Continuing Top Down

Nataliya Volyanyuk

	XS	S	M	L	XL
To fit Chest/Bust (inches)	30	34	37	40	43
To fit Chest/Bust (cm)	77	86	94	100	108

Needles:
US #4 (3.5 mm) circular needle and dpns
Yarn: sport weight
Knit Picks Shine Sport
Rowan Cotton Glace
DROPS Safran
Debbie Bliss Eco Baby
approx. (yrd/m) 975/890 (1010/920, 1110/990, 1260/1150, 1370/1250)
Gauge: 22 stitches per 30 rows in stockinette using US #4 (3.5mm)

Abbreviation
p- purl
k- knit
pm – place marker
sm – slip marker
k2tog- knit 2 together.
M1L - make one left (left leaning increase)
M1R - make one right (right leaning increase)
ktbl– knit through back loop. (for ribbing section)

This is simplified version of my older pattern Lara. I just want to share this specific variation of top down setting sleeves construction. The concept of this method based on well known Barabara G. Wolker top down method but without starting new yarn ball after finishing back and moving to work on the fronts at the same time picking up sleeve stitches. There is a photo tutorial to demonstrate this method at the end of the pattern. This is just a basic sweater pattern, but can be easily modified by changing length, adding stripes, colorwork, lace.

ATTENTION!!
All pattern short rows done using German Short Rows (GSR)!!
1: Knit or purl up to the place where you will work a GSR
2: Turn the work, making certain that the working yarn is in the front, pulling it between the needles if necessary.
3: Slip the next stitch from the left needle to the right.
4: Pull the working yarn over the right needle firmly, making a little v-shaped double loop on top of the needle. In pattern it called **double stitch (GSR).**
5: (RS) – knit next stitch; (WS) – bring yarn under needle to front, and purl the next stitch.
6 (return row): When you come up to the v-shaped double loop you will either knit or purl into both legs of the double loop, just as if you were knitting or purling two stitches together. (see YouTube reference at the end of the instructions)

Beginning body:
Cast on 76 (78, 80, 82, 82) stitches using 3.5 mm US #4 needles

Right Shoulder:

(RS) K17 (18, 20, 21, 21), turn
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, P4 (5, 6, 6, 6), turn
(RS) Pull the working yarn to create double stitch (GSR), knit all stitches before double stitch (GSR), knit double stitch(GSR), knit next stitch and turn
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, P9 (10, 12, 12, 12), turn
(RS) Pull the working yarn to create double stitch (GSR), knit all stitches before double stitch (GSR), knit double stitch(GSR), knit next stitch and turn
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, P14 (15, 18, 18, 18), turn
(RS) Pull the working yarn to create double stitch (GSR), knit all stitches before double stitch (GSR), knit double stitch(GSR), knit next stitch and turn
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, purl to the end.
 (RS) Knit all stitches before double stitch, knit double stitch (GSR), knit next stitch and turn
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, purl to the end.

Left Shoulder:

(RS) Knit across back until 13 (13, 14, 15, 15) stitches left on the left needle, turn.
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, P4 (5, 6, 6, 6), turn
(RS) Pull the working yarn to create double stitch (GSR), slip this stitch, k9 (10, 12, 12, 12), turn
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, purl all stitches before double stitch, purl double stitch (GSR), purl next stitch and turn
(RS) Pull the working yarn to create double stitch (GSR), slip this stitch, k14 (15, 18, 18, 18), turn
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, purl all stitches before double stitch (GSR), purl double stitch (GSR), purl next stitch and turn
(RS) Pull the working yarn to create double stitch (GSR), slip this stitch, knit to the end of left shoulder
(WS) purl all stitches before double stitch (GSR), purl double stitch (GSR), purl next stitch and turn
(RS) Pull the working yarn to create double stitch (GSR), slip this stitch, knit to the end of left shoulder
(WS) purl all stitches before double stitch (GSR), purl double stitch (GSR), purl next stitch and turn
(RS) Pull the working yarn to create double stitch (GSR), slip this stitch, knit to the end of left shoulder
(WS) Purl all stitches across the back.
Sizes M, L, XL: knit for – 2, 2, 4 more rows

Right Front:

Knit all back stitches until one stitch left on the left needle, pm, M1L, k1, pick up and knit 5 (5, 7, 8, 9) stitches along the salvage edge of the back (for back part of right sleeve) – put on scrap yarn or spare needle all back stitches and back sleeve stitches.
Pick up 15(16, 18, 19, 19) stitches and knit along right back shoulder – right front.
(WS) Purl 5(6, 7, 7, 7) stitches, turn.

