

COURAGE HENLEY by tori yu



SIZES

1, 2, 3 (4, 5, 6) (7, 8, 9)

Finished Bust Circumference: 36", 40", 44" (48", 52", 56") (60", 64", 68") /
91.5, 101.5, 112 (122, 132, 142) (152.5, 162.5, 172.5) cm

Recommended Ease: 6" - 10" / 10 to 25 cm of positive ease around the bust.

Sample shown is size 2 on a 34" / 86 cm bust with 6" / 15 cm of positive ease.

YARN

Coast to Coast Yarn Co. Natural Worsted (100% Non-superwash Merino); 218 yds / 199 m per 100g

5, 5, 5 (6, 6, 7) (7, 8, 8) skeins in Que Será Será

Or worsted weight yarn in the following yardage / meterage:

909, 995, 1090 (1214, 1311, 1408) (1505, 1602, 1699) yds /
831, 910, 996 (1110, 1198, 1287) (1376, 1464, 1553) m

SUGGESTED NEEDLES & NOTIONS

Main: US 7 / 4.5mm – 32" / 80 cm or longer circular needles for body and preferred needles for small circumference knitting for sleeves.

Ribbing: US 5 / 3.75mm – 16" / 40 cm circular needles for collar, 32" / 80 cm or longer circular needles for hem, and preferred needles for small circumference knitting for cuffs.

Five 15mm buttons, waste yarn, stitch markers, tapestry needle, and scissors.

GAUGE

19 sts x 25 rounds = 4" / 10 cm, on main needles in stockinette in the round after blocking.

It is important to use the proper needle size you need to meet gauge.

CONSTRUCTION & NOTES

The Courage Henley is a top-down saddle shoulder construction featuring a sporty henley neckline and relaxed sleeves with a short taper along the forearms.

The pattern begins with working two shoulder panels. The stitches are picked up on the sides of the panels to work the back and front, respectively. Short rows are worked to shape the upper back comfortably. The neckline shaping and henley channel is worked on the front. After the front and back are joined, the body is worked to the hem.

To create the henley detail, stitches are picked up along the neckline to create the collar ribbing. Then, stitches are picked up on each side of the front to create the button and buttonhole bands. As the finishing touch to the henley neckline, the bottom edge of the button bands are seamed in

place and buttons are sewn on. Finally, sleeves are worked with decreases along the outer side to create a tapered fit along the forearms.

TECHNIQUES

German Short Row (Double Stitch): After turning your work, begin with yarn at the front of your work, slip the first stitch on the left needle purl-wise to the right needle. Pull the working yarn up and over the right needle to the back. A double stitch (DS) has been created. Double stitches are resolved by knitting (or purling) together as one stitch.

Make 1 Increase: With left needle, pick up the horizontal strand between the stitch you are about to knit and the last one you knitted, bringing your needle...

- **M1L:** from front to back, then knit through the back loop of the strand.
- **M1R:** from back to front, then knit through front loop of the strand.
- **M1pL:** from front to back, then purl through the back loop of the strand.
- **M1pR:** from back to front, then purl through front loop of the strand.

ABBREVIATIONS

{ }:**Repeat**
BO: Bind Off
BOR: Beginning of Round
CO: Cast On
DS: Double Stitch
K: Knit
k2tog: Knit 2 Together
m: Marker
M1L: Make 1 Left Increase (knit-wise)
M1R: Make 1 Right Increase (knit-wise)
M1pL: Make 1 Left Increase (purl-wise)

M1pR: Make 1 Right Increase (purl-wise)
P: Purl
pm: Place Marker
RS: Right Side
rm: Remove Marker
sl: Slip
ssk: Slip Slip Knit
st(s): Stitch(es)
sm: Slip Marker
WS: Wrong Side
y/o: Yarn Over

INSTRUCTIONS

SHOULDERS

RIGHT SHOULDER PANEL

With main needles, CO 23 sts using long tail CO method.

Row 1 (WS): Purl.

Row 2 (RS): Knit.

Continue in stockinette stitch until work measures 6", 6.75", 8" (8.75", 9.75", 10.5") (11.5", 12.5", 13.5") / 15, 17.5, 20.5 (22.5, 25, 26.5) (29, 32, 34) cm from CO edge. End with a RS row.

