

# Lesson Topics

- A. Actual Body Measurements
- B. Basic Circular Yoked-Sweater  
Construction
- C. Harmony Sweater  
Customization Tips & Tricks
- D. Questions



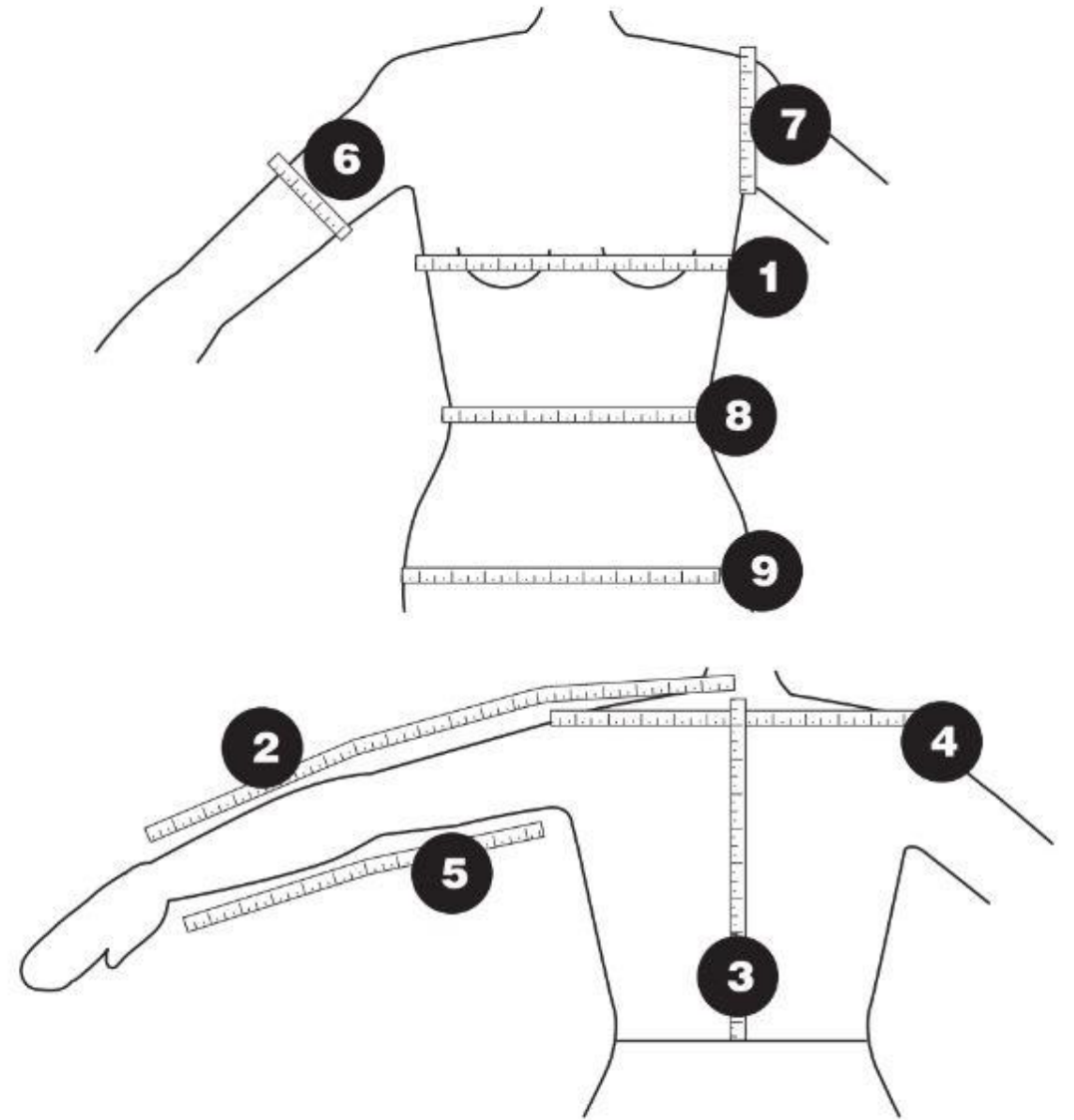
# A. Actual Body Measurements

## A. Circumferences

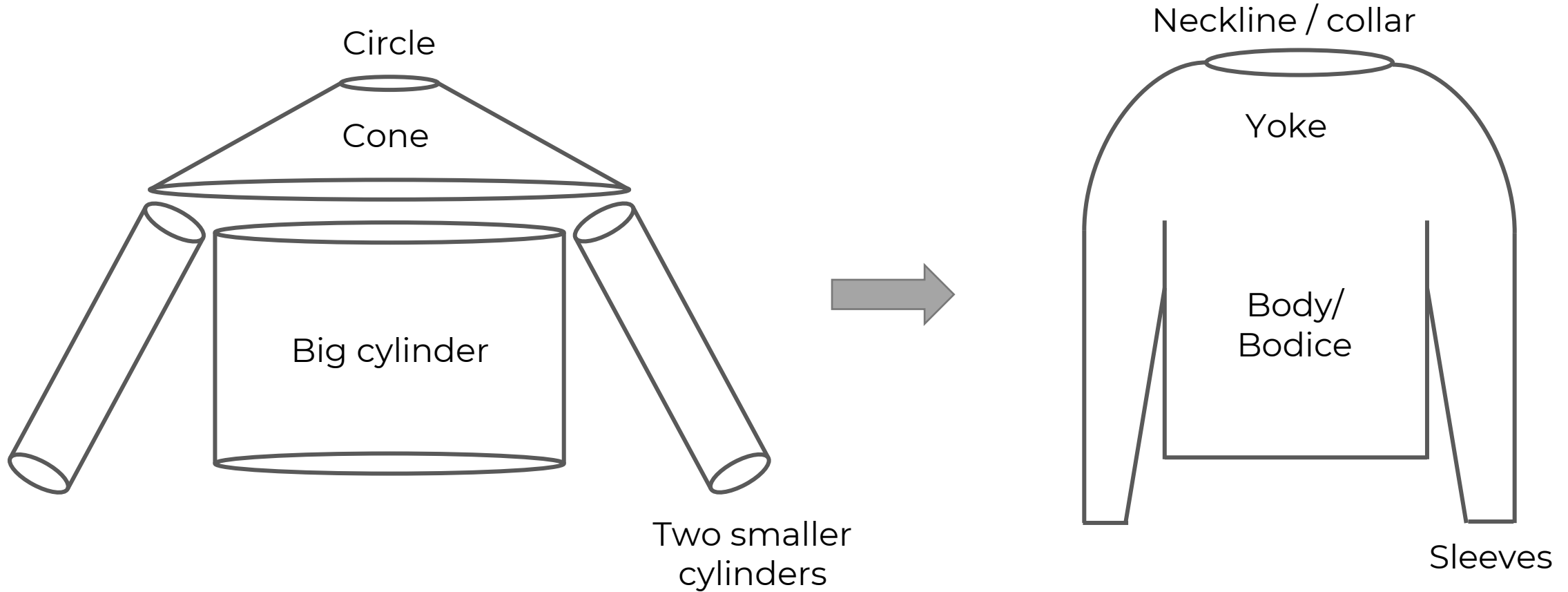
