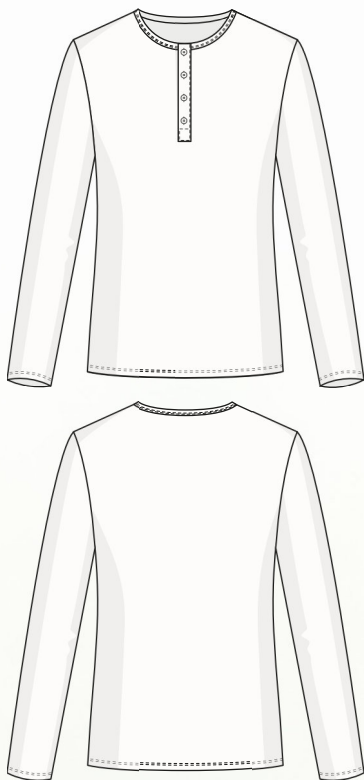


Viki

S E W S

LONG SLEEVE TOP

ALAN



SIZES
38-54

DIFFICULTY



SUITABLE FOR BEGINNERS



FROM THE FOUNDER OF THE VIKISEWS® BRAND



Back in 2016, when I started making my first sewing patterns and instruction manuals, my main goal was to solve the problems I personally faced at the beginning of my sewing journey: the lack of stylish patterns that provide a great fit and contain clear sewing instructions. That's how Vikisews was born—a brand designed to help you create fashionable, on-trend clothing with your own hands.



The sewing instructions we create is the result of our team's careful, meticulous work. May they help you develop your sewing hobby—or even turn it into your life's work! Enjoy every step of the sewing process and create a thoughtful, stylish wardrobe!

If you have any questions, we're always here to help: info@vikisews.com



ALAN PATTERN DESCRIPTION

Alan is a close-fitting long sleeve top. The round neckline is finished with binding. The polo placket fastens with buttons and buttonholes. Alan is below-hip length.



PLEASE READ BEFORE USE

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TOTAL EASE ALLOWANCE

	Chest ease	Waistline ease	Hipline ease
cm	-8.5 to -8.6	- 4	-11.1
inches	-3 3/8	-1 5/8	-4 3/8

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Back length including neck binding, cm	Sleeve length, cm
1 (170–176)	67.9–68.7	64.2–64.9
2 (178–184)	70.9–71.7	66.3–66.8
3 (186–192)	73.9–74.7	68.2–68.8
4 (194–200)	76.9–77.7	70.2–70.8

Height, ft	Back length including neck binding, in	Sleeve length, in
1 (5'7"–5'9")	26 3/4–27	25 1/4–25 1/2
2 (5'10"–6')	27 7/8–28 1/4	26 1/8–26 1/4
3 (6'1"–6'3")	29 1/8–29 3/8	26 7/8–27 1/8
4 (6'4"–6'7")	30 1/4–30 5/8	27 5/8–27 7/8

SUGGESTED FABRIC

To sew this long sleeve top, choose soft, medium-stretch knit fabrics with a stretch factor of 1.5–1.7, made of natural, artificial, blended, or synthetic fibers.

Attention! We recommend using only stretchy fabrics (interlock, regular rib knits, single jersey, baby rib knits, wide rib knits) for this long sleeve top.

You can determine the stretch factor of your fabric yourself. Mark 10 cm (4") along the crosswise grain of the fabric, lay a ruler next to the marked section, and stretch the fabric. Divide the measurement you get by 10.

The long sleeve top in the photo is made of single jersey. The fabric is soft, with a medium stretch factor. The fiber content is 95% cotton + 5% elastane. The fabric weight is 200 g/m².

