

## DAYS OF BEAUTY



Days of Beauty is a top-down, colourwork yoke sweater featuring stranded colourwork. The colourwork design is inspired by a piece of music by Ola Gjeilo, also called Days of Beauty. It features an undulating, repeated phrase on the piano, surrounded by swells of atmospheric vocals.

## SAMPLE

The wearer is 5'10" / 178 cm with a 37" / 92.5 cm chest circumference. The sample has been worked in size 4, giving the wearer 7.25" / 18 cm of positive ease at the chest. To accommodate the height of the wearer, an extra 0.5" / 1.5 cm of depth has been added to the yoke, and an extra 2" / 5 cm of length has been added to the body and sleeve lengths.

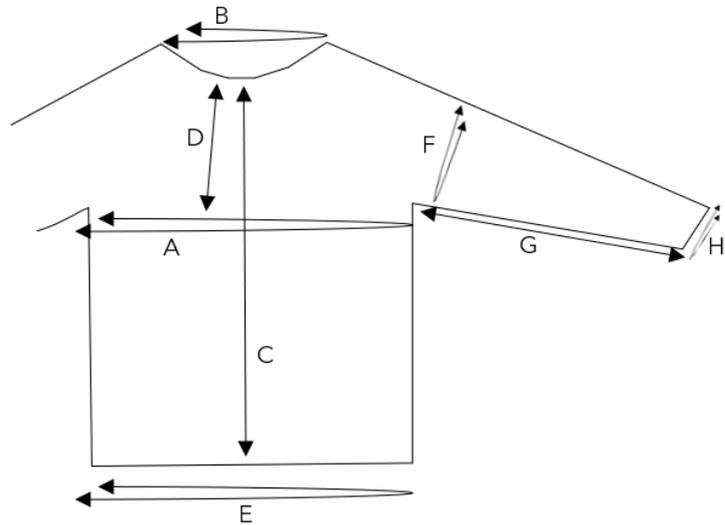
## SIZING GUIDE

This garment is graded into sizes 1 (2, 3, 4, 5) (6, 7, 8, 9, 10). Recommended positive ease is 2+'' / 5+ cm of positive ease at the chest circumference.

All of the following measurements are for the finished garment:

Measurement		Unit	1	2	3	4	5	6	7	8	9	10
A	Chest Circumference	Inches	34.5	37	41.75	44.25	49.25	54.25	56.5	61.5	66.5	69
		Cm	86	92.5	104.5	111	123	135.5	141.5	154	166	172.5
B	Neckband Circumference	Inches	16.5	17.75	18.75	19.5	20.25	21.25	21.25	22	22.75	22.75
		Cm	41.5	44.5	47	48.5	50.5	53	53	55	57	57
C <sup>1</sup>	Centre Front Body Length	Inches	20	20	20	20	21.5	21.5	21.5	21.5	21.5	21.5
		Cm	50	50	50	50	53.5	53.5	53.5	53.5	53.5	53.5
D <sup>1</sup>	Centre Front Yoke Depth	Inches	7.25	7.25	8	8	8.5	8.5	9	9	9	9
		Cm	18	18	20	20	21	21	22.5	22.5	22.5	22.5
E	Waistband Circumference	Inches	32	34.25	38.75	41.25	45.75	50.25	52.5	57.25	61.75	64
		Cm	80	85.5	97	103	114.5	125.5	131.5	143	154.5	160
F	Upper Sleeve Circumference	Inches	12.25	12.25	14.75	14.75	17.25	19.75	19.75	22.25	22.25	22.25
		Cm	31	31	37	37	43	49	49	55.5	55.5	55.5
G <sup>1</sup>	Sleeve Length: Underarm to Cuff	Inches	18.75	18.75	18.75	18.75	18.75	18.75	18.75	18.75	18.75	18.75
		Cm	47	47	47	47	47	47	47	47	47	47
H	Cuff Circumference	Inches	7.5	7.5	8	8.5	9.25	9.5	9.5	10	10	10
		Cm	18.5	18.5	20	21.5	23	23.5	23.5	25	25	25

### <sup>1</sup>Customisable Measurements





## GAUGE

Using 3.25 mm / US size 3 needles, or needle size required to meet gauge, 26 stitches over 34 rounds in both stockinette stitch and colourwork, wet blocked, creates a 4x4" / 10x10 cm square.

Neckband, waistband and cuff circumferences assume you are working 7 sts per 1" / 2.5 cm.

## YARN

The Main Colour is Pigment and Ply's Single Ply Fingering base (65% Superwash Merino / 20% Silk / 15% Yak; 480 m / 525 yds per 120 g) in colourway Plaid Shirt Days.

The Contrast Colour is Pigment and Ply's Sock base (100% Superwash Merino; 400 m / 438 yds per 100 g) in colourway Day and Dawnstar.

