



**Knitting in the front and back of the stitch (kfb)** turns one stitch into two.



To work this increase, knit the stitch as usual, but don't drop it off the left-hand needle.



Knit the stitch again through the back loop, and then drop it off the needle.



This increase creates a small bump on the face of the knitting to the left of the stitch where the increase was worked. Depending on the project you are making, this little bump can be a blemish or a decorative detail. Keep in mind that the bump will always be to the left of the original stitch.

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[Knit in the Front and  
Back of the Stitch](#)



[Make 1 \(Left or  
Right\)](#)



[Lifted Increases  
\(Left or Right\)](#)



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[Twisted Yarn Overs](#)

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