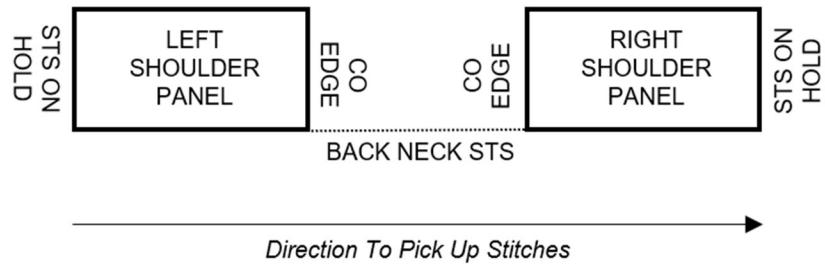
Place sts on hold for the right sleeve. Break yarn.

LEFT SHOULDER PANEL

Repeat as written for the right shoulder. Place sts on hold for the left sleeve. Do not break yarn.

BACK

In the next section, stitches will be picked up along the edge of the shoulder panels and stitches are casted on for the back neck. The suggested pick up rate is 3 sts every 4 rows. Then, short rows are worked to shape the upper back. The image below illustrates the placement of the shoulder panels and direction to pick up stitches for the back.



With main needle and the RS facing, pick up and knit 29, 33, 38 (42, 47, 50) (54, 59, 64) sts along the edge of the left shoulder, pm, CO 28, 29, 29 (30, 30, 33) (35, 34, 34) sts using the backwards loop method for the back neck, pm, pick up and knit 29, 33, 38 (42, 47, 50) (54, 59, 64) sts along the edge of the right shoulder.

86, 95, 105 (114, 124, 133) (143, 152, 162) sts on the needles.

Next Row (WS): Purl.

UPPER BACK SHAPING

Short Row 1 (RS): K to m, sm, K to m, rm, K1, turn.

Short Row 2 (WS): DS, P to m, rm, P1, turn.

Short Row 3 (RS): DS, K to DS, resolve DS, K 2, 3, 3 (4, 4, 5) (5, 5, 6), turn.

Short Row 4 (WS): DS, P to DS, resolve DS, P 2, 3, 3 (4, 4, 5) (5, 5, 6), turn.

Repeat Short Row 3 and 4: 9 more times.

Final Short Row (RS): DS, K to DS, resolve DS, K to end.

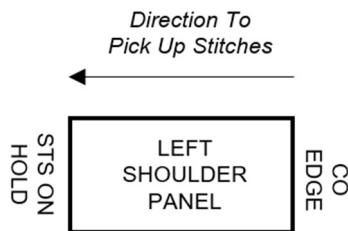
Next Row (WS): P to DS, resolve DS, P to end.

Continue in stockinette stitch until work measures 4.5", 4.75", 5.5" (5.75", 6.5", 7.25") (8", 8.5", 9") / 11.5, 12, 14 (14.5, 16.5, 18.5) (20.5, 21.5, 23) cm from the pick up edge, measured at either sleeve edge (excluding upper back shaping). End with a WS row.

Place sts on hold. Break yarn.

LEFT FRONT

With main needle and the RS facing, pick up and knit 29, 33, 38 (42, 47, 50) (54, 59, 64) sts along the edge of the left shoulder panel (opposite of where you picked up sts for the back).



Next Row (WS): Purl.

Row 1 (RS): K4, M1L, K to the end. (1 st inc'd)

Row 2 (WS): P to last 4 sts, M1pL, P4. (1 st inc'd)

Repeat Row 1 and 2: 4, 5, 5 (5, 5, 6) (6, 6, 6) more times.

Then, repeat Row 1: 1, -, - (-, -, -) (1, -, -) more time.

11, 12, 12 (12, 12, 14) (15, 14, 14) sts inc'd.

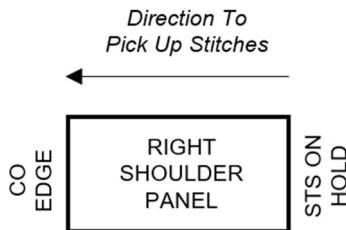
40, 45, 50 (54, 59, 64) (69, 73, 78) sts on the needles.

