

A VENERABLE VIKING CRAFT NALBINDING RECONSTRUCTED

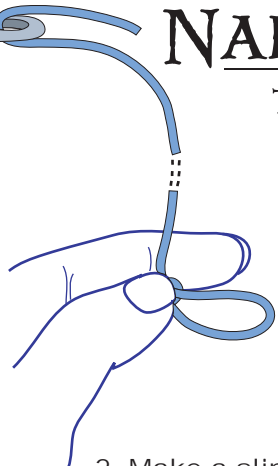
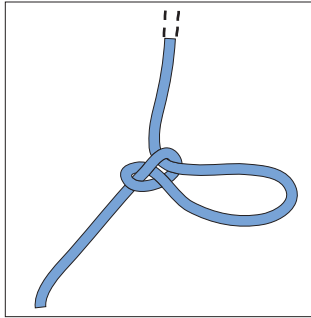
THIS PAGE WAS WRITTEN AND ILLUSTRATED BY TALZHEMIR

Nalbinding is thought of as Viking but there are also ancient Egyptian and Peruvian examples. It's done by splicing roughly two-meter lengths of yarn together. Because of the sewing topology, it doesn't unravel when pulled like knitting and crochet.

Examples of this stitch were found in a grave in Mammen, Denmark. This would be Viking, of the period 950-1050 AD.

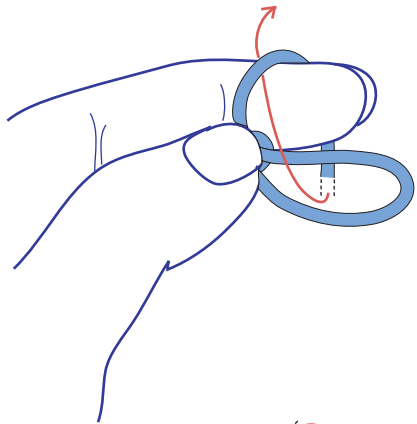
For documentation, please see Sigrid Briandsdotter's "Nalbinding Made Easy".

1. Thread a large needle.



2. Make a slipknot. Hold it gently pinched.

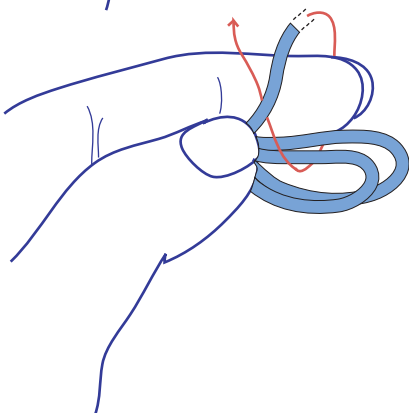
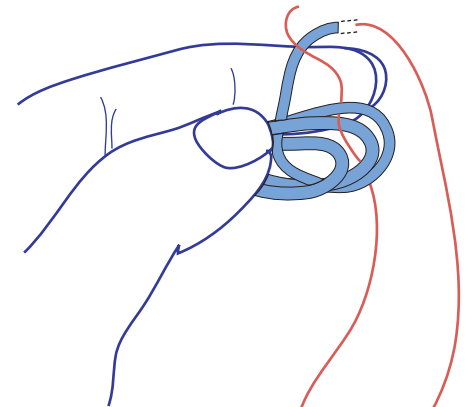
8. Go through previous loops to add more rows.



3. Lightly wrap your finger.

Put the needle through the first loop and below the loop on your finger.

4. Slip your finger out of the loop. Pinch it to hold it still and keep it the same size.

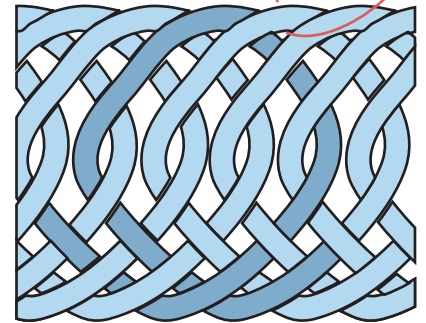


5. Form a fresh loop around your finger as you go through this step:

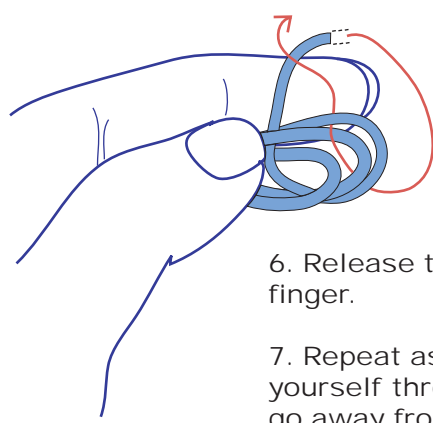
Go through the last two loops you're pinching, needle pointing towards yourself.

Go beneath the loop on your finger, pointing away from yourself.

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THE MAMMEN STITCH



6. Release the loop around your finger.

7. Repeat as in Step 5: Go towards yourself through the last two loops; go away from yourself through the last loop; form a new loop around your finger as you do this.

My reconstruction uses a palm-towards-user position for the off hand. Sigrid Briandsdotter's instructions are given for a palm-away position with the looping around the thumb.

