

# How to Hold a Crochet Hook

There are as many ways to hold a crochet hook as there are hooks themselves! You do you. In the beginning, it's guaranteed that holding a crochet hook is going to feel awkward. You and your partner need some time to get to know each other and figure out what's comfortable, right? If you need some ideas on what to try, here's a place to start.

There are two categories of grip: **OVERHAND** and **UNDERHAND**. Overhand grips the hook inside of the palm, with the hand "over" the hook. Underhand holds the hook where the handle sticks outside of the palm near the index finger knuckle or the pad between the index finger and thumb, and the hand remains "under" the hook. I'll outline three holds of each type here.

## Overhand:



This is one of the two most common holds. You hold the hook just like you would a knife – index finger on top with the hook being held securely between the middle finger and the thumb. The head is controlled with the index finger.

Sometimes, prominent thumb rests aren't preferred by those who use this hold because, depending on the position of your wrist, it can cause the hook to face an undesirable direction (down).

Generally, the fingers stay in the same place on the hook and don't shift position much.

This hold leads with the thumb, similar to how you might hold a sword. The other four fingers curl around and grip the hook while the handle rests inside the palm.

This hold requires more wrist work (usually side-to-side) than finger work so if you have trouble with pain, this might not be the one for you.

Just like with knife grip, most crocheters using this hold, don't significantly change the position of their hand on the hook while they work. However, unlike the knife hold, crocheters who use the saber hold, generally like thumb rests since most of the hook stability in this hold is coming from the thumb.

This grip is also referred to as the "piano" because it is similar to how fingers are placed upon the keys.

Rather than gripping the hook with fingers wrapping around like the saber hold, this one places all 5 fingertips on the hook.

There's a rolling action that happens with this hold – rolling the hook beneath the fingertips to maneuver it.

Thumb-rests generally not preferred because they inhibit the smooth rolling motion. This grip normally involves a significant amount of wrist, finger and arm movement.

# Underhand:



This is the second of the two most common holds. You hold the hook just as you have been taught to hold a pencil when writing which is where it got it's appropriate name.

This grip requires you to hold the hook tighter to remain in control, so a lot of crocheters that use this grip really like a thumb rest.

This grip uses quite a bit of wrist work - up and down. So, if you're experiencing wrist pain or finger fatigue it might be because of the tighter grip and the significant amount of wrist work as well. If you hurt, try a different hold.

The pinky fly eliminates the use of both the ring finger and pinky finger - although the ring finger likes to stay somewhat involved. Stability is found using the middle finger.

I've seen people use this hold temporarily when some finger relief is needed, but there is a definite emphasis on the middle finger, so you may begin to feel pain in that finger during extended crochet sessions.

There may be a rolling action from predominantly using just two fingers for control - the thumb and middle finger.

Again, appropriately named, this grip is held similarly to how you would hold chopsticks - clamped between the index finger and thumb.

The motion is back and forth, with a lot of involvement of other fingers for supporting the hook or even holding part of the working project. There is also a rolling action that is used.

This is a very relaxed grip and allows for the hook to be held loosely. It also allows quite a bit of flexibility between which finger is used dominantly.

There is absolutely no formula to this one. There are general preferences observed but even those can be absolutely thrown out the window at a moments notice. You just have to do what is comfortable. If you're experiencing pain in your fingers or wrist, try a different hold and see if the pain is resolved.

Again, these six holds are - by a long shot - not all of your options. IT DOESN'T MATTER. The work will get done the most efficiently and with the most amount of joy if you're feeling good and working freely.

NEVER  
underestimate  
the power of a  
woman with a  
crochet hook