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 140 cm wide, with a directional print/nap, 200–220 g/m², in meters:

Height, cm	Size		
	38–42	44–52	54
1 (170–176)	1.4	1.45	1.5
2 (178–184)	1.45	1.5	1.55
3 (186–192)	1.5	1.55	1.6
4 (194–200)	1.55	1.6	1.6

Main fabric, 55" wide, with a directional print/nap, 200–220 g/m², in yards:

Height, ft	Size		
	38–42	44–52	54
1 (5'7"–5'9")	1 1/2	1 5/8	1 5/8
2 (5'10"–6')	1 5/8	1 5/8	1 3/4
3 (6'1"–6'3")	1 5/8	1 3/4	1 3/4
4 (6'4"–6'7")	1 3/4	1 3/4	1 3/4

Main fabric, 180 cm wide, with a directional print/nap, 200–220 g/m², in meters:

Height, cm	Size					
	38–44	46	48	50	52	54
1 (170–176)	0.75	0.8	0.9	1.1	1.15	1.25
2 (178–184)	0.8	0.85	0.9	1.1	1.2	1.3
3 (186–192)	0.8	0.85	0.95	1.15	1.25	1.35
4 (194–200)	0.85	0.9	0.95	1.2	1.3	1.4

Main fabric, 71" wide, with a directional print/nap, 200–220 g/m², in yards:

Height, ft	Size					
	38–44	46	48	50	52	54
1 (5'7"–5'9")	7/8	7/8	1	1 1/4	1 1/4	1 3/8
2 (5'10"–6')	7/8	7/8	1	1 1/4	1 1/4	1 3/8
3 (6'1"–6'3")	7/8	7/8	1	1 1/4	1 3/8	1 1/2
4 (6'4"–6'7")	7/8	1	1	1 1/4	1 3/8	1 1/2

IMPORTANT! When purchasing fabric, please account for shrinkage and buy 5% more than required.

2. Lightweight knit interfacing, 40 g/m², 140 cm (55") wide, for all sizes in all heights — 0.25 m (1/4 yd).
3. Clear elastic, 1 cm (3/8") wide, for all sizes in all heights — 0.5 m (5/8 yd).
4. Four buttons, 1 cm (3/8") in diameter.
5. Matching thread — 5 spools (1 spool for the sewing machine + 4 spools for the overlocker).

TOOLS AND EQUIPMENT

- sewing machine for construction
- overlocker for stitching and finishing seam allowances. This may be replaced with a stretch pseudo-overlock stitch or a zigzag stitch on a regular sewing machine (overlock or zigzag stitch width 2–3 mm, stitch length 2.5 mm)
- coverstitch or coverlock machine for finishing the neckline, the garment hem, and the sleeve hems. If you don't have a coverstitch machine, the garment pieces can be finished with a twin needle on a regular sewing machine with a zigzag function.

IMPORTANT! We recommend using specialty needles when working with knit fabrics (for example, *STRETCH*, *SUPER STRETCH*, *JERSEY*, etc.). These are ballpoint needles that part the threads of the fabric instead of piercing them when sewing.

PATTERN PIECES LIST

1. From main fabric:

- back – cut 1 on fold
- front – cut 1 on fold
- sleeve – cut 2
- neck binding – cut 1
- placket – cut 2

2. From interfacing:

- placket – cut 2

IMPORTANT! Don't forget to transfer all pattern markings and notches onto the fabric.

SEAM ALLOWANCES

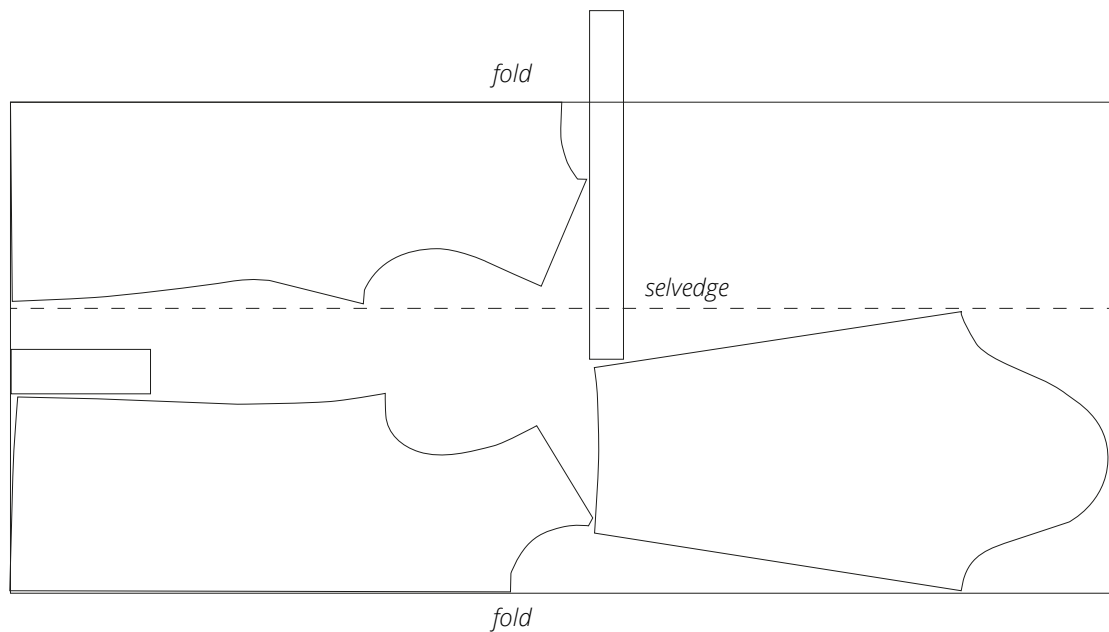
All pattern pieces include seam allowances as follows:

