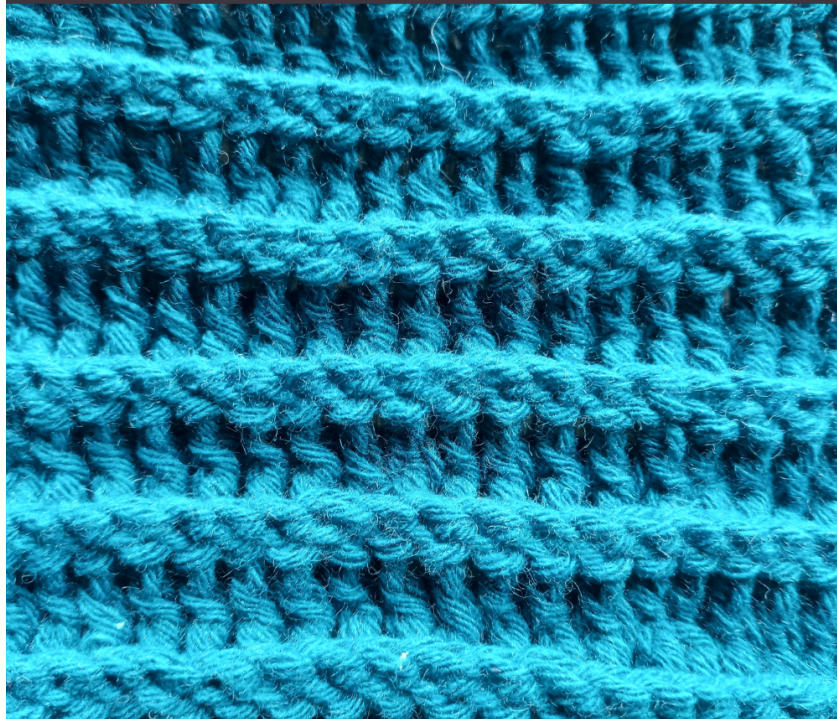
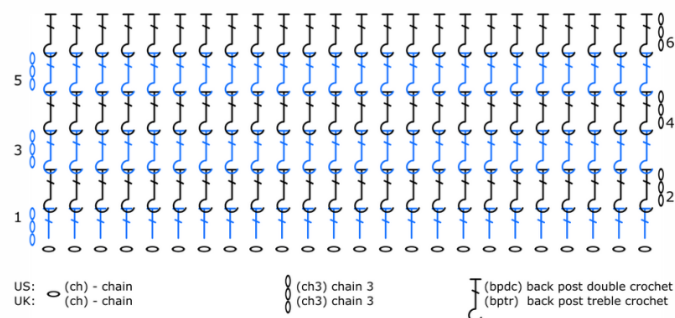


Back Post Double Crochet

Step by Step : BPDC



Back Post Double Crochet



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Back Post Double Crochet

The Back Post Double Crochet (BPdc) stitch is the perfect companion to the Front Post Double Crochet. While the FPdc brings the stitch forward, the BPdc pushes it backward — creating a recessed texture that adds depth and dimension to your crochet work.

This stitch is ideal for ribbing, cables, and reversible fabrics, and it's often used alongside the FPdc to create beautifully textured crochet patterns such as basketweave and waffle stitch. Despite its professional look, the BPdc is easy to learn and only slightly modifies the standard double crochet technique.

Back Post Double Crochet Stitch (BPdc) Step-by-Step Guide

The Back Post Double Crochet stitch (BPdc) is the opposite of the front post stitch. Instead of bringing the post forward, you work around the back of the post, which pushes the stitch backward creating a recessed texture.

The BPdc stitch is ideal for ribbing, cables, and reversible textured fabrics.

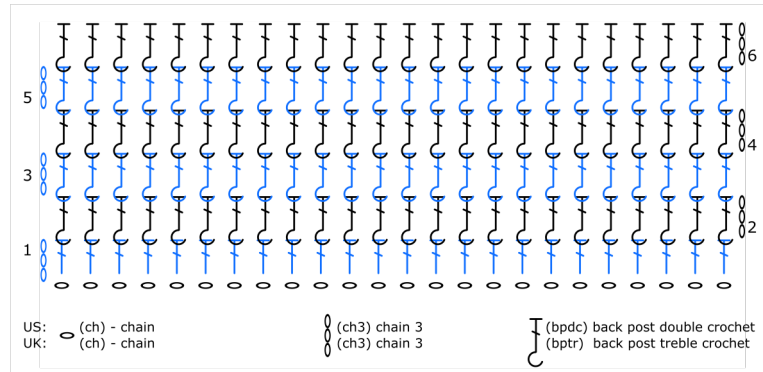
What Is a Back Post Double Crochet Stitch?