## YARDAGE (includes ~10% excess)

	Main Colour			Contrast Colour		
	Metres	Yards	Grams	Metres	Yards	Grams
1	839	918	210	156	171	39
2	881	964	220	163	179	41
3	1020	1116	255	191	209	48
4	1066	1167	267	198	217	50
5	1290	1411	323	224	246	56
6	1384	1514	346	235	257	59
7	1428	1562	357	238	260	59
8	1566	1713	391	266	291	66
9	1652	1808	413	280	307	70
10	1692	1851	423	287	314	72

Please note that, although the yardages listed above for the main colour yarn are accurate for that specific yarn, feedback from test knitters was that if substituting a different yarn blend for the main colour, a higher yardage was required, by up to ~50 g.

## TOOLS & NOTIONS

2.75 mm / US size 2 circular needles (to work neckband, cuffs and waistband; varying cable lengths would be helpful)

3.25 mm / US size 3 circular needles (to work yoke, body and sleeves; varying cable lengths would be helpful)

1 marker

scrap yarn

tapestry needle to weave in ends

## ABBREVIATIONS

BOR	Beginning of round
BO	Bind off
CC	Contrast colour
CO	Cast on
dec	Decrease
DS	Double stitch(es)
inc	Increase
K	Knit
K2tog	Knit 2 together
LLI	<a href="#">Left lifted increase</a> : use the tip of your LN to pick up the st 2 sts below the last st on the RN and place on LN; K into this new st tbl.
LN	Left needle
MC	Main colour
MDS	Make double stitch
P	Purl
p.	Page
pm	Place marker
pu	Pick up
R	Row / Round
rep(s)	Repeat(s)
RLI	<a href="#">Right lifted increase</a> : use the tip of your RN to pick up the st below the next st on the LN and place on LN; K into this new st.
rm	Remove marker
RN	Right needle
Rnd/rnds	Round / rounds
RS	Right side
sl	Slip stitch purlwise
sm	Slip marker
SR	Short row
SSK	Slip first stitch knitwise, slip second stitch knitwise, knit the two slipped stitches together tbl
st/sts	Stitch / stitches
tbl	Through the back loop
tog	Together
WS	Wrong side
wyif	With yarn in front
*	See information box
()	Work instructions in parentheses as directed



## PATTERN INSTRUCTIONS

This garment is worked top-down, in the round. After the neckband, short row shaping is incorporated to optimise fit. The majority of the yoke features a stranded colourwork pattern. Once the yoke is completed, stitches are separated into body and sleeves, which are each worked separately and in the round.

### NECKBAND

With **2.75 mm / US size 2 needles** (or needle size 1-2 sizes smaller than gauge needle) and MC, CO 117 (125, 133, 137, 143) (149, 149, 155, 161, 161) sts using the [long tail CO](#). [Join in the rnd](#) as follows: sl the 1<sup>st</sup> st of your rnd from the LN to the RN, sl the last CO st over the 1<sup>st</sup> st, pull on the yarn tails to secure, then return your 1<sup>st</sup> st to the LN and pm for BOR (positioned at centre back of neck).

**St Count: 116 (124, 132, 136, 142) (148, 148, 154, 160, 160) sts.**

**Here you can choose to work a flat neckband or a folded neckband** (noting that the folded neckband tends to be a little tighter than the flat neckband):

#### FLAT NECKBAND

**R1-9:** Work 1x1 Half-Twisted Rib (i.e.: K1 tbl, P1) for 9 rnds (i.e.: ~1" / 2.5 cm). Alternatively, standard 1x1 ribbing can be worked here if preferred.

**R10:** K1 rnd. Progress to **R11** once complete.

#### FOLDED NECKBAND

**R1-19:** Work 1x1 Half-Twisted Rib (i.e.: K1 tbl, P1) for 19 rnds (i.e.: ~2.25" / 5.5 cm). Alternatively, standard 1x1 ribbing can be worked here if preferred.

**R20:** Fold ribbing to line up live sts with CO edge, (pu the CO edge with LN and K2tog with live st on LN) rep for every st of the rnd. Progress to **R11** once complete.

### CUSTOMISING NECKBAND

If you would like to create a smaller neckband circumference (particularly for sizes 7-10), CO the number of sts required for the neckband, K2 rnds, then progress straight to the yoke. At a later point, return to the neckhole and pu and K your desired number of sts for the neckband.

**Switch to 3.25 mm / US size 3 needles (or needle size required to meet gauge) to work the yoke.**

### YOKE

**R11:** Increase round.

K1 rnd, and at the same time, inc 38 (41, 33, 34, 47) (49, 49, 51, 54, 54) sts as evenly as possible throughout the rnd. [LU](#) is the recommended increase. See table to the right for suggested pattern of increases.

