

Beginner's Guide to the Back Loop Only Crochet Stitch (US: BLO, UK: BLO)

The Back Loop Only (BLO) technique is a simple yet powerful way to add texture and flexibility to your crochet projects. In both US and UK crochet terminology, this technique is known as BLO, meaning you work your stitch into the back loop of each stitch instead of through both loops.

Every crochet stitch has two loops at the top the front loop (closest to you) and the back loop (furthest from you). Normally, you insert your hook under both loops, but when you use the BLO technique, you insert it only under the back one.

This small adjustment changes the texture and structure of your fabric dramatically — creating subtle horizontal ridges and a soft, flexible drape.

BLO crochet is ideal for adding texture to simple patterns, forming ribbed effects for cuffs and trims, and creating stretchy fabrics perfect for hats, sleeves, or home décor items like blankets and cushions.

Beginner Tips

- Identify the back loop clearly: Tilt your work slightly toward you to easily see which loop is the back one.
- Keep your tension even: Working into one loop can tighten stitches slightly, relax your grip to maintain flexibility.
- Use contrasting yarn when practicing: It helps you visually track where your hook goes.
- Practice with different stitches: Try BLO single crochet, half double, and double crochet to see how the texture changes.
- Use stitch markers: Mark the first and last stitch in each row to avoid losing stitch count.

Common Mistakes:

- Inserting under both loops by accident, which eliminates the ribbed texture.
- Pulling stitches too tight, making the fabric curl or difficult to work into the next row.
- Skipping stitches due to unclear loop visibility, causing uneven edges.
- Not identifying the turning chain, resulting in rows of inconsistent width.
- Using too small a hook for stiff yarn, which reduces flexibility.





Common Uses:

- Creating ribbed effects for hat brims, cuffs, and sweater hems.
- Adding soft texture to blankets, scarves, and throws.
- Building stretchy, flexible fabrics ideal for clothing and accessories.
- Decorative texture in granny square borders and edging.

Visual reference (simple stitch chart in words)

- Regular stitch top = two loops: [front loop] [back loop]
- BLO = work into [back loop] only → front loop remains unworked and forms the ridge.

Fabric behavior & where to use each

- BLO sc: dense, stable ribbing - good for cuffs, edgings, placemats.
- BLO hdc: medium drape, softer ribs - good for garments and blankets.
- BLO dc: airy with strong texture - good for shawls, scarves, decorative panels.

Variations & combos

- Alternate BLO and regular rows for mixed texture.
- BLO ribbing: work BLO sc in one row and BLO sc in next, or work BLO sc on every row for a knitted-look rib.
- Front loop only (FLO) is the mirror effect — useful combined with BLO for deep ribs.

Troubleshooting quick checklist

- If no ridge appears → you likely worked into both loops.



- If edge starts to slope → check skipped or extra stitches at row ends. Consider turning chain height (ch 1 / ch 2 / ch 3) matching stitch height.
- Ridges flatten → loosen tension slightly on the loop you insert into.

Want this as a printable one-page cheat sheet (PDF) or an HTML snippet with code you can paste into your blog? I can create that next.



Abbreviation

Crochet Stitch Method

1. Insert hook under the back loop only (farthest from you).
2. Complete the stitch as normal.



Step by Step

BLO - Back Loop Only Step-by-Step Instructions (US Terms)

1. Begin with any foundation row of stitches (for example, single crochet).



2. When starting your next row, chain 1 (for single crochet) or the turning chain required for your stitch.



3. Look at the top of your stitches, you'll see two loops: the front loop and the back loop.



4. Insert your hook only under the back loop (the one furthest from you).



5. Complete your stitch as usual, for example, yarn over, pull up a loop, and finish a single crochet.

6. Continue working across the row, inserting your hook in the back loop of each stitch.

UK Terms:

In UK terminology, the technique is also called Back Loop Only (BLO).

The only difference is in the base stitch name (e.g., single crochet = double crochet in UK terms).

Crochet Stitch Practice Example

Practice Swatch Exercise:

Materials: Medium-weight yarn and a size H/5.0 mm hook.

1. Foundation Row: Chain 16.
2. Row 1: Work 1 single crochet (SC) in the 2nd chain from the hook and in each chain across. Turn.
3. Row 2: Chain 1, work 1 SC in the back loop only of each stitch across. Turn.
4. Repeat Row 2 for 6-8 rows.
5. Observe how the fabric develops a ribbed, flexible texture.

Tip for beginners :

If you want to create a thicker ribbed effect, try using half double crochet (HDC) or double crochet (DC) stitches in the back loop only, the taller stitches make the ridges more defined.