The Back Post Double Crochet (BPdc) is made just like the FPdc, but the hook is inserted from the back to front to back around the post of the stitch below.

Understanding the Crochet BPdc Stitch

In regular crochet, stitches are worked into the top loops of the previous row. With the BPdc, you work around the post of the stitch instead. The difference is in where you insert the hook – from back to front to back around the post. This motion causes the stitch to recede into the background, forming a recessed ridge that pairs beautifully with raised FPdc stitches. Together, they create sculpted textures that look woven or ribbed.

In UK terms, the Back Post Double Crochet (BPdc) is called the Back Post Treble Crochet (BPtr).



Abbreviation

Crochet Stitch Method

1. Yarn over, insert hook back to front to back around post.
2. Yarn over, pull up loop (3 loops).
3. Yarn over, pull through first 2, yarn over, pull through last 2.



Step by Step

Step-by-Step Instructions (US Terms)

1. Yarn over (yo) wrap the yarn around your hook once.
2. Insert your hook from back to front to back around the post of the next stitch (not into the top loops).
3. Yarn over and pull up a loop you should have three loops on your hook.
4. Yarn over and pull through the first two loops.
5. Yarn over again and pull through the remaining two loops.

You've made one Back Post Double Crochet (BPdc)!

This pushes the post backward, creating a subtle recessed ridge on the front surface of your crochet fabric.

UK Equivalent

In UK terminology, the Back Post Double Crochet (BPdc) is called the Back Post Treble Crochet (BPtr).

The technique remains exactly the same; only the stitch naming differs between US and UK crochet systems.

Beginner Tips

- Always insert your hook from back to front to back – this is key to creating the recessed effect.
- Keep your tension slightly loose to allow the post stitches to move smoothly.
- Count your stitches carefully; each BPdc counts as one stitch.
- Use a smooth yarn to make it easier to see where your hook should go.
- Practice alternating FPdc and BPdc for a classic ribbed or waffle texture.

Common Mistakes

- Inserting the hook incorrectly. Make sure to go back to front to back around the post.
- Working too tightly. Loosen your tension to avoid stiff or curled fabric.
- Skipping stitches. Remember that every BPdc replaces one stitch in your stitch count.
- Flattening the texture. Avoid blocking or over-stretching if you want to keep the raised/recessed effect.

Common Uses

- Ribbed edges for sleeves, cuffs, and hems
- Textured borders for blankets and scarves
- Decorative reversible fabrics
- [Basketweave](#) and [waffle](#) stitch patterns
- Adding structure to crochet garments

Comparison: BPdc vs. FPdc

The Back Post Double Crochet (BPdc) pushes the stitch backward, while the [Front Post Double Crochet \(FPdc\)](#) brings it forward.

When used together in alternating patterns, they create beautifully raised textures and ribbing that look intricate but are easy to achieve.

The Back Post Double Crochet (BPdc) stitch is an essential textured stitch that adds depth and visual interest to your crochet projects. It's the perfect technique to learn once you've mastered the Front Post Double Crochet.

By alternating FPdc and BPdc stitches, you can create ribbing, cables, and woven textures that elevate your work from simple to stunning. Whether you're crocheting a cozy blanket or detailing the edges of a sweater, the BPdc is a versatile stitch every crocheter should know.

Crochet Stitch Practice Example

Practice Row Example

Here's a simple swatch to help you practice the BPdc stitch:

1. Chain 16.
2. Row 1: Double crochet (dc) across (14 dc). Turn.
3. Row 2: Chain 2, BPdc in next stitch, dc in next stitch – repeat from to across. Turn.
4. Repeat Row 2 several times to see the ribbed effect develop.

You'll notice alternating raised and recessed ridges, perfect for cuffs, borders, and textured blankets.

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