**R12:** K1 rnd.

Size	Increase pattern	St Count
1	(K3, inc 1) rep to last 2 sts, K2.	<b>154</b>
2	(K3, inc 1) rep to last st, K1.	<b>165</b>
3	(K4, inc 1) rep to end of rnd.	<b>165</b>
4	(K4, inc 1) rep to end of rnd.	<b>170</b>
5	(K3, inc 1) rep to last st, K1.	<b>189</b>
6	(K3, inc 1) rep to last st, K1.	<b>197</b>
7	(K3, inc 1) rep to last st, K1.	<b>197</b>
8	(K3, inc 1) rep to last st, K1.	<b>205</b>
9	(K3, inc 1) rep to last 4 sts, (K2, inc 1) twice.	<b>214</b>
10	(K3, inc 1) rep to last 4 sts, (K2, inc 1) twice.	<b>214</b>

### SHORT ROW SHAPING

SR Set-Up: K30 (33, 33, 34, 38) (39, 39, 41, 43, 43) sts, turn to WS, sl 1 wyif, MDS, P to BOR marker, sm, P30 (33, 33, 34, 38) (39, 39, 41, 43, 43) sts, turn to RS, sl 1 wyif, MDS, K to BOR marker.

SR: (K to DS, process DS (K DS tog), K4, turn to WS, sl 1 wyif, MDS, P to BOR marker, sm, P to DS, process DS (P DS tog), P4, turn to RS, sl 1 wyif, MDS, K to BOR marker) **work 3 times\***, creating a total of 8 SR turns / 4 SR turns either side of BOR marker.

**Take care to check your gauge remains consistent whilst working the short row shaping flat.**

**R13:** K1 rnd, processing final DS as you come to them.

### SHORT ROW SHAPING

Recommended method for short row shaping is [German Short Rows](#).

**\*~1" / 2.5 cm of SR shaping is recommended but work fewer or more SR turns here if preferred.**

[Here's](#) how the short row shaping can be modified for broader shoulders.



**R14-17:** K4 rnds.

**R18:** Increase round

K1 rnd, and at the same time, inc 46 (45, 41, 42, 51) (49, 56, 68, 71, 71) sts as evenly as possible throughout the rnd. See table to the right for suggested pattern of increases.

**R19-26:** K8 rnds.

**Sizes 1 and 2:** Once complete, progress to Colourwork 1 (p.6).

Size	Increase pattern	St Count
1	(K3, inc 1, K3, inc 1, K4, inc 1) rep to last 4 sts, K3, inc 1, K1.	<b>200</b>
2	(K3, inc 1, K4, inc 1, K4, inc 1) rep to end of rnd.	<b>210</b>
3	(K4, inc 1) rep to last st, K1.	<b>206</b>
4	(K4, inc 1) rep to last 2 sts, K2.	<b>212</b>
5	(K3, inc 1, K4, inc 1, K4, inc 1) rep to last 2 sts, K2.	<b>240</b>
6	(K4, inc 1) rep to last st, K1.	<b>246</b>
7	(K3, inc 1, K4, inc 1) rep to last st, K1.	<b>253</b>
8	(K3, inc 1) rep to last st, K1.	<b>273</b>
9	(K3, inc 1) rep to last st, K1.	<b>285</b>
10	(K3, inc 1) rep to last st, K1.	<b>285</b>

**Sizes 3-10 only:**

**R- (-, 27, 27, 27) (27, 27, 27, 27, 27):** Increase round

K1 rnd, and at the same time, inc - (-, 44, 48, 60) (54, 57, 77, 85, 95) sts as evenly as possible throughout the rnd. See table to the right for suggested pattern of increases.

**R- (-, 28-32, 28-32, 28-32) (28-32, 28-32, 28-32, 28-32, 28-32):** K- (-, 5, 5, 5) (5, 5, 5, 5, 5) rnds.

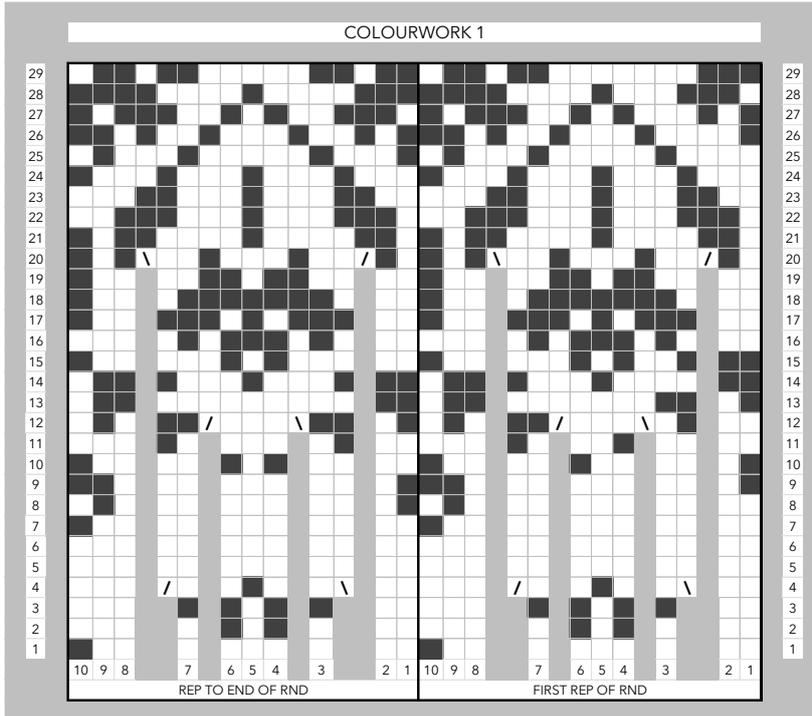
Size	Increase pattern	St Count
3	(K4, inc 1, K5, inc 1, K5, inc 1) rep to last 10 sts, (K5, inc 1) twice.	<b>250</b>
4	K2, inc 1, (K4, inc 1, K5, inc 1) rep to last 3 sts, K2, inc 1, K1.	<b>260</b>
5	(K4, inc 1) rep to end of rnd.	<b>300</b>
6	(K4, inc 1, K5, inc 1) rep to last 3 sts, K3.	<b>300</b>
7	(K4, inc 1, K5, inc 1) rep to last st, K1, inc 1.	<b>310</b>
8	(K3, inc 1, K4, inc 1) rep to last 7 sts, K3, inc 1, K4.	<b>350</b>
9	(K3, inc 1, K3, inc 1, K4, inc 1) rep to last 5 sts, K3, inc 1, K2.	<b>370</b>
10	(K3, inc 1) rep to end of rnd.	<b>380</b>