(RS) Pull the working yarn to create double stitch (GSR), slip this stitch, k4 (5, 6, 6, 6), turn
(WS) purl k9 (10, 11, 11, 11), turn.
(RS) Pull the working yarn to create double stitch (GSR), slip this stitch, k8 (9, 10, 10, 10), turn
(WS) purl to the end of the shoulder.
Work 3 (3, 5, 5, 7) more rows in stockinette ending with right side.
Purl all stitches until one stitch left on the left needle, pm, M1R, p1, pick up and purl 5 (5, 7, 8, 9) stitches along the salvage edge of the front (for front part of right sleeve), purl reserved from scrap yarn (or needle) 5 (5, 7, 8, 9) stitches you picked up from back, p2, sm, purl all back stitches until one stitch left, pm, M1R, p1, pick up 5 (5, 7, 8, 9) stitches and purl along the salvage edge of the back (for back part of left sleeve) – put on scrap yarn all back stitches and back sleeve stitches.

Left Front:

Pick up 15(16, 18, 19, 19) stitches and purl along left back shoulder – left front.
(RS) Knit 5(6, 7, 7, 7), turn.
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, purl to the end, turn
(RS) Knit 9(10, 11, 11, 11), turn.
(WS) Pull the working yarn to create double stitch (GSR), slip this stitch, purl to the end, turn
(RS) Knit to the end.
(WS) Purl to the end.
Work 2 (2, 4, 4, 6) more rows in stockinette ending with wrong side.
(RS) Knit all stitches until one stitch left, pm, M1L, k1, pick up and knit 5 (5, 7, 8, 9) stitches along the salvage edge of the front (for front part of left sleeve), knit reserved from scrap yarn 5 (5, 7, 8, 9) stitches you picked up from back, k2, sm, knit all stitches from the back, sm, knit all sleeve stitches, sm, knit all front stitches – now you have all stitches for both fronts, sleeves and back.
(WS) Purl all stitches.
Sleeves: 14 (14, 18, 20, 22)
Back: 74 (76, 78, 80, 80)
Fronts: 14 (15, 17, 18, 18)

Start sleeves increases
(RS) Knit all front stitches to the marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all back stitches till marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all front stitches.
(WS) Purl all front stitches to the marker, sm, M1L, purl all sleeve stitches before marker, M1R, sm, purl all back stitches till marker, sm, M1L, purl all sleeve stitches before marker, M1R, sm, purl all front stitches.
Sleeves: 18 (18, 22, 24, 26)
Back: 74 (76, 78, 80, 80)
Fronts: 14 (15, 17, 18, 18)

Start front increases
(RS) K2, M1L, knit all stitches to the marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all back stitches till marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all front stitches before 2 stitches left on the left needle, M1R, k2.

(WS) Purl all front stitches to the marker, sm, M1L, purl all sleeve stitches before marker, M1R, sm, purl all back stitches till marker, sm, M1L, purl all sleeve stitches before marker, M1R, pm, purl all front stitches.

Sizes M, L, XL: Knit 2 (RS+WS) more rows as described

Sleeves: 22 (22, 30, 32, 34)
Back: 74 (76, 78, 80, 80)
Fronts: 15 (16, 19, 20, 20)

Continue front and sleeve increases on right side and stop sleeves increase on wrong side.
(RS) K2, M1L, knit all stitches to the marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all back stitches till marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all front stitches before 2 stitches left on the left needle, M1R, k2.
(WS) Purl all stitches.
Repeat last 2 rows 6 (6, 6, 7, 7) times more
Sleeves: 36 (36, 44, 48, 50)
Back: 74 (76, 78, 80, 80)
Fronts: 22 (23, 26, 28, 28)

Next row cast on additional neck stitches, join in the round and at the same time continue sleeves increases.
Round 1 K2, M1L, knit all stitches to the marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all back stitches till marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all front stitches before 2 stitches left on the left needle, M1R, k2, sm (mark beginning of the round, make this marker different color) cast on additional 28(28, 24, 22, 22) stitches, join into the round.
Number of stitches for front now should be equal to the number of stitches for the back.
Round 2 Knit all stitches across to the new marker – beginning of the round.
Sleeves: 38 (38, 46, 50, 52)
Back: 74 (76, 78, 80, 80)
Front: 74 (76, 78, 80, 80)

