

THE JUST FIST

by @rainbowwips

Notes

5.0 or 5.5mm hook

Mid weight yarn, whatever's good for hook

Gauge not important, just keep consistent

Need 2 colors:

Main (black) - about 28 yards

Contrast (eggshell) - about 8.5 yards



use #justfist and/or pleez tag @rainbowwips with your just fists for pattern reference!
If you do, I'll share it and also put in the gallery on my website.
DM if you need anything @rainbowwips on instagram or email rainbowwipscrochet@gmail.com!

The pattern is broken down into three main sections

Sec A Fingers (shown in pink yarn)

Sec B Left side of hand (shown in yellow yarn)

Sec C Right side of hand (shown in blue yarn)

* All contrast is shown in purple

Tips

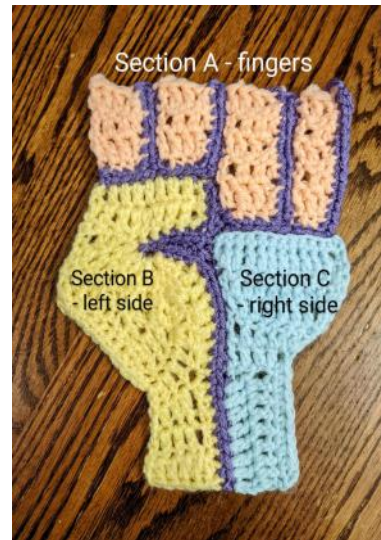
-Block as you go (few tugs to make flat and square)

-When you see something like this: *Ch1, sc, hdc, 2 dc in same, 5 dc*
That means: chain 1, sc in the next stitch, hdc in the stitch after that, 2 dc in the same stitch after that, and then a dc in the next 5 separate stitches after that.

-Once you get comfy with the pattern, it takes about 1.5 hours

-It gets easier every time

-join things from back, through back loops



Abbreviations:

Ch = chain stitch

Ch stitches at the beginning of rows act as first stitch

Sc = single chain stitch

Hdc = half double crochet stitch

Dc = double crochet stitch

Tr = triple crochet stitch

Slip = slip stitch

SECTION A - FINGERS



The key to making these is to just bust them out. When you finish one, start the next before the yarn even leaves your hand.

Make the pointer and middle fingers

- | | |
|---|---------------------------|
| 1 | Ch 4, turn |
| 2 | Ch3, dc 3, turn |
| 3 | Ch3, dc 3, turn |
| 4 | Ch3, dc 3, break & fasten |



In other words, chain 4 and make 3 rows

**Make 2 of those
(one is pointer and one is middle
finger)**




Make the ring finger

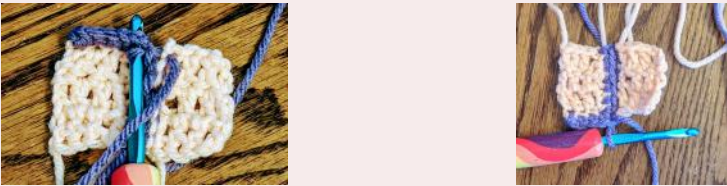

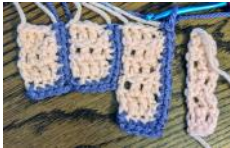
- | | |
|---|------------------------------|
| 1 | Ch 4, turn |
| 2 | Ch3, dc 3, turn |
| 3 | Ch3, dc 3, turn |
| 4 | Ch3, dc 3, turn |
| 5 | Ch3, dc 3, turn |
| 6 | Ch3, dc, 3, break and fasten |



*In other words, chain 4 and make 5
rows*

This is the ring finger

Make the pinky finger			
1	Ch 3, turn		<p><i>In other words, chain 3 and make 5 rows</i></p> <p><i>This is the pinky finger</i></p>
2	Ch3, dc 2, turn		
3	Ch3, dc 2, turn		
4	Ch3, dc 2, turn		
5	Ch3, dc 2, turn		
6	Ch3, dc, 2, break and fasten		
YAY			<p><i>You should have this so far</i></p>
Add contrast border& join fingers			
1	Begin at lower left corner of first finger		<p><i>Join fingers through back loops only</i></p>
2	Ch2, 3 sc to end		
3	ch2 & sc in same (corner)		
4	6 sc to top edge		
DON'T BREAK, join middle finger now			
Steps 1-4			