1. Bust apex (1)
2. Natural waist (8)
3. Hips (9)
4. Upper arm (6)
5. Wrist

## B. Lengths

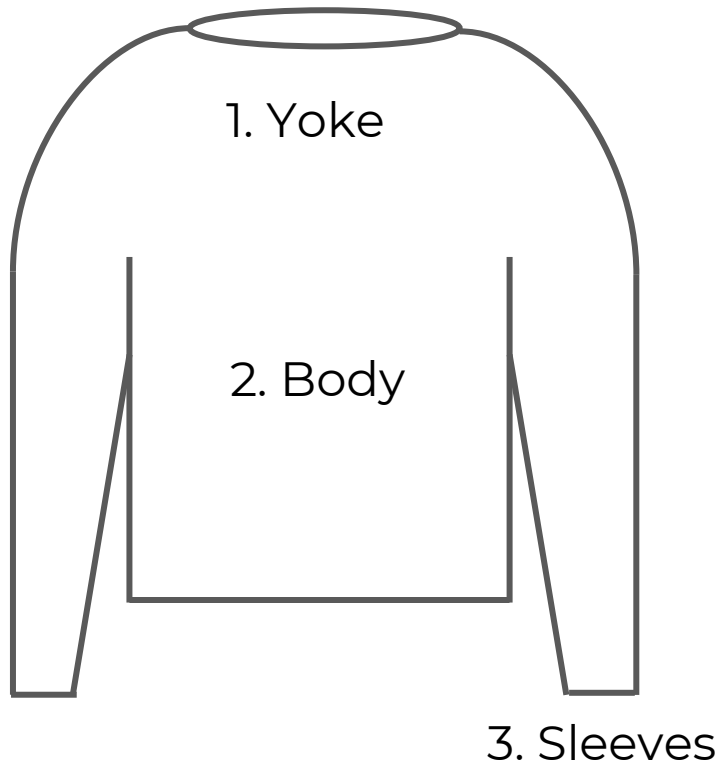
1. Armhole depth (7)
2. Back waist length (3)
3. Hip length
4. Arm length from underarm (5)