Continue sleeves increases only
Round 1 Knit all stitches to the marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all back stitches till marker, sm, M1L, knit all sleeve stitches before marker, M1R, sm, knit all stitches to the beginning round marker.
Round 2 Knit all stitches.
Repeat last 2 round 7(8, 7, 7, 8) times more.
Sleeves: 54 (56, 62, 66, 70)
Back: 74 (76, 78, 80, 80)
Front: 74 (76, 78, 80, 80)

Stop sleeves increases
Round 1 Knit all stitches to the marker, sm, knit all sleeve stitches before marker, sm, knit all back stitches till marker, sm, knit all sleeve stitches before marker, sm, knit all stitches to the beginning round marker.
Repeat Row 1 3(3, 1, 1, 0)

Start body increases for the armholes
Round 1 Knit all stitches to the marker, M1R sm, knit all sleeve stitches before marker, sm, M1L, knit all back stitches till marker, M1R, sm, knit all sleeve stitches before marker, sm, M1L, knit all stitches to the beginning round marker
Repeat last round 3 (5, 7, 11, 13) times more
Sleeves: 54 (56, 62, 66, 70)
Back: 82 (88, 94, 102, 108)
Front: 82 (88, 94, 102, 108)

Separate body and sleeves.
Remove marker – start of the round, knit to the first sleeve marker, remove marker, put sleeves stitches on holder or scrap yarn, remove second sleeve marker, cast on 3 (5, 5, 6, 6) additional stitches, pm (this is where the front ends), cast on 3 (5, 5, 6, 6) stitches, knit all back stitches to the sleeve marker, remove sleeve marker, put sleeves stitches on holder or scrap yarn, remove second sleeve marker, cast on 3 (5, 5, 6, 6) additional stitches, pm (this is new round start), cast on 3(5, 5, 6, 6) stitches, knit all front stitches and back stitches to the end of the round marker.
Total number of stitches each front and back – 88, 98, 104, 114, 120
Knit 11 more round.

Waist decreases

Decrease Round: k2, k2tog, knit in stockinette until 4 stitches left before marker(end of the front), ssk, k2, sm, k2, k2tog, knit in stockinette until 4 stitches left before marker(start of the round), ssk, k2.
Total number of stitches each front and back – 86, 96, 102, 112, 118
Repeat Decrease Round every ninth (9) rounds two times more.
Total number of stitches each front and back – 82, 92, 98, 108, 114
Knit 8 more round.

Waist increases

Increase Round: k2, M1L, knit in stockinette until 2 stitches left before marker(end of the front), M1R, k2, sm, k2, M1L, knit in stockinette until 2 stitches left before marker(start of the round), M1R.
Total number of stitches each front and back – 84, 94, 100, 110, 116
Repeat Increase Round every sixth (6) rounds 3(4, 5, 5, 6) times more.
Total number of stitches each front and back – 90, 102, 110, 120, 128
Continue work in stockinette until body measures 30 cm (12") from sleeve separation.
Ribbing section
Work k1, p1 ribbing for 5 cm (2"). Bind off all stitches

Sleeves:

Pick up and knit 4 (6, 6, 7, 7) stitches, knit from scrap yarn 54 (56, 62, 66, 70), pick up and knit 5 (6, 6, 7, 7) stitches, place marker (beginning of the round). Total number for the sleeves: 62, 68, 74, 80, 84

K1, k2tog, knit until 3 stitches left before marker, ssk, k1. Total number for the sleeves: 60, 66, 72, 78, 82.

Knit 8 more rounds.

Sleeve decreases

Decrease Round: k2, k2tog, knit in stockinette until 4 stitches left before marker, ssk, k2.
Total number of stitches– 58, 64, 70, 76, 80
Repeat Decrease Round every eighth (8) rounds 9 (9, 10, 10, 10) times more.
Total number of stitches– 40, 46, 50, 56, 60
Continue working in stockinette until sleeve measures 33 cm (13") from sleeve separation.