5	<p>*when you get to the bottom of the middle finger, to continue the border, do this: slip into the first stitch of the first finger's border (pic shows the backside of your work)</p> <p>then turn your work to crochet on the correct side again, and you'll continue the border on the middle finger as usual</p>	 <p><i>slip into the last stitch of the first finger's border</i> <i>then turn your work to the correct side again</i></p> <p><i>keep bottom edges of fingers aligned as you join, keep everything nice and flat join through back loops</i></p>
6	sc 4, across bottom edge of middle finger	
7	ch2, sc in same stitch (corner)	<p><i>ring & pinky fingers should be 2 rows longer than middle & first fingers</i></p>
8	6 sc to top edge	
	DON'T BREAK, join ring finger now	
9	After joining ring finger, break and fasten	 <p><i>steps 6-8</i> <i>step 9, ring finger joined</i> <i>step 9, backside, for reference</i></p>
<p><i>Almost done with the fingers! Now start the border for the ring & pinky fingers</i></p>		
10	Attach yarn to bottom edge of ring finger	
11	ch2, sc 3, across bottom edge of ring finger	
12	ch2, sc in same stitch (corner)	
13	11 sc to top edge (might end up being 12 sc, that's ok)	 <p><i>steps 10-12</i></p>
	DON'T BREAK, join pinky finger now	

14	attach pinky finger exactly as you did the other fingers, through back loops	
15	after joining pinky, slip into last stitch of ring finger border	
16	sc 3, across bottom edge of pinky	
17	ch2, sc in same stitch (corner)	
18	11 sc to top edge, break & fasten	
		<p>step 15 Correct side of work, after step 15 steps 16-18</p>

SECTION B - THUMB & LEFT SIDE

<i>Start by forming the thumb</i>		
1	Start at bottom edge of pointer finger, working in back loop of finger border	<p style="text-align: center;"><i>steps 1-3</i></p>
2	Ch 3, dc 8, turn	
3	Ch 3, dc 8 to end, turn	
4	Remove hook (place a stitch marker or make sure you don't lose the stitches)	
		<p><i>work the row in step 2 so that the 4th dc lands in the space between the first and middle fingers</i></p>

Now add the contrast border to the thumb

- | | |
|---|---|
| 1 | start at 4th stitch from outer thumb edge, working towards the inside of the hand |
| 2 | Slip to join, ch1, 5 sc, ch2 (corner), sc to end |
| 3 | Join edge of thumb to edge of ring finger |
| 4 | Break & fasten, block and smooth to lay nice and flat
<i>leave a long tail for joining later</i> |



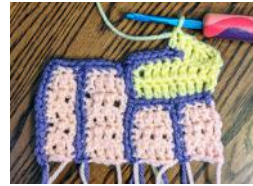
step 1



steps 2-4

Now resume the thumb/hand section where you placed your stitch marker

- | | |
|---|---------------------------------|
| 1 | Ch 3, decrease 2 dc, 3 dc, turn |
|---|---------------------------------|



(last 2 dc end up in back loops of contrast border)




- | | |
|---|------------------|
| 2 | Ch 3, dc 4, turn |
|---|------------------|





- | | |
|---|----------------------------------|
| 3 | Ch 3, dc, decrease 2 dc, dc turn |
|---|----------------------------------|



(Not really turning, just continue to begin working up side towards thumb/palm, see photo)

4	hdc in same, hdc, 2 sc, slip into thumb intersection, turn		<p><i>You're kind of free-forming here, make it work</i></p> <p><i>Note: you'll want to slip into the gaping stitch at the intersection, but actually put it in the super tight space right next to it</i></p>
<i>Good job!! just keeping powering through...</i>			
5	Ch1, 3 hdc, dc, turn		<p><i>working towards thumb again on next row</i></p>
6	Ch2, hdc in same stitch, 2 dc, hdc, 2 sc, turn,		<p><i>that last sc actually ends up in the intersection</i></p>
7	Ch1, sc, hdc, 2 dc in same, 2 dc, turn		<p><i>not really turning, just work towards outer thumb edge on next row</i></p>

