

# FRONT POST STITCHES

When working a normal single crochet, you insert your hook through the top loops of the stitch from the previous row. When working fpst, instead of working into those top loops, you will be working around the (very short) vertical post of that stitch.



Because a single crochet stitch does not have much of a post to work around, insert the hook *under* the two loops of your usual single crochet stitch. Instead of yarning over and pulling up a loop, put the hook from back to front beneath the next stitch's two loops. That is the 'post'.



On double crochet the post is more defined.