Work k1, p1 ribbing for 10 cm (4") rows, bind off.
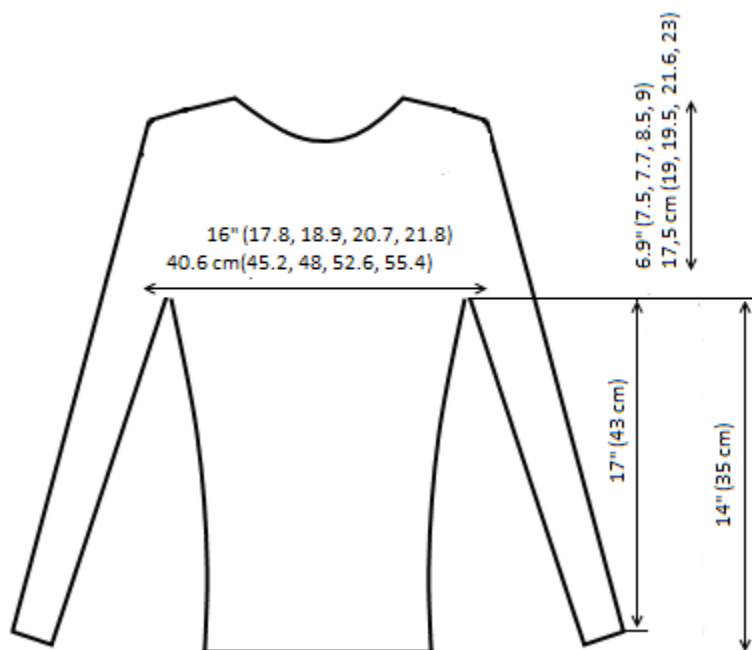
Neck ribbing:

Started from the right shoulder, for the back picked up every stitch, for the front - for the sides pick up 3 stitches for every 4 rows and for the horizontal part picked every stitch. Make even number of stitches. Work 1X1 rib for 6 rounds and bind-of.

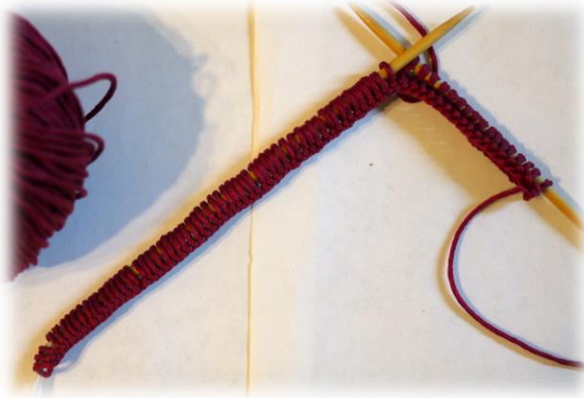*References*

German Short Rows video:

Part 1- https://www.youtube.com/watch?v=P6n561SMZXQ

Part 2 - https://www.youtube.com/watch?v=KooKdm0YBbw

16" (17.8, 18.9, 20.7, 21.8)
40.6 cm(45.2, 48, 52.6, 55.4)

6.9" (7.5, 7.7, 8.5, 9)
17,5 cm (19, 19.5, 21.6, 23)

17" (43 cm)

14" (35 cm)

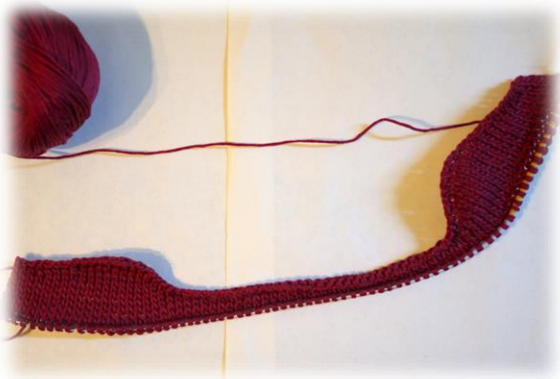# Continuing back fronts set-in sleeves method

Step 1: Start knit right shoulder

Step2: Finish knitting right shoulder using short rows.

Step 3: Both shoulder and back neck done

Step 4: Pick up stitches for the sleeve at the back side

Step 5: Pick up right front shoulder stitches

Step 6: Right front finished, pick up front sleeve stitches

Step 7: Knit all stitches across the back, start knitting left front. Pick up stitches for the sleeve at the back side.

Complete knitting from step 5 and 6. Start knitting all pieces together.

Both sides are done, sleeves started.   After knitting couple of sleeves rows.

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Contact information :
Email: redheadnata@yahoo.com