# B. Basic Circular Yoked-Sweater Construction



# C. Harmony Sweater Customization Tips & Tricks



## 1. Yoke

- Ribbed collar
- Short rows
- Main yoke pattern

## 2. Body

- Length
- Waist Shaping
- Hip Shaping
- Bust Shaping (bonus)

## 3. Sleeves

- Length
- Upper arm circumference
- Tapering



# 1. Yoke — Ribbed Collar

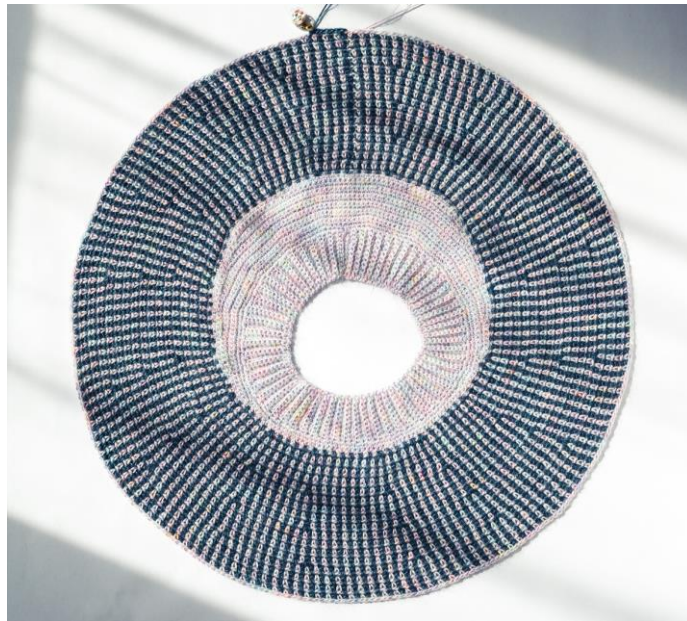
- Use a smaller hook size
- Can be made longer or shorter
- Could be skipped altogether or turned into a different style of collar (e.g., mock neck, turtleneck)





# 1. Yoke — Short Rows

- Crescent shape to raise the back neck
- Require separate blocking to stay flat
- Check final stitch count

