



The increase most often used in contemporary knitting patterns is the **make one (M1)**. This increase can lean to the left (**M1L**) or to the right (**M1R**). If the direction is not specified, you can take your pick. Like the yarn over, the make one creates a new stitch between two existing stitches. This stitch is created by picking up the strand of yarn that runs between the stitch you just knit and the next stitch on the left-hand needle, giving it a twist, and knitting into this new loop.

Left-leaning Make One



To work a left-leaning make one, insert the left-hand needle, from front to back, under the strand of yarn which runs between the stitch just worked and the next stitch on the left-hand needle



Knit this stitch through the back loop.



Right-leaning Make One



To work a right-leaning make one, insert the left-hand needle, from back to front, under the strand of yarn which runs between the stitch just worked and the next stitch on the left-hand needle.



Knit this stitch through the front loop.



The make one can cause a distortion of the stitches on either side of the decrease. When you pick up the strand between the stitches and give it twist, you are pulling a small amount of yarn from the stitches on either side to make the new 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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