



KĀKAHU SHAWLS

BY AROHA KNITS



THE STORY OF THE DESIGNS

The Kaakahu Shawls is a two one-skein wonder shawl collection, inspired by my experiences with traditional Maori weaving. During the last few months of 2020 I took an online class with [Aho America](#) on creating our first ornamental kaakahu. As I learned the new techniques and skills, I was struck by how many of the weaving stitches looked a lot like knitting stitches. So I set out to see how I could translate these into knitting stitches. And thus this mini collection was created.

The Whatu “stitch” is a common weaving technique in creating kaakahu, as it holds the threads down. The Whatu Shawl is an

asymmetrical triangular shawl utilizing a variation of the lateral braid to create the slip stitch effect running horizontally across the body.

Maawhitiwhiti means “to cross over”. It’s like cable stitches, which I originally used to replicate the look of the maawhitiwhiti, but found that it is through a combo of drop stitches and cabling. The stitch created is called the whetuu - the star. The Maawhitiwhiti shawl is a bottom-up crescent shawl, starting with the drop-stitch border up to the body, which is knit using an altered form of short rows. Fringe is then added at the bottom.

BEFORE YOU CAST ON...

YARN

- Fingering/4-ply
- Camellia Fiber Company White Tweed Sock (84% Merino, 16% Donegal Nep; 437 yards; 400 m/100 g).
- Whatu Shawl: 1 skein in Seafoam
- Maawhitiwhiti Shawl: 1 skein in Chicory

NEEDLES

US 3/3.25 mm and US 5/3.75 mm size or size needed to obtain gauge, 24 in./60 cm circular needle

GAUGE

- 30 sts and 36 rows = 4 in./10 cm in St. st using US 5/3.75 mm after blocking.
- Gauge is not crucial to these projects, but varying gauges can have an effect on final measurements and yardages.

NOTIONS

- Darning/tapestry needle
- 4 Stitch Markers
- US H-8/5mm crochet hook
- 2 cable needles (optional)

ABBREVIATIONS

BO: bind off
CO: cast on
inc'd: increased

k: knit
k2tog: right leaning dec;
knit 2 together

kfb: knit 1 front and back
kwise: as if to knit

LH: left-hand

M1L: make 1 left; with left needle, lift the yarn between the needles from the front, knit into the back of this loop

p: purl
p2tog: right leaning dec;
purl 2 together
pfb: purl 1 front and back
p tbl: purl 1 through back loop

pwise: as if to purl
rep(s): repeat(s)

RH: right-hand

RS: right side

sl: slip 1

ssk: left leaning dec; slip, slip, knit together st(s):
stitch(es)

tbl: through back loop(s)

WS: wrong side

wyib: with yarn in back

wyif: with yarn in front

WHATU SHAWL PATTERN



STITCH PATTERNS

Stockinette Stitch (Worked on larger needle)

Row 1 (RS): Sl kwise wyib, kfb, k until end (1 st inc'd).

Row 2 (WS): Sl pwise wyif, p2tog, p until 2 sts from end, pfb, p1.

Whatu Stitch (Worked on smaller needle)

Row 1 (RS): Sl kwise wyib, kfb, M1L. Slip this st onto the LH needle. *Knit the 2nd st on the LH needle tbl. Leave st on RH needle. Knit the 1st on the LH needle through the front loop. Drop both sts off the needle. Slip the last st worked from the RH needle to the LH needle. Rep from * until last 2 sts on the needle. Slip the last st worked from the RH needle to the LH needle and k2tog tbl, k1 (1 st inc'd).

Row 2 (WS): Sl pwise wyif, p2tog, p until 2 sts from end, pfb, p1.

◆ Visit <https://youtu.be/nRZR5exz6vY> for a tutorial on this stitch.

PATTERN INSTRUCTIONS

1. On larger needle, CO 5 sts using the long-tail cast-on.
2. Work Stockinette Stitch Rows [1-2] 8 times (16 rows worked; 8 sts inc'd).
3. Work Whatu Stitch Rows [1-2] once.
4. Work Stockinette Stitch Rows [1-2] 3 times (6 rows worked; 3 sts inc'd).
5. Rep Steps 3 and 4 until you have 20 grams of yarn left.
6. Bind-off using the I-Cord BO: CO 2 stitches onto the left needle using the cable CO, *k1, k2tog tbl (1 shawl stitch bound off), transfer the 2 sts back onto the left needle, rep from * until all shawl sts are bound off, then k2tog.
7. Weave in ends and block to smooth out stitches.