**All Sizes:**

**R27-55 (27-55, 33-61, 33-61, 33-61) (33-61, 33-61, 33-61, 33-61, 33-61):** Colourwork 1

Over the next 29 rnds, work stranded colourwork\* as detailed in Colourwork Chart 1 using MC and CC. Charts are read right to left, bottom to top. **Please note that the first rep of each rnd is charted separately (right-hand side of the chart) and differs slightly to the pattern that is repeated for the remainder of each rnd (left-hand side of the chart) to minimise the jog in the rnd.** Where there is a run of more than 5 sts of the same colour, catch the unused float at the back of your work. If you catch floats on consecutive rounds, stagger where you catch the float on the WS. Chart R5-6 are worked with MC only; CC can be left at BOR for these rnds. You will be working 20 (21, 25, 26, 30) (30, 31, 35, 37, 38) reps of the pattern per rnd.

Colourwork charts with the colours inverted are also available: see Appendix, p.11.



**\*NEW TO COLOURWORK?**

You might find some of the following tutorials helpful:

- [Reading colourwork charts](#)
- [Working stranded colourwork with two colours](#)
- [Catching floats](#)
- [Correcting colourwork mistakes](#)

**LIGHT GREY / BLANK SQUARES**

The light grey / blank squares on the chart indicate where a stitch does not exist, either because it has been decreased on a previous rnd or because it will be increased (i.e.: created) later in the chart.

**St Count end of Chart R4: 240 (252, 300, 312, 360) (360, 372, 420, 444, 456) sts.**

**St Count end of Chart R12: 280 (294, 350, 364, 420) (420, 434, 490, 518, 532) sts.**

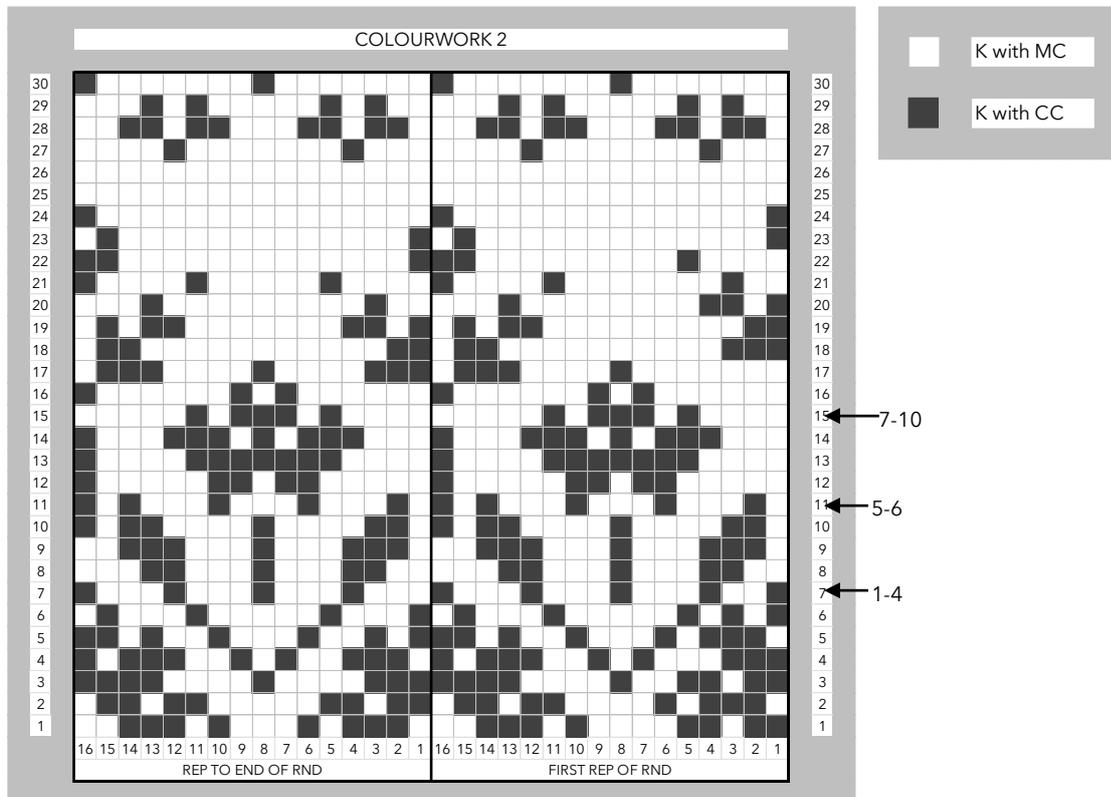
**St Count end of Chart R20: 320 (336, 400, 416, 480) (480, 496, 560, 592, 608) sts.**