- sleeve hem allowance — 2 cm (3/4")
- garment hem allowance — 2 cm (3/4")
- all other edges — 1 cm (3/8")

Take this into account when laying out the pattern pieces on the fabric.

CUTTING LAYOUT

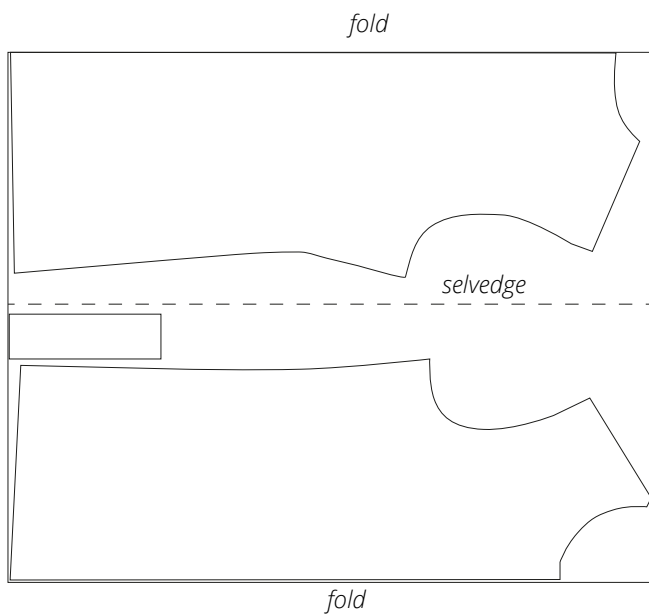
Main fabric, 140 cm (55") wide, with a directional print/nap,
cut with two folds, for sizes 38–52 in all heights



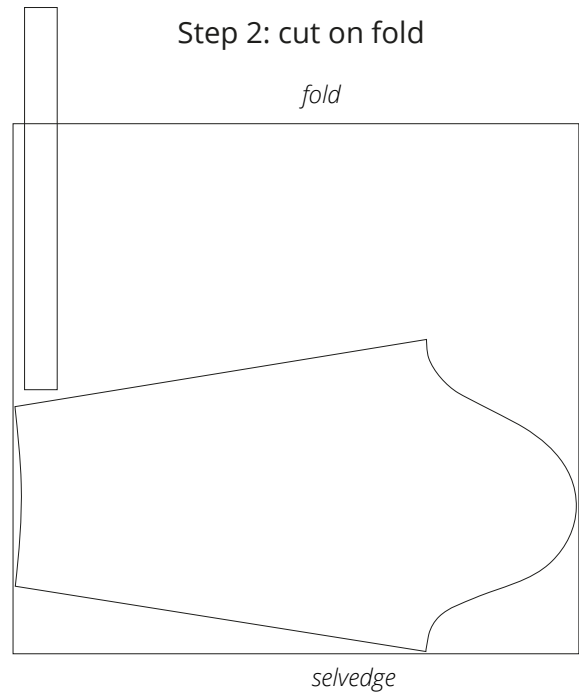
Attention! Cut the neck binding piece on a single layer out of the leftover fabric.