8	ch2, 2 hdc, 4 sc, decrease 2 sc, 2 sc, turn		<p><i>(should be at the outer wrist side)</i></p> <p><i>If this row doesn't work out or gives you trouble, just keep trying and work the stitches in evenly, you're free forming the first half of the row</i></p>
9	ch2, 5 sc, decrease 2 sc, sc, sc		<p><i>continue to work up side towards thumb</i></p>
10	Ch1, 3 sc, 2 sc in same stitch, 3 sc, slip, slip, turn		<p><i>That last slip stitch lands just BEFORE contrast border, stay on the main piece</i></p>
11	Ch1, sc, decrease 2 hdc, dc, 2 dc in same stitch, dc, dc, dc, 2 dc in same, turn		<p><i>Not really turning, work towards outer edge on next row</i></p> <p><i>You're stopping one stitch short of the row, that's ok, this point defines the wrist/left hand side</i></p>

Woooo! Almost done

12 Ch3, dc in same stitch, 2 dc, tr, turn

*you're building the wrist
don't miss that **triple** stitch on the end!!*

13 Ch3, 3 dc, 2 dc in same stitch, turn

14 Ch3, dc in same, 5 dc, turn



*Should be at inner wrist
turn your work like the picture for the
next row and work up the inner palm*

15 Ch2, 8 sc, 2 hdc in same, dc, 2 dc in next, dc,
hdc, sc in next, slip



*(slip in just before thumb/palm
intersection)*

*this row makes the palm nice and
round*

16 Break & fasten

YOU DID IT!!!

Now lay it flat and block it out. Literally just pretend that never happened and keep moving. But also smooth it all out and make it nice.

SECTION C - RIGHT SIDE OF HAND & WRIST



Begin by adding the contrast border to the center of palm

- | | |
|---|---|
| 1 | Join contrast at bottom of wrist |
| 2 | Ch2, 14 sc, 2sc in same stitch, sc to very end of inner palm and slip into the thumb intersection |
| 3 | Break & fasten, leave a long tail
join center of palm to bottom edge of thumb |



Take a moment to smooth & flatten, make sure everything is laying nice and flat, inner palm should be nice and round


Home stretch




- | | |
|---|--|
| 1 | Join main color at wrist |
| 2 | Ch3, 8 dc (in back loops of contrast palm line), turn |
| 3 | Ch3, 8 dc, turn |
| 4 | Ch3, 8 hdc, turn
(begin working horizontally across what you just made) |



Steps 1-4

make sure you do HDC in row 4

5	Ch3, 4 dc to end (make it work), turn	<i>you got this, it goes quick</i>	<i>Just try again if the stitches don't work out right away, you're free forming again</i> <i>Should end up in inner palm area</i>
6	Ch3, 2 dc, 2 dc in same, 2 dc in same last stitch, turn		<i>Should end up in outer hand area</i>
7	Ch3, dc in same, 6 dc to end, turn		<i>You got this, you should be at the inner palm</i>
8	Ch3, dc in same first stitch, 6 dc, 2 dc in same last stitch, turn		<i>Should be at the outer hand</i>
9	Ch3, dc in same stitch, 8 dc, 2 dc in same last stitch, turn		<i>Should be at the inner palm</i>
10	Ch2, sc in same, 10 sc, 2 sc in last stitch		<i>You made it. You should end up at the outer hand.</i>
11	<i>Attach to bottom of pinky, turn to crochet down side of hand towards bottom edge</i>	 <p><i>steps 5-12</i></p>	<i>Attach right there to the bottom corner stitch of pinky finger</i>

12	Ch2, 7 sc, slip to edge of hand Break & fasten		<p><i>This last row along the outer hand edge fills out the shape nicely</i></p>
13	Join edges together from back, through back loops of stitches		<p><i>Lay edges flat together as you join, right sides together, as if you're sewing, I promise this will give best results</i></p> <p><i>Join fingers to hand straight across and fit the curves of palm edges together nicely</i></p> <p><i>Keep joining stitches nice and consistent, but not too tight, better too loose than too tight for sure</i></p>
14	Block it out a little again, particularly by pinching the corners to nice points and making the bottom look level		<p><i>You shouldn't need to block or pull too much, it should lay nice and flat</i></p> <div style="text-align: center;">  </div> <p><i>Pic of back for reference (sorry I didn't weave in tails)</i></p>
YAY. You're done.			
<i>Weave in ends, Celebrate, Yarnbomb that shit</i>			



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Suggested hashtags in addition to your regular crochet and social justice tags: #justfist #raisedfist #craftivism #craftivist #crochetactivist #artistactivist*