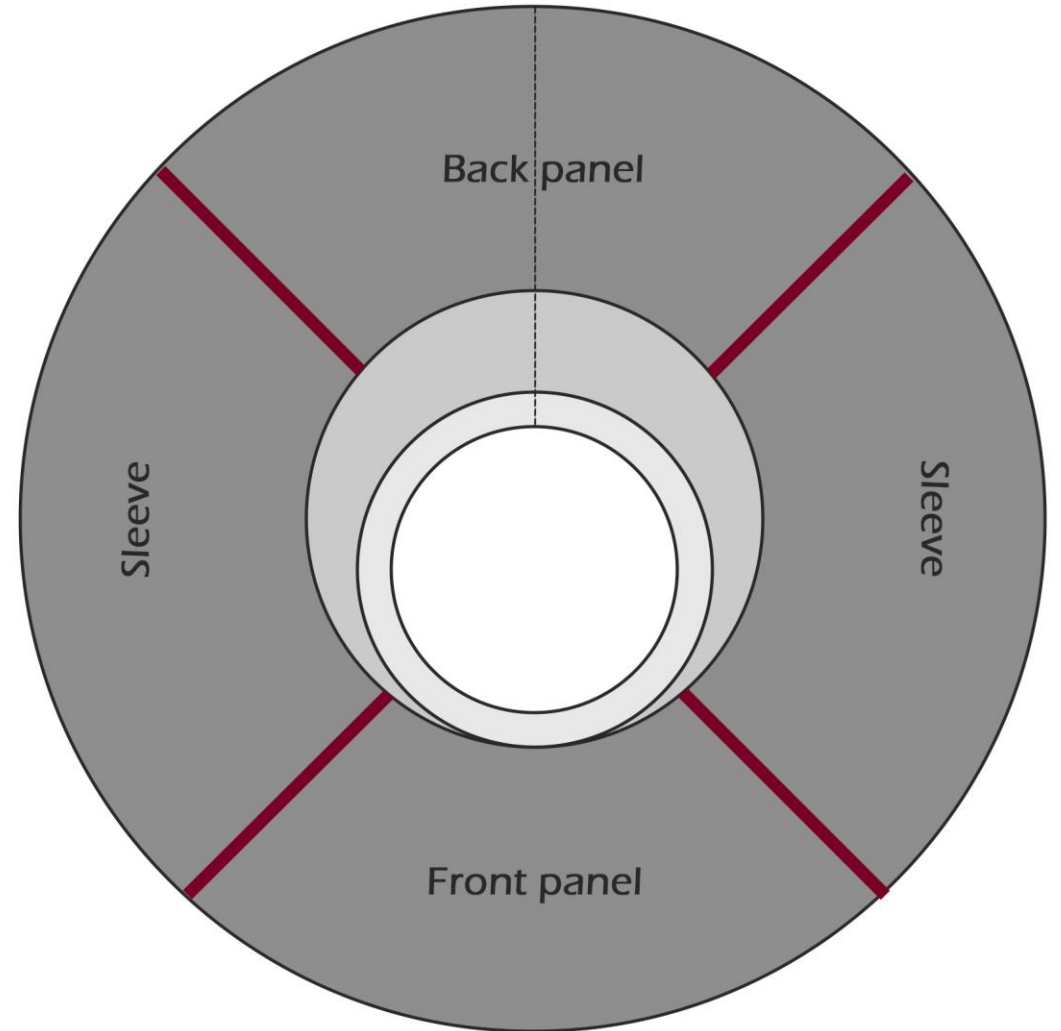


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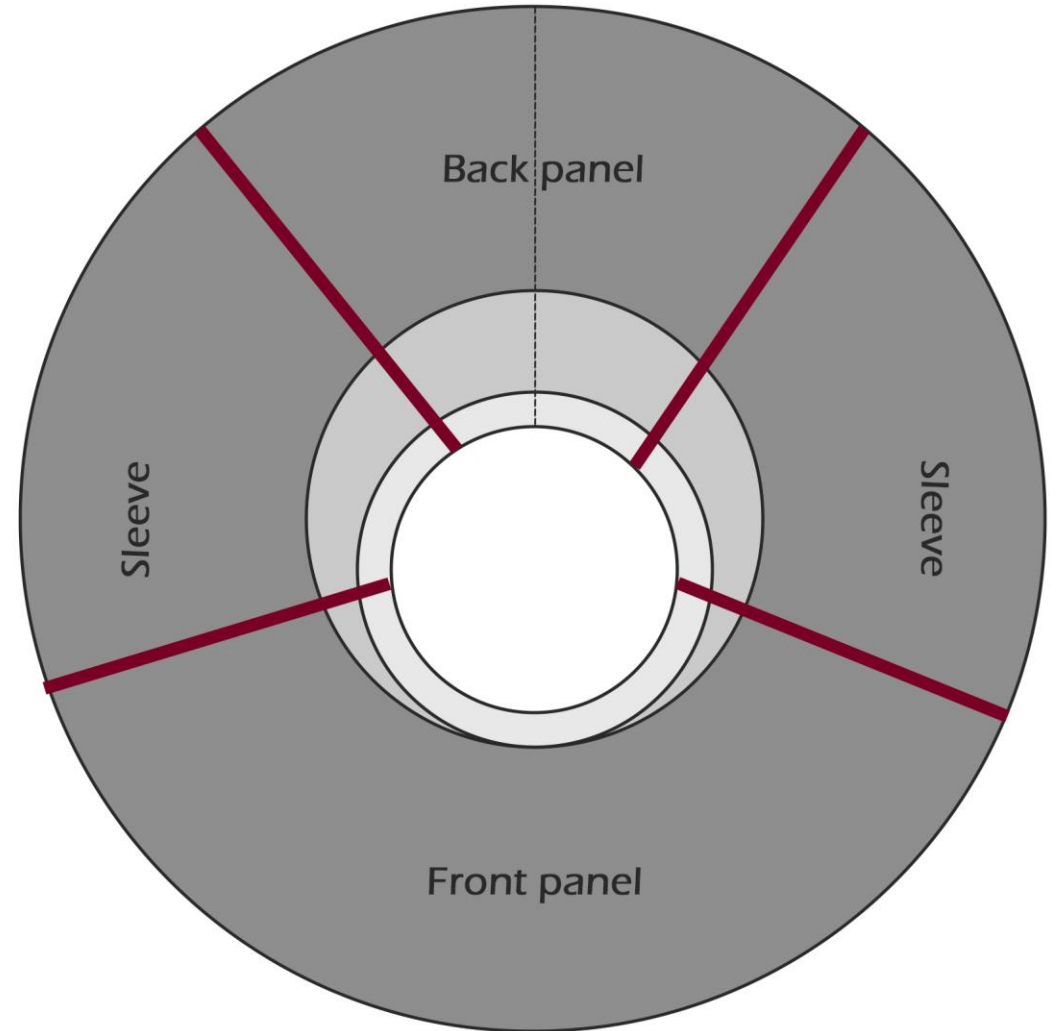
# 1. Main Yoke Pattern

