IZLANDAPEDIA

Defne - Lárviðarlauf

Long-sleeve circular-yoke sweater · XS-XXL



A free gift to knitters from Izlandapedia

English

Sizes are always given in this order: XS (S, M, L, XL, XXL). Choose your own colours if you like, keeping the chart letters assigned to those colours. These are design illustrations; independent test knitting has not been verified.

Pattern and calculation source: the August 2026 v1.0 charts in the Izlandapedia archive. Language edition: 6 October 2026. Numerical values and chart cells are identical across all three languages. Independent test knitting has not been verified.

G	Green
W	White

Before you cast on

Work the body and two sleeves bottom-up in the round. Join at the underarms and shape the circular yoke through five colourwork bands. Finish with a 2×2 rib neckline.

Skill level: intermediate to advanced. You need to know how to knit in the round, work stranded colourwork, space increases and decreases evenly, and close underarms.

Gauge: 18 stitches and 24 rounds per 10 × 10 cm in washed and dried stockinette on 4.5 mm needles. Match this gauge in colourwork as well.

Work a circular stockinette swatch of at least 24 stitches and 32 rounds, plus a separate colourwork swatch using bands A-C. Wash gently and dry flat. Too many stitches per 10 cm: try larger needles. Too few: try smaller needles.

Keep the contrast yarn below the main yarn for consistent colour dominance. Catch floats longer than five stitches, staggering the catch points between rounds. Spread the stitches on the right needle to avoid puckering.

Abbreviations: st(s) = stitch(es); k = knit; p = purl; k2tog = knit two together; M1 = lift the strand between stitches and knit it through the back loop; BOR = beginning of round. Letters in the charts identify colours.

Sizing and materials

Size	XS	S	M	L	XL	XXL
Body chest (cm)	79-84	86-91	94-99	103-108	114-119	126-131
Finished chest (cm)	89	96	104	113	124	136
Upper arm (cm)	31	33	36	38	40	42
Body to underarm (cm)	39	40	41	42	43	44
Sleeve, cuff to underarm (cm)	43	44	44	45	46	46
Approximate yoke depth (cm)	18.5	20	21	22	23.5	24.5

Allow approximately 5-10 cm of positive ease. Choose the finished chest measurement you want; measuring a sweater that fits well can help.

Suggested yarn: Ístex Léttlopi, 50 g / approximately 100 m. Quantities are numbers of 50 g balls. Changes to gauge or length affect consumption; keep an extra ball of the main colour from the same dye lot.

Colour / 50 g balls	XS	S	M	L	XL	XXL
G - Green	8	8	9	10	11	12
W - White	2	2	2	2	3	3

Tools: 3.5 and 4.5 mm circular needles, 40-100 cm long; short circulars or double-pointed needles for sleeves; eight markers; waste yarn or stitch holders; tapestry needle.

Body and sleeves

Body

Using the main colour and 3.5 mm needles, cast on 160 (172, 188, 204, 224, 244) sts. Join without twisting. Place BOR at the left side. Work *k2, p2* rib for 6 cm.

Change to 4.5 mm needles. Knit until the body measures 39 (40, 41, 42, 43, 44) cm from the cast-on edge to the underarm.

On the last round, hold 8 (8, 10, 10, 12, 12) sts for the left underarm; knit 72 (78, 84, 92, 100, 110) front sts; hold the next 8 (8, 10, 10, 12, 12) sts for the right underarm; knit the same number of back sts.

Sleeves - make two

Make two alike. Using the main colour and 3.5 mm needles, cast on 36 (36, 40, 40, 44, 44) sts. Place BOR at the centre underarm. Work *k2, p2* rib for 6 cm.

Change to 4.5 mm needles. Increase round: k1, M1, knit to the last st, M1, k1. Increase immediately, then every eighth round, for a total of 10 (12, 12, 14, 14, 16) increase rounds: 56 (60, 64, 68, 72, 76) sts.

Knit until the sleeve measures 43 (44, 44, 45, 46, 46) cm from cuff to underarm. Hold the centre 8 (8, 10, 10, 12, 12) underarm sts.

Joining

On 4.5 mm needles, join the front, the 48 (52, 54, 58, 60, 64) active right-sleeve sts, the back and the active left-sleeve sts. Place BOR at the left back underarm join. Total: 240 (260, 276, 300, 320, 348) sts.

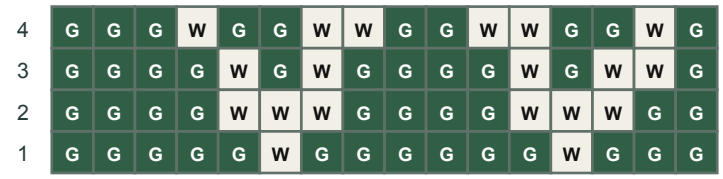
In the same round, decrease 0 (4, 4, 12, 0, 12) sts evenly: 240 (256, 272, 288, 320, 336) sts. Number of pattern repeats: 15 (16, 17, 18, 20, 21).

Work 2.5 (3.5, 4, 5, 6, 6.5) cm in the main colour from the join, then begin the charts.

Colourwork charts

Read charts from bottom to top, and each round from right to left. Repeat each band around the entire yoke. Work the decrease rounds between bands in the main colour. Colour codes remain the same throughout.

A · 1-4 round · 16 sts



B · 6-9 round · 14 sts



C · 11-14 round · 12 sts



D · 16-19 round · 10 sts



E · 21-24 round · 8 sts



G = Green · W = White

Decreases, neckline and finishing

A: rounds 1-4; 16-st repeat. Round 5: *k6, k2tog, k6, k2tog*; 14 sts per repeat.

B: rounds 6-9; 14-st repeat. Round 10: *k5, k2tog, k5, k2tog*; 12 sts per repeat.

C: rounds 11-14; 12-st repeat. Round 15: *k4, k2tog, k4, k2tog*; 10 sts per repeat.

D: rounds 16-19; 10-st repeat. Round 20: *k3, k2tog, k3, k2tog*; 8 sts per repeat.

E: rounds 21-24; 8-st repeat. Total afterwards: 120 (128, 136, 144, 160, 168) sts.

Knit two rounds in the main colour. On the next round, repeat *k2, k2tog*: 90 (96, 102, 108, 120, 126) sts.

Knit until the yoke measures 17.5 (19, 20, 21, 22.5, 23.5) cm at the centre front, measured from the underarm join.

Space 10 (12, 14, 16, 24, 26) k2tog decreases evenly: 80 (84, 88, 92, 96, 100) sts. To calculate spacing, subtract twice the number of decreases from the starting stitch count and distribute the remaining knit stitches evenly between decreases.

Change to 3.5 mm needles. Work *k2, p2* rib for 6 cm; bind off elastically. For a shorter neck, work 3-4 cm; for a folded neck, work 10-12 cm.

Graft the held underarm stitches together, or bind off elastically and seam from the inside. Close corner gaps with yarn tails and weave in all ends.

Wash gently in water at approximately 30 °C with wool detergent. Do not rub or wring. Press out excess water in a towel, then lay flat to the finished measurements and allow to dry.

Use, support and sources

Checkpoint	XS	S	M	L	XL	XXL
Start of yoke pattern	240	256	272	288	320	336
Number of repeats	15	16	17	18	20	21
End of charts	120	128	136	144	160	168
After first neck decrease	90	96	102	108	120	126
Neck stitches	80	84	88	92	96	100

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