Work in flat stockinette until work measures 4.5", 4.75", 5.5" (6", 6", 6") (6", 6", 6") / 11.5, 12, 14 (15, 15, 15) (15, 15, 15) cm from the pick up edge. End with a WS row.

Place sts on hold. Break yarn.

RIGHT FRONT

With main needle and the RS facing, pick up and knit 29, 33, 38 (42, 47, 50) (54, 59, 64) sts along the edge of the right shoulder panel (opposite of where you picked up sts for the back).



Next Row (WS): Purl.

Row 1 (RS): K to last 4 sts, M1R, K4. (1 st inc'd)

Row 2 (WS): P4, M1pR, P to the end. (1 st inc'd)

Repeat Row 1 and 2: 4, 5, 5 (5, 5, 6) (6, 6, 6) more times.

Then, repeat Row 1: 1, -, - (-, -, -) (1, -, -) more time.

11, 12, 12 (12, 12, 14) (15, 14, 14) sts inc'd.

40, 45, 50 (54, 59, 64) (69, 73, 78) sts on the needles.

Work in flat stockinette until work measures 4.5", 4.75", 5.5" (6", 6", 6") (6", 6", 6") / 11.5, 12, 14 (15, 15, 15) (15, 15, 15) cm from the pick up edge. End with a WS row.

In the following section, work the instructions as indicated for your size.

Sizes 1 - 3:

JOIN FRONT & BACK

Break yarn on right front and keep sts on right-hand needle.

Return left front sts with RS facing on needles. Join yarn and knit across left front sts. Return back sts on needles and knit across back sts, place marker (*this will later become your BOR marker*), knit across right front sts.

166, 185, 205 (-, -, -) (-, -, -) sts on the needles.

Work in flat stockinette until work measures 6" / 15 cm from the pick up edge on the front. End with a RS row.

JOIN IN THE ROUND

CO 5 sts using backwards loop method. Join work to knit in the round. K to BOR m. *Proceed to Body instructions.*

171, 190, 210 (-, -, -) (-, -, -) sts on the needles.

Size 4:

JOIN FRONT & BACK

With the RS facing, knit across right front sts, CO 5 sts using backwards loop method, place left front sts on needles, knit across left front sts, place back sts on needles, knit across back sts.

Place BOR m and join to work in the round. *Proceed to Body instructions.*

227 sts on the needles.

Sizes 5 - 9:

JOIN RIGHT & LEFT FRONT

With the RS facing, knit across right front sts, CO 5 sts using backwards loop method, place left front sts on needles, knit across left front sts.

-, -, - (-, 123, 133) (143, 151, 161) sts on the needles.

Work in flat stockinette until work measures -, -, - (-, 6.5", 7.25") (8", 8.5", 9") / -, -, - (-, 16.5, 18.5) (20.5, 21.5, 23) cm from the pick up edge on the front. End with a WS row.

JOIN FRONT & BACK

With the RS facing, knit across front sts, return back sts onto needles, knit across back sts. Place BOR m and join to work in the round. *Proceed to Body instructions.*

-, -, - (-, 247, 266) (286, 303, 323) sts on the needles.

BODY

Work in stockinette in the round until work measures 11" / 28 cm from the underarm or 2" / 5 cm less than the desired body length.

Switch to ribbing needles and work the next round indicated for your size below.

Sizes 1, 4, 5, 8, & 9: k2tog, K to end. (1 st dec'd)

Sizes 2, 3, 6, & 7: Knit.

Work in 1x1 rib for 2" / 5 cm.

Bind off using tubular bind-off method or your preferred method.

COLLAR

With ribbing needles and starting at the right front neckline, CO 1 st using backwards loop CO method, pick up 9, 10, 10 (10, 10, 12) (13, 12, 12) sts along the right neck shaping, 21 sts along the right shoulder panel, 27, 29, 29 (29, 29, 33) (35, 33, 33) sts along the back CO edge, 21 sts along the left shoulder panel, 9, 10, 10 (10, 10, 12) (13, 12, 12) sts along the left neck shaping, CO 1 st using backwards loop CO method.

89, 93, 93 (93, 93, 101) (105, 101, 101) sts on the needles.

Row 1 (WS): P2, {K1, P1} to last st, P1.

Row 2 (RS): K1, {K1, P1} to last 2 sts, K2.