Main fabric, 140 cm (55") wide, with a directional print/nap,
cut in two steps, for size 54 in all heights

Step 1: cut with two folds

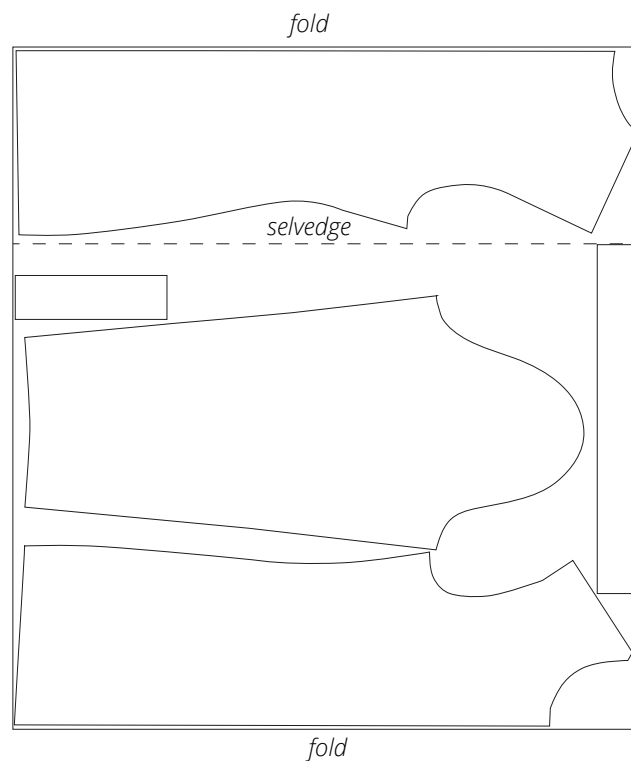


Step 2: cut on fold



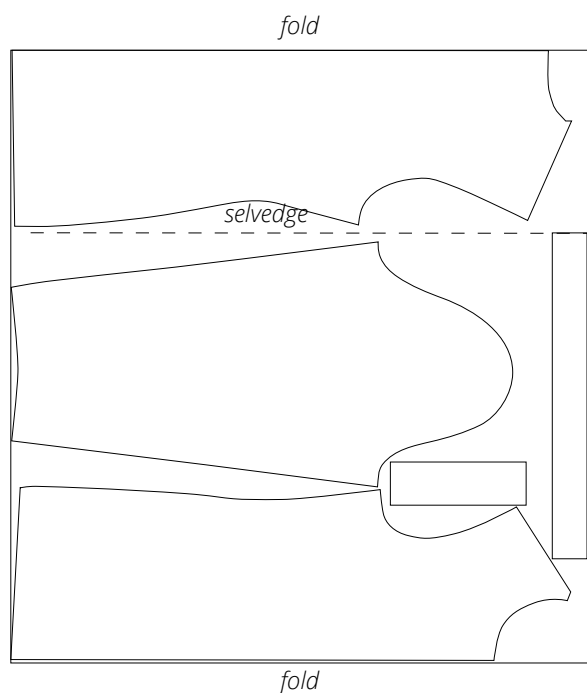
Attention! Cut the neck binding piece on a single layer out of the leftover fabric.

Main fabric, 180 cm (70") wide, with a directional print/nap,
cut with two folds, for sizes 38–42 in all heights