- The yoke is a cone-shaped fabric meant to cover your shoulders
- It incorporates space for both the body and sleeves
- From the start, think of the yoke as being split into 4 panels, each corresponding to:
  - the front of the bust (front panel),
  - the back of the bust (back panel),
  - 2 upper arms (2 sleeve panels).



# 1. Main Yoke Pattern (cont.)

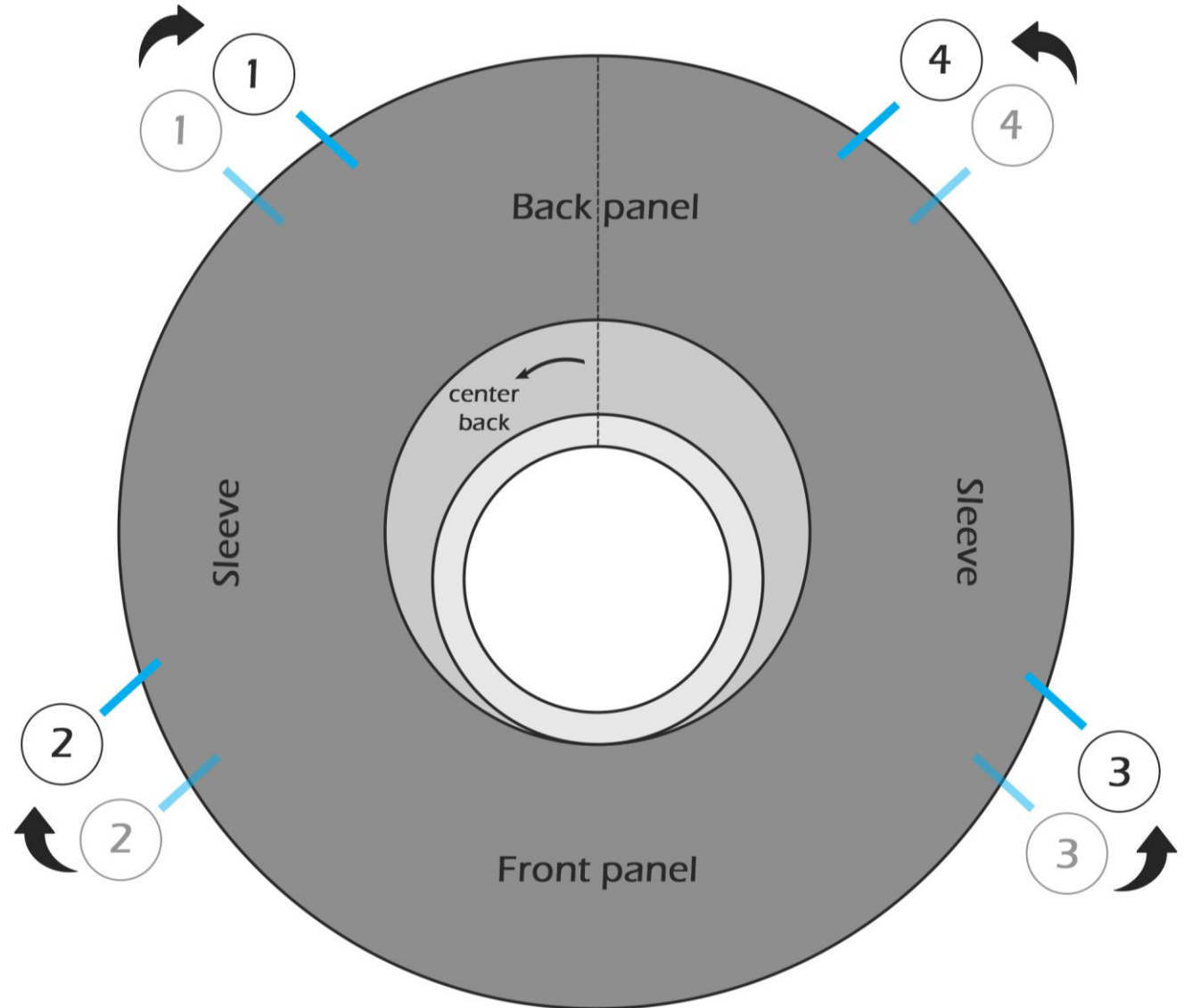
- The front of the bust and the back of the bust on a human body are not equal in width, therefore the 4 yoke panels are also not equal in width
- The larger the cup size, the wider the front panel should be compared to the back panel
- The pattern gives you a wider front panel by default. Move those markers further back for a more pronounced difference