MĀWHITIWHITI SHAWL



STITCH PATTERNS

Stockinette Stitch

Row 1: Sl wyib, k all sts.

Row 2: Sl pwise wyif, p all sts.

Maawhitiwhiti Stitch

Note: the Drop-Stitch Cable pattern on Row 3 can be worked without a cable needle.

Row 1: Sl pwise wyif, p all sts.

Row 2: Sl pwise wyif, *insert needle into next st pwise and yarn over 3 times around needle, then purl that stitch, drawing the 3 wraps through the st (this counts as one st on next row); rep from * until last st, p1.

Row 3: Switch to smaller needle, Sl wyib, *Sl 5 sts wyib, dropping all extra wraps, creating 5 long sts on right-hand needle. Then work a 1/3/1 Left Cable: Slip next stitch to 1st cable needle and place at front of work, slip next 3 stitches to 2nd cable needle and place at back of work, k1, k3 from back cable needle, then k1 from front cable needle. Rep from * for each group of 5 sts until last st, k1.

Row 4: Sl wyib, k all sts. Switch to larger needle once the row is completed.

PATTERN INSTRUCTIONS

CO 312 sts using the long-tail cast-on.

Set-Up Row 1 (WS): Sl pwise wyif, p all sts.

BORDER

8. Work Maawhitiwhiti Stitch Rows [1-4] once.
9. Work Stockinette Stitch Rows [1-2] 4 times (8 rows worked).
 1. Rep Steps [1-2] 3 more times (36 rows worked).
 2. Work Maawhitiwhiti Stitch Rows [1-4] once more.
 3. Work Stockinette Stitch Rows [1-2] once.

SHORT ROW SECTION

Sl wyib, k1 $\bar{6}$ 1, turn.

P1 $\bar{2}$, turn.

K to 1 st before turning point, ssk, k4, turn.
P to 1 st before turning point, p2tog, p4, turn.

Rep last two rows until all sts have been worked.

You will have decreased 60 sts. 252 sts remain. BO.

Block shawl first before adding fringe.

ADDING THE FRINGE

1. Wrap C2 yarn around cardboard 8 in./ 20 cm tall about 50-70 times.
2. Cut yarn at the bottom.
3. Position shawl so that the RS is facing with the BO edge near you. Insert the US H-8/5 mm crochet hook through the stitch where you want to place the fringe. Lay midpoint of 3 pieces of fringe over the hook, pull through fabric, wrap tails of fringe over hook, and pull through loop. Tighten fringe gently to secure. Keep the fringes about 3 in./7.5 cm apart.
4. Continue until you have worked fringe along the edge of the shawl.

NGĀ MIHI E HOA!



Kia ora e hoa, I'm Françoise!

Franco-Maori, American-Australian knitwear designer + coach living in San Antonio, Texas.

At Aroha Knits, as a knitwear designer and coach, I inspire and empower fiber artists to transform their yarn so they can manifest Aroha, one stitch at a time. I'm passionate about creating meaningful and fulfilling work, shaking up the industry and fibre community, and serving as a catalyst for transformative impact.

As a bi-racial, multi-cultural queer crafter of color, I work to empower knitters, whom I call Fibre Muses, by exploring the intersection of making with identity, so they can think deeply about why they create to make a transformational impact with their craft.

My designs draw influence from my Maori heritage, where I transform my personal experiences into stitches and connect them to the story of why we make. Through this recreation, my work aims to remember the past and strengthen the future for the Māori culture and people, while enriching the present knitting community and share my stories of being part of the third-culture generation.

Knitting is not just a hobby, but a medium for us to carry out our life's purpose. It is a powerful medium of bringing more joy, healing, creativity, and connection into our lives... one stitch at a time.

Through intentional creation, we are capable of transformative impact.

Why do you knit? Begin your journey of discovering your story of why you create by taking the [Fibre Muse Discovery Quiz!](#)

PATTERNS

Do not distribute, copy or resell the pattern.

FINISHED OBJECTS

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- Knitting as many as you want for personal use (this includes giving to friends and family)
- Selling limited amounts of FOs to close friends and family.

If you wish to sell your FOs on your Etsy site, online store or on-site store, please contact me at fdanoy@arohaknits.com to obtain a license.