Repeat Row 1 and 2 three more times.

Then, repeat Row 1 one more time.

Bind off using tubular BO method or your preferred BO method.

BUTTONBAND (left front)

With ribbing needles, CO 1 st using backwards loop CO method, pick up 8 sts along the collar edge and 27 sts along the left front edge, CO 1 st using backwards loop CO method. The suggested pick up rate is one stitch for every row.

37 sts on the needles.

Row 1 (WS): P2, {K1, P1} to last st, P1.

Row 2 (RS): K1, {K1, P1} to last 2 sts, K2.

Repeat Row 1 and 2 three more times.

Then, repeat Row 1 one more time.

Bind off using tubular BO method or your preferred BO method.

BUTTONHOLE BAND (right front)

Tip: When starting the buttonhole band pick up, leave a 15" / 38 cm tail to be used for the henley finishing.

With ribbing needles, CO 1 st using backwards loop CO method, pick up 27 sts along the right front edge and 8 sts along the collar edge, CO 1 st using backwards loop CO method. The suggested pick up rate is one stitch for every row.

37 sts on the needles.

Row 1 (WS): P2, {K1, P1} to last st, P1.

Row 2 (RS): K1, {K1, P1} to last 2 sts, K2.

Repeat Row 1 and 2 one more time.

Buttonhole Row (WS): P1, *{P1, K1} 2 times, y/o, k2tog; repeat from * 4 more times, {P1, K1} 2 times, P2.

Row 3 (RS): K1, {K1, P1} to last 2 sts, K2.

Row 4 (WS): P2, {K1, P1} to last st, P1.

Repeat Row 3 and 4 one more time.

Bind off using tubular BO method or your preferred BO method.

HENLEY FINISHING

In this section, the buttonhole band will be seamed to the CO edge where the front was joined. Then, the buttonband will be seamed to CO edge, behind the buttonhole band. For a video demonstration of the henley finishing, go to: <https://www.youtube.com/watch?v=KiNiZpH5Yv4>

With the RS facing, you will work the horizontal to vertical seaming technique to seam the bottom edge of the buttonhole band to the CO edge where the front was joined. You will be seaming 9 rows from the buttonhole band to the 5 CO sts on the front.

First, with a tapestry needle, join the yarn on the left side of the CO edge. Next, thread the tapestry needle through 2 ladders on the buttonhole band. Then, thread through 2 legs on the CO edge. Repeat 3 more times until you reach the last ladder of buttonhole band. To finish, thread through the last ladder on the buttonhole band, then through the last 2 legs on the CO edge.

Next, with the WS facing. seam the bottom edge of the buttonband to the CO edge using a whip stitch.

Break yarn and weave in ends.

SLEEVES

With main needles and beginning at the bottom center of the armhole, pick up and knit 21, 23, 26 (27, 31, 34) (38, 40, 43) sts, return 23 sts for the shoulder panel onto left-hand needle, k2tog, K to last 2 shoulder panel sts, ssk, pick up and knit 21, 23, 26 (27, 31, 34) (38, 40, 43) sts. Place BOR m and join to work in the round.

63, 67, 73 (75, 83, 89) (97, 101, 107) sts on the needles.

Work in stockinette in the round until sleeve measures 8.75", 8.5", 8.75" (8.25", 8.25", 7.25") (6.5", 9.25", 8.25") / 22, 21.5, 22 (21, 21, 18.5) (16.5, 23.5, 21) cm from the underarm OR 8.25", 8.75", 8.5" (9.25", 9.25", 10.25") (11.5", 8.75", 9.75") / 21, 22, 21.5 (23.5, 23.5, 26) (29, 22, 25) cm less than the desired sleeve length.

Next Round: K 31, 33, 36 (37, 41, 44) (48, 50, 53), pm, K to BOR.

Decrease Round: K to 2 sts before m, k2tog, sm, K1, ssk, K to BOR. (2 sts dec'd)

Repeat decrease round every 6th, 5th, 4th (4th, 3rd, 3rd) (3rd, 2nd, 2nd) round for a total of 7, 9, 11 (12, 16, 18) (21, 23, 26) times.

14, 18, 22 (24, 32, 36) (42, 46, 52) sts dec'd.