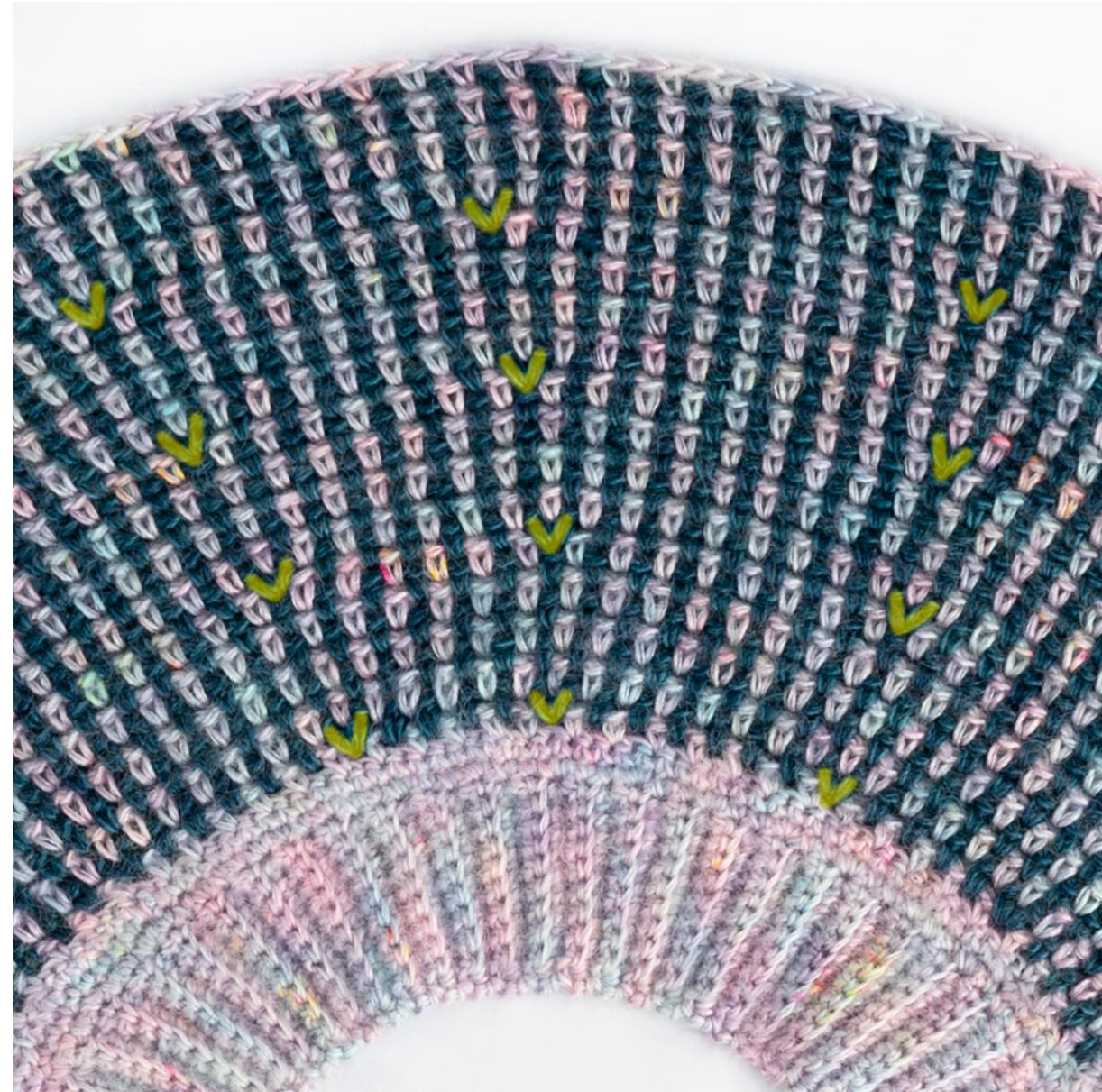
# 1. Main Yoke Pattern (cont.)