	K with MC
	K with CC
	LLI with MC
	RLI with MC

**R56-61 (56-61, 62-67, 62-67, 62-71) (62-71, 62-75, 62-75, 62-75, 62-75):** Colourwork 2

Follow Colourwork Chart 2, starting at Chart R1, **for 6 (6, 6, 6, 10) (10, 14, 14, 14, 14) rounds** OR to desired yoke depth (you can split the yoke into body and sleeves at any point in Chart 2). Here all sizes work from the same chart. Chart R25-26 are worked with MC only; CC can be left at BOR for these rnds.

Once yoke depth is reached, progress to Separating for Body and Sleeves below. The arrows to the right of the chart indicate the point of separation to achieve the yoke depths given in the Sizing Guide (p.2).



**SEPARATING FOR BODY AND SLEEVES**

**R62 (62, 68, 68, 72) (72, 76, 76, 76, 76):** Follow Colourwork 2 **Chart 7 (7, 7, 7, 11) (11, 15, 15, 15, 15) - see arrows to right of chart** - (or chosen chart rnd if modifying yoke depth) and work as follows:

K48 (52, 60, 64, 72) (72, 76, 84, 92, 96) sts, sl 64 (64, 80, 80, 96) (96, 96, 112, 112, 112) sts to scrap yarn for sleeve, CO 16 (16, 16, 16, 16) (32, 32, 32, 32, 32) sts using [the long-tail CO with two colours](#), K96 (104, 120, 128, 144) (144, 152, 168, 184, 192) sts, sl 64 (64, 80, 80, 96) (96, 96, 112, 112, 112) sts to scrap yarn for sleeve, CO 16 (16, 16, 16, 16) (32, 32, 32, 32, 32) sts using long-tail CO with two colours, K48 (52, 60, 64, 72) (72, 76, 84, 92, 96) sts to end of rnd. BOR remains in place.

CHART R18-24  
For Chart R18-24, I recommend the [Ladder Back Jacquard](#) method for catching floats.

**BODY**

**St Count: 224 (240, 272, 288, 320) (352, 368, 400, 432, 448) sts.**

**R63-85 (63-85, 69-91, 69-91, 73-91) (73-91, 77-91, 77-91, 77-91, 77-91):** Work to the end of Colourwork Chart 2. You will be working 14 (15, 17, 18, 20) (22, 23, 25, 27, 28) reps of the colourwork pattern per rnd.

Once complete, cut CC, leaving a tail of 6" / 15 cm to weave in later.

**R86-149 (86-149, 92-149, 92-149, 92-161) (92-161, 92-161, 92-161, 92-161, 92-161):** K64 (64, 58, 58, 70) (70, 70, 70, 70, 70) rnds (i.e.: for ~7.5 (7.5, 6.75, 6.75, 8.25) (8.25, 8.25, 8.25, 8.25, 8.25)" / 19 (19, 17, 17, 20.5) (20.5, 20.5, 20.5, 20.5, 20.5) cm from the end of the colourwork pattern OR to 2.5" / 6 cm less than desired body length.

WAISTBAND

**Switch to 2.75 mm / US size 2 needles (or needle size used for neckband) to work the Waistband.**

**R150-169 (150-169, 150-169, 150-169, 162-181) (162-181, 162-181, 162-181, 162-181, 162-181):** Work 20 rnds (i.e.: for ~2.25" / 6 cm) in 1x1 Half-Twisted Rib (i.e.: K1 tbl, P1) or substitute standard 1x1 ribbing if preferred, as for the neckband.

**R170 (170, 170, 170, 182) (182, 182, 182, 182, 182):** BO loosely in K1, P1 pattern (tight knitters may find it helpful to return to gauge needles here), then cut yarn, leaving a tail of ~6" / 15 cm to weave in later, rm and [secure final st.](#)

SLEEVES (same for both)

Return 64 (64, 80, 80, 96) (96, 96, 112, 112, 112) sts from scrap yarn to **3.25 mm / US size 3 needles** (with cable circumference suited to arm circumference) and prepare to work with MC and CC. Sleeve round counts restart from 1.

**Set-Up Rnds for Left- and Right-Hand Sleeves are written separately here** (although for sizes 5, 6 and 10 the instructions are the same).