49, 49, 51 (51, 51, 53) (55, 55, 55) sts on the needles.

Switch to ribbing needles.

Final Decrease Round: k2tog, K to m, rm, K to BOR. (1 st dec'd)

48, 48, 50 (50, 50, 52) (54, 54, 54) sts on the needles.

Work 1x1 ribbing for 1.25" / 3 cm.

Bind off using tubular BO method or your preferred BO method.

Repeat for second sleeve.

FINISHING

Weave in ends and wet block to measurements.

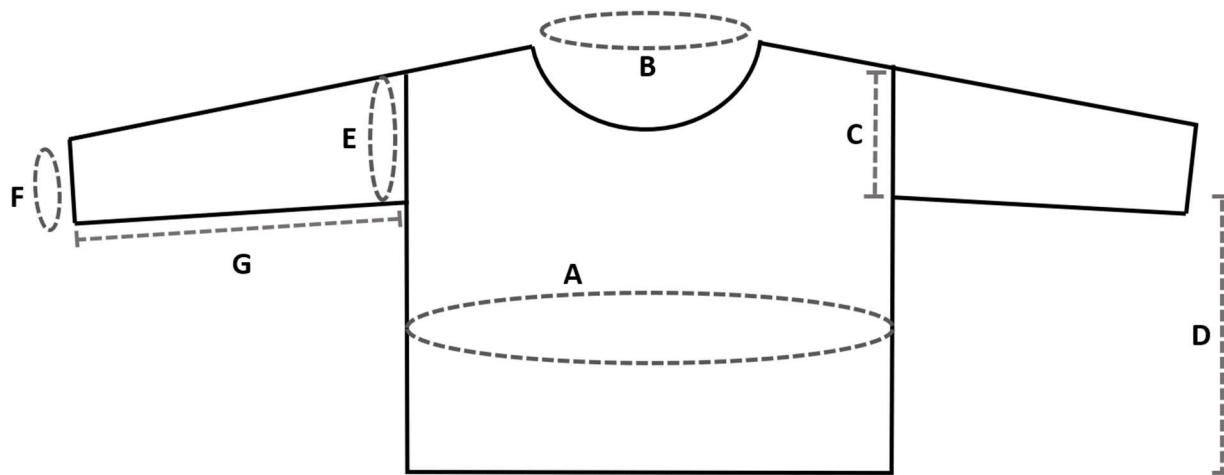
Sew the 5 buttons onto the buttonband. Take care to space the buttons evenly to align with the buttonholes.

Wear proudly with love.

Enjoy your finished garment! I would love to see your FO.

Please tag me @toriknitsnyc & use #CourageHenley on Instagram!

SCHEMATIC



SIZE	1	2	3	4	5	6	7	8	9
A Finished Bust Circumference (in)	36	40	44	48	52	56	60	64	68
A Finished Bust Circumference (cm)	91.5	101.5	112.0	122	132	142	152.5	162.5	172.5
B Neck Circumference (in)	20	20.6	20.6	20.8	20.8	22.3	23.2	22.5	22.5
B Neck Circumference (cm)	51	53	53	53	53	57	59	57	57
C Armhole Depth (in)	6.75	7	7.75	8	8.75	9.5	10.25	11	11.3
C Armhole Depth (cm)	17	18	20	20.5	22	24	26	28	29
D Body Length from Underarm to Hem (in)	13	13	13	13	13	13	13	13	13
D Body Length from Underarm to Hem (cm)	33	33	33	33	33	33	33	33	33
E Arm Circumference (in)	13.5	14	16	16	17.5	19	20.5	22	23
E Arm Circumference (cm)	34.5	35.5	40	40.5	44.5	48.5	52	55	57.0
F Cuff Circumference (in)	10	10	10.5	10.5	10.5	11	11.25	11.25	11.25
F Cuff Circumference (cm)	25.5	25.5	26.5	26.5	26.5	28	29	29	29
G Sleeve Length (in)	17	17.25	17.25	17.5	17.5	17.5	18	18	18
G Sleeve Length (cm)	43	44	44	44.5	44.5	44.5	45.5	45.5	45.5

*Neckline & Henley finishing not shown on Schematic.

For questions & pattern support, I can be reached at toriknitsnyc@gmail.com.