- Splits into 4 panels: Front (1), Back (2), and Sleeves (3 & 4)
- When moving markers, move them symmetrically and in multiples of 2



# 1. Main Yoke Pattern (cont.)

- Equally distributed increases\*
- Yoke depth: 1 inch below your armpit; if it feels like it might be too tight, then it's going to be just right. The body and sleeve weight will make the arm hole bigger after blocking and during wear
- **Bonus tip:** compare the yoke depth to a garment that you know fits right at the underarm





## 2. Body — Length

- Total recommended lengths (incl. ribbed hem):
  - **Full-length sweater (pictured):** 11-12 inches (28-30 cm) from underarm to hem, approx. 1 inch (2.5 cm) below your hip bone, approx. at the top of pockets on a pair of jeans
  - **Cropped sweater:** 8-9 inches (20-23 cm) from underarm to hem, or approx. at your navel
  - **Semi-cropped sweater:** 10 inches (25 cm) from underarm to hem, or approx. at the top of a mid-rise waist band
  - Tunic length/sweater dress: over 14 inches (35 cm) from underarm to hem
- Waist/hip shaping on a full-length sweater:
  - Start decreasing at approx. 2 inches (5 cm) below the sweater underarm
  - Stop decreasing and start increasing at the natural waist
  - Stop increasing at the hip bone





## 2. Body — Waist Shaping (decreases)

- Waist shaping is not only for form-fitting, negative ease sweaters!
- For a comfortable fit, make as many waist decrease rounds as needed so that the waist of the sweater fits you with **at least** 2 inches (5 cm) of positive ease at the waist
- 1 dec rnd reduces the waist circ. by 8 ST, or 1.33 inches (3 cm)
  - 1 dec rnd = 4 dec points
  - 1 dec point = -2 ST
  - => 1 dec rnd = 4 \* (-2) ST = -8 ST





## 2. Body — Hip Shaping (increases)

- For a comfortable fit, make as many hip increase rounds as needed so that the last round of the sweater fits around your hips with about the same amount of ease as the bust
- 1 inc rnd increases the hip circ. by 8 ST, or 1.33 inches (3 cm)
  - 1 inc rnd = 4 inc points
  - 1 inc point = +2 ST

=> 1 inc rnd = 4 \* 2 ST = 8 ST





## 2. Body — Bust Shaping (bonus)

- For people with larger bra cup sizes: increase the front panel even more by moving some of the increases from the back panel of the yoke to the front panel
- Helps reduce the bulk/ gathering of the fabric at the back
- Make sure you have an odd number of skipped stitches in between any 2 consecutive markers





### 3. Sleeves — Length

- Total recommended length (incl. ribbed cuff): approx. 1 inch (2.5 cm) below your wrist bone
- **Pro tip!** Finish the main pattern on both sleeves and only then add the ribbed cuff



# 3. Sleeves — Upper arm circumference

- Recommended ease of approx. 2 inches (5 cm)
- Easily increase the upper arm circ. by working **increases across the underarm**
- Bonus: Alter the upper arm circumference from the start by adding/omitting increases to/from the sleeve panels on the yoke





# 3. Sleeves — Tapering (decreases)

- The sleeve circumference should match your actual arm circumference (+ ease) all across the sleeve length
- No more than 1 inch (2.5 cm) of ease at the cuff
- Add or omit decrease rounds accordingly
- Reduce the sleeve length by working fewer rounds and also redistributing the appropriate number of decrease rnds so that the final cuff circumference sits approx. 1 inch (2.5 cm) above your wrist
- Try the sweater on as you work in order to determine if the sleeve circ. is right for you





# D. Questions