**You will be [picking up](#) a total of 16 (16, 16, 16, 16) (32, 32, 32, 32, 32) sts at the underarm\* as follows:**

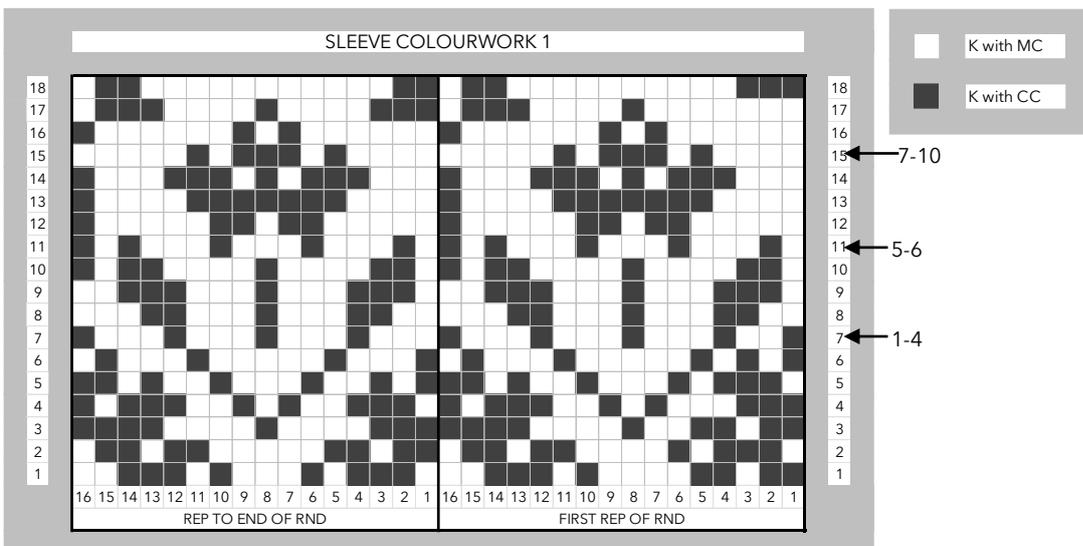
\*Please note that where you pick up stitches along the underarm, the colourwork pattern may or may not align perfectly with the body colourwork pattern, depending on the size you are working. However, the pattern should line up exactly with the colourwork already worked on the live sleeve stitches.

**Left-Hand Sleeve**  
**Partial Set-Up Rnd:** Along underarm seam, working from right to left, with MC pu and **K0 (4, 12, 0, 8) (24, 28, 20, 28, 16) sts**, pm for BOR.  
**R1:** Follow the Sleeve Colourwork Chart 1 below on **Chart R7 (7, 7, 7, 11) (11, 15, 15, 15, 15)** (or appropriate chart rnd if you modified yoke depth). With MC and CC, pu and **K16 (12, 4, 16, 8) (8, 4, 12, 4, 16) sts** in colourwork pattern, then continue to work the colourwork pattern into the live sleeve sts until you reach BOR.

**Right-Hand Sleeve**  
**Partial Set-Up Rnd:** Along underarm seam, working from right to left, with MC pu and **K16 (12, 4, 16, 8) (24, 20, 28, 20, 16) sts**, pm for BOR.  
**R1:** Follow the Sleeve Colourwork Chart 1 below on **Chart R7 (7, 7, 7, 11) (11, 15, 15, 15, 15)** (or appropriate chart rnd if you modified yoke depth). With MC and CC, pu and **K0 (4, 12, 0, 8) (8, 12, 4, 12, 16) sts** in colourwork pattern, then continue to work the colourwork pattern into the live sleeve sts until you reach BOR.

You will be working 5 (5, 6, 6, 7) (8, 8, 9, 9, 9) reps of the pattern per rnd.

**St Count: 80 (80, 96, 96, 112) (128, 128, 144, 144, 144) sts.**



**R2-12 (2-12, 2-12, 2-12, 2-8) (2-8, 2-4, 2-4, 2-4, 2-4):** Work to the end of Sleeve Colourwork Chart 1.

**R13-24 (13-24, 13-24, 13-24, 9-20) (9-20, 5-16, 5-16, 5-16, 5-16):** Sleeve Colourwork Chart 2

Over the next 12 rnds, work stranded colourwork as detailed in Sleeve Colourwork Chart 2 using MC and CC. Chart R7-8 are worked with MC only; CC can be left at BOR for these rnds.

SLEEVE COLOURWORK 2

K with MC  
 K with CC

**CHART R1-6**

For Chart R1-6, I recommend the [Ladder Back Jacquard](#) method for catching floats.

Once complete, cut CC, leaving a tail of ~6" / 15 cm to weave in later.

**R25 (25, 25, 25, 21) (21, 17, 17, 17, 17):** K1 rnd. At the same time, move BOR so that it is central to the underarm seam (if it isn't already). This may mean that you work slightly more or less than one full rnd here.

**SLEEVE DECREASES\***

**R26-149 (26-149, 26-149, 26-149, 22-149) (22-149, 18-149, 18-149, 18-149, 18-149):** Over the next 124 (124, 124, 124, 128) (128, 132, 132, 132, 132) rnds, K with MC and at the same time dec 28 (28, 40, 36, 48) (62, 62, 74, 74, 74) sts as evenly as possible. See below for details on working the decreases.