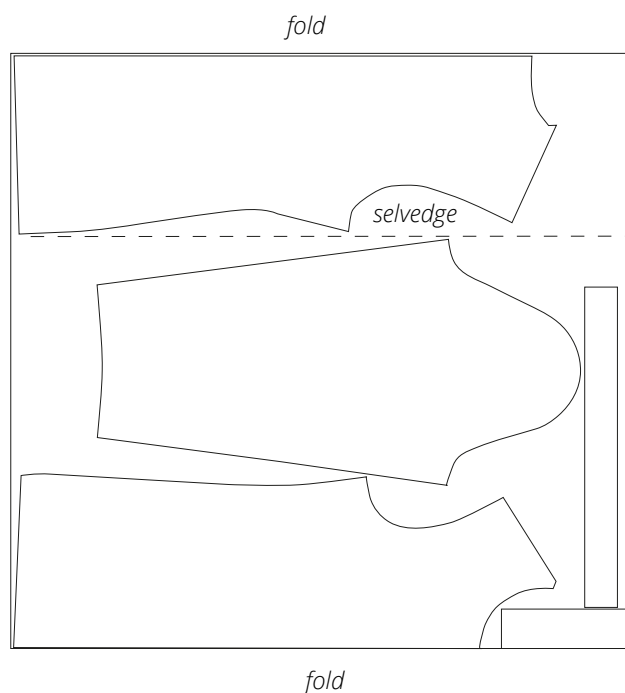
Attention! Cut the neck binding piece on a single layer.

Main fabric, 180 cm (70") wide,
with a directional print/nap, cut with two folds,
for sizes 44–46 in all heights



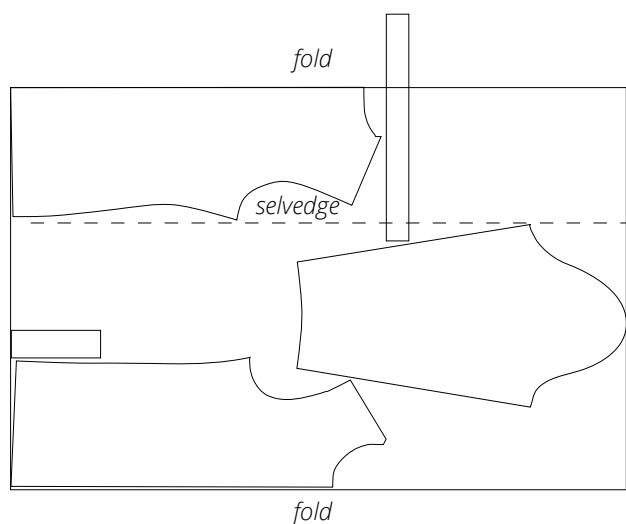
Attention! Cut the neck binding piece
on a single layer.

Main fabric, 180 cm (70") wide,
with a directional print/nap, cut with two folds,
for size 48 in all heights



Attention! Cut the neck binding piece
on a single layer.

Main fabric, 180 cm (70") wide,
with a directional print/nap, cut with two folds,
for sizes 50–54 in all heights



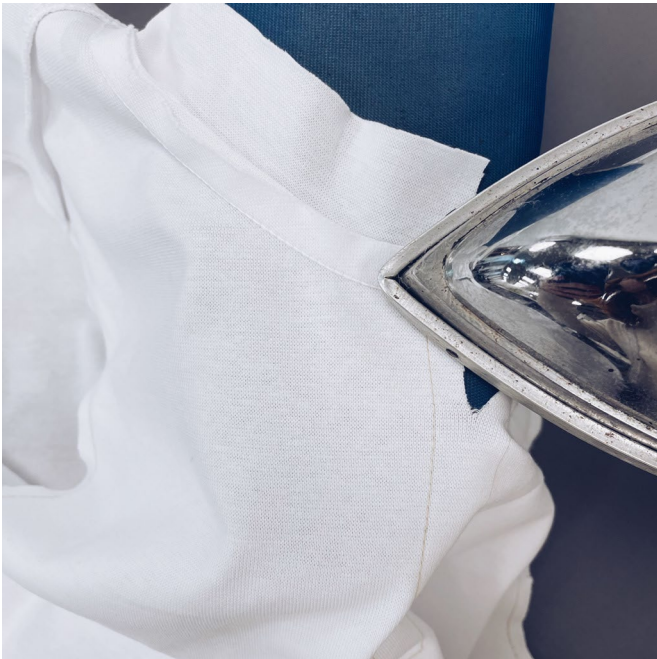
Interfacing, 140 cm (55") wide,
cut on fold, for all sizes
in all heights



READY? LET'S GET SEWING!



Press the seam flat.



Press the seam allowances towards the neck binding.



Turn the neck binding to the wrong side of the garment, wrapping the neckline seam allowances. Hand-baste the loose edge of the binding.