal 5.5" diameter (across)	102(84) • 34(28)/needle
D cup - Repeat round 2 32(26) times, or amount to equal 6" diameter (across)	108(90) • 36(30)/needle
DD (E) cup - Repeat round 2 34(28) times, or amount to equal 6.5" diameter (across)	114(96) • 38(32)/needle

For larger sizes repeat round 2- 2 more times for each size (2sts per needle or 6 per round). Each size goes up about ½" in diameter.

**Purl 2 rounds**, these two rounds help define the edge as you begin to create the back of your knocker.

### Inner Piece

Round 1 - K to last 2 sts, k2tog (each needle)

Round 2 - SSK, K to last 2 sts, k2tog (each needle)

Repeat rounds 1 and 2 until 12 sts remain. (4 on each needle)

Cut yarn, leaving a long tail, thread tail through remaining stitches and leave loose to allow for stuffing.

Fill with Poly Fiber Fil™ (optional, we can fill them for you to save on postage.)

Visit [www.knittedknockers.org](http://www.knittedknockers.org) for tips and videos on how to make great Knitted Knockers

\* Optional nipple: work 4 rows of i-cord after casting on. Stretch and twist I-cord tightly and stitch down to create a small nipple. The completed nipple should be no more than ¼ inch in diameter.

\*\*Knitted Knockers Support Foundation has created a list of tested and approved yarns appropriate for knitted knockers. Please note that **only knockers made from this list** will be used to fill orders from knittedknockers.org so if knitting or crocheting for us please only use these yarns. While Knitted Knockers are a great "stash buster" taking only about 50 yards of yarn, the knockers may be worn against sensitive skin and must be durable, breathable and stay soft after washing. Also note the acrylic yarns are **only** used for swimming knockers. Here is a link to the approved yarn list [Approved Yarns for Knitted Knockers](#).

The most requests are for pairs of neutral colors. If you don't have enough of one color to finish a knocker feel free to finish the inner piece with a complimentary color using the same type of yarn. If you get bored with the flesh tones by all means make a creative, bright pair if you want. We do get requests for those too :-). Don't stress too much about the sizing. The most important thing is to make sure that all pairs are the same size (same number of stitches). About 75% of the requests are for neutral colored pairs of sizes B and C with the rest size A, D and DD.

We realize that this is not the easiest pattern being knit on double pointed needles but they are beautifully contoured and hold up really well. Getting past the first few rounds is the most challenging but once mastered it

#### Legend

CO - Cast On  
kfb - Knit into front & back of stitch  
K - knit  
P - purl  
m1 - make one, increase  
k2tog - knit 2 stitches together  
ssk - slip two stitches from left to right as if to knit, then knit them together through the back loops.  
Gauge- 6st=1" (5.5st=1")

becomes an easy, fun and portable project taking most people between 3-4 hours to make one. There is a 3 part series of videos on how to make great Knitted Knockers at [knittedknockers.org](http://knittedknockers.org).

If you don't have someone to give your beautiful knocker to please send them to us for distribution (always free to the recipient). We need lots of them! Send to Knitted Knockers, 1405 Fraser St. #F103 Bellingham, WA 98229. Be sure and include the yarn label and your contact info so we can thank you! Visit <http://www.knittedknockers.org/> (the one with the pink ribbon logo on it) to learn more and to link yourself as a provider, or to locate a group in your area. We have print materials we can help support you with including care instructions, cards and brochures. Thank you so much!!!