**\*CUSTOMISING SLEEVE LENGTH**

Work more or fewer rnds here as desired to achieve a sleeve length longer or shorter than given in the Sizing Guide. Assuming you are meeting gauge, +/- 8 rnds = +/- ~1" / 2.5 cm of length. If you do add or remove length to the sleeves, you may need to adjust the frequency of decreases here.

Size	Decrease pattern	St Count
1	K15 rnds, then dec 1 st every 4 rnds until st count is reached.	<b>52</b>
2	K6 rnds, then dec 1 st every 3 rnds until st count is reached.	<b>56</b>
3	K5 rnds, then dec 1 st every 4 rnds until a st count of 82 is reached, then dec 1 st every 3 rnds until final st count is reached.	<b>60</b>
4	K5 rnds, then dec 1 st every 3 rnds until a st count of 84 is reached, then dec 1 st every 2 rnds until final st count is reached.	<b>64</b>
5	K5 rnds, then dec 1 st every 2 rnds until st count is reached.	<b>66</b>
6	K9 rnds, then dec 1 st every 2 rnds until st count is reached.	<b>66</b>
7	K1 rnd, then dec 1 st every 2 rnds until a st count of 86 is reached, then dec 1 st every rnd until final st count is reached.	<b>70</b>
8		
9		
10		

I recommend alternating between working a K2tog 1 st after BOR and working a SSK 1 st before BOR on decrease rnds, i.e.:

First dec rnd: K1, K2tog, K to end of rnd.

Work required number of rnds to next dec rnd.

Second dec rnd: K to last 3 sts before BOR, SSK, K1.

Work required number of rnds to next dec rnd.

Continue in this pattern until required sleeve st count is reached.

**DECREASES**

Please note that "dec 1 st every 3 rnds" means work 1 rnd with a decrease, then work 2 rnds without a decrease.



## CUFF

**Switch to 2.75 mm / US size 2 needles (or needle size used for neckband) to work the Cuffs.**

**R150-159:** Work 10 rnds (i.e.: for ~1.25" / 3 cm) in 1x1 Half-Twisted Rib (i.e.: K1 tbl, P1) or substitute standard 1x1 ribbing if preferred, as for the neckband and waistband.

**R160:** BO loosely in K1, P1 pattern (tight knitters may find it helpful to return to gauge needles here). Cut MC yarn, leaving a tail of ~6" / 15 cm to weave in later, rm and [secure final st.](#)

## FINISHING

Weave in any ends and wet block to desired measurements. Leave garment flat until completely dry.

### SHARING YOUR FINISHED OBJECT

It would be lovely to see your Days of Beauty once it's finished.

Please do create a project page on Ravelry and share your knits on Instagram using the tags #unwindknitwear or #unwinddaysofbeauty

## CONTACT

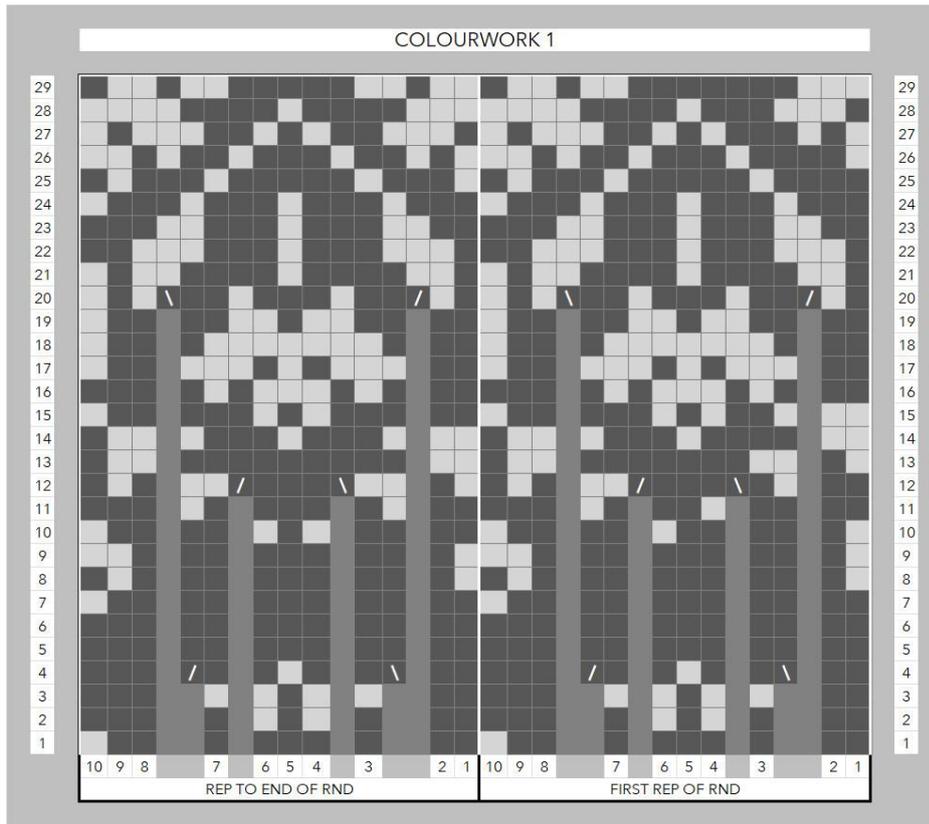
Do you have a question or comment about this pattern? Please get in contact at [rachel@unwindknitwear.co.uk](mailto:rachel@unwindknitwear.co.uk)

For more Unwind Knitwear patterns, please visit our [Ravelry pattern page](#).