Once you're comfortable with BLO, try combining it with Front Loop Only (FLO) stitches in the same project to create alternating textures and visual depth, a great next step in your crochet journey.

Find more tutorials

About Stouto Creative Crochet

Stouto Creative Crochet is created and run by an independent crochet designer who shares original crochet patterns, stitch tutorials, and crochet blanket projects for makers around the world. If you enjoyed this crochet guide, one of the best ways to support my work is by purchasing one of my premium crochet patterns. Your support helps me continue designing new projects and sharing tutorials with the crochet community.

Stay inspired, creative, and connected with the Stouto Creative Crochet community. Whether you're here for relaxing blanket patterns, unique stitch ideas, or exclusive subscriber perks — you're in the right place.

Join the Stouto Crochet Mailing List

- Free crochet patterns delivered to your inbox
- Early access to new pattern releases
- Exclusive discounts on printable PDF patterns
- Tips, tutorials, and crochet inspiration
- Subscriber-only giveaways and seasonal surprises

[Join the Stouto Crochet Mailing List](#)

Explore While You're Here

Not ready to subscribe yet? Take a look around, If you love projects like temperature blankets, granny squares, and cozy throws, find crochet patterns made for you.

- [Browse Free Crochet Patterns](#)
- [Learn About Stouto Creative Crochet](#)
- [Contact Us](#)

Popular Crochet Projects

- [Temperature Blanket Patterns](#)
- [Granny Square Blankets](#)
- [Browse Free Crochet Patterns](#) Scarves & Wearables
- [Easy Crochet Blankets for Beginners](#)

Stay Connected

Want more news and updates? Follow my Facebook Page. I do try my best to run promotions at least once a month on new patterns, free patterns, and discounted items, so don't miss out!

When you make this project, share it on social media and tag me [@stoutocreativecrochet](#) or [@stoutostuff](#), whichever is easiest for you. I would love to see what you make!

Save this free pattern to your Pinterest boards so that you can come back to it later.

Want to Purchase the Pattern?

PDF versions of my crochet patterns are available on the following platforms:

- [Directly from this website](#)
- [Shopify Store](#)
- [Etsy](#)
- [Etsy Pattern Store](#)



Stouto Creative Crochet PDF Pattern Collection

- [Kaveerly](#)
- [LoveCrafts](#)
- [Ribblr](#)

All patterns are provided in easy-to-follow PDF format at affordable pricing. Selling crochet patterns is my main source of income, and I rely on ongoing support to continue designing and publishing new patterns.

Thank you for your support.

[Join the Stouto Creative Crochet Community →](#)

Crochet is even more fun when shared with others. If you enjoy the patterns and tutorials on this website, you are warmly invited to join the Stouto Creative Crochet Community on Facebook.

Inside the group you can:

- Share finished projects made using Stouto Creative Crochet patterns
- Ask questions and get help with patterns
- Connect with other crochet makers
- See new pattern releases and updates
- Take part in community crochet projects

Click the link below to join the community:

I would love to see you there and share your crochet creations with the community!

Save The Pattern Website Page For Later

If you enjoyed this crochet pattern or tutorial, be sure to save it so you can easily find it again later.

[Back Loop Only](#)

Pattern Permissions & Copyright

All crochet patterns, tutorials, charts, and images published on Stouto Creative Crochet are protected by copyright.

Please do not publish or share any of my patterns as your own. You may make items to sell using my patterns, but please include a link back to the original pattern post on this website.

You may share a link to my free pattern on your blog or website, but please do not repost the pattern itself. Instead, write a short description and link back to the original pattern page on my website.

Please do not use my photos, charts, or diagrams as your own. If you would like to use images for promotions or features, please [contact me](#). I am always happy and willing to collaborate when proper credit and links are included.

Explore More Popular Crochet Patterns You'll Love

If you enjoyed this pattern, be sure to explore some of our other most-loved crochet designs.

From textured granny squares and patchwork flower motifs to beginner-friendly blankets and statement afghans, each pattern is created with clear instructions, step-by-step guidance, and practical yarn details to help you crochet with confidence.

Whether you're building a full blanket collection, creating a thoughtful handmade gift, or simply looking for your next relaxing project, you'll find plenty of inspiration across our popular pattern pages.

Take a look around and discover your next favourite crochet project.

You will find the full list of crochet patterns on the [Crochet pattern collection page](#).





Extra Large Textured Afghan Square

If you love bold, eye-catching crochet projects, the Extra Large Textured Afghan Square is designed exactly for that purpose. This square combines clean structural shaping with subtle texture, making it ideal for statement blankets, modern throws, and decorative home pieces. Whether you're building a full **extra large textured afghan** blanket or showcasing individual squares, offers a satisfying balance of simplicity and visual interest.