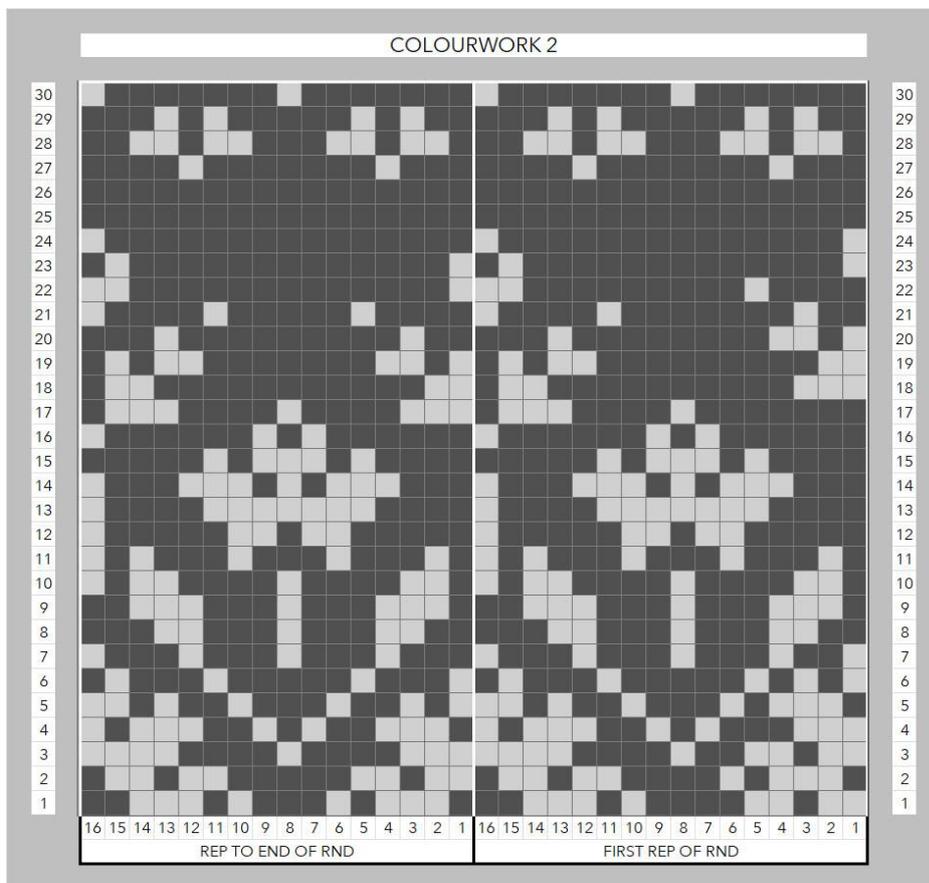
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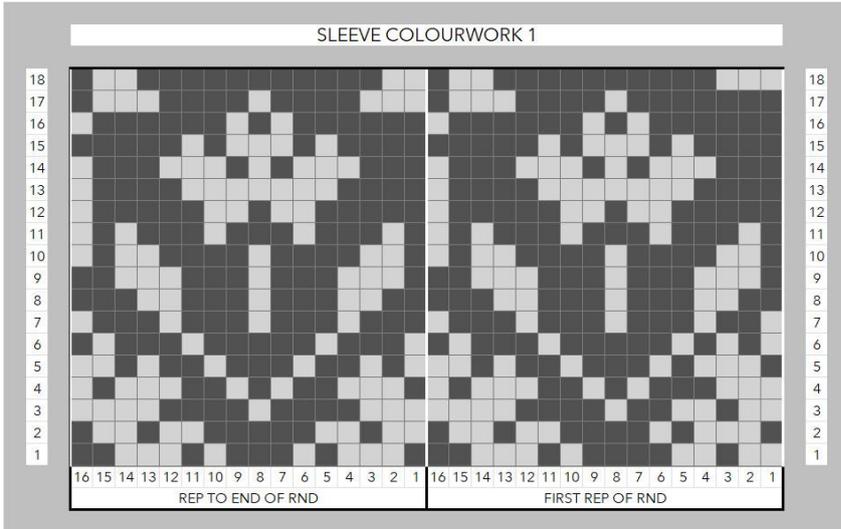
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APPENDIX: INVERTED COLOURWORK CHARTS



	K with MC
	K with CC
	LLJ with MC
	RLI with MC





K with MC  
 K with CC

