

Easy Sportsman Shirt

Beginner Sewing Guide + Full-Size Graded Pattern

Printable customer handout for hobby seamstresses and future tailors in Belize

Included

- Pattern piece reference sheet
- 8 illustrated step-by-step sewing guide pages
- Full-size graded pattern template in sizes XS-3XL
- Copy-shop sheets + home-printer tiled pages

Important printing note

For pattern pages, print at 100% / Actual Size.
Do not use Fit to Page on the full-size template.
Measure the 2 inch test square before cutting fabric.
Make a test garment first and adjust fit if needed.

Beginner-friendly pattern note

This template is a starter graded sportsman shirt pattern with seam allowance included. It is not a custom-tailored pattern.
For the best customer result, measure the wearer, compare with the size chart, and sew a test version before using final fabric.
The sleeve is long with a marked short-sleeve cut line so customers can choose either style.

Sew slowly. Press as you go. Accuracy matters more than speed.

Easy Sportsman Shirt – Pattern Pieces

Seam allowance 1/2" (1.27 cm) included



Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 1: Before You Start

A simple step-by-step shirt guide for complete beginners

1. Meet the shirt

Know the parts we will sew.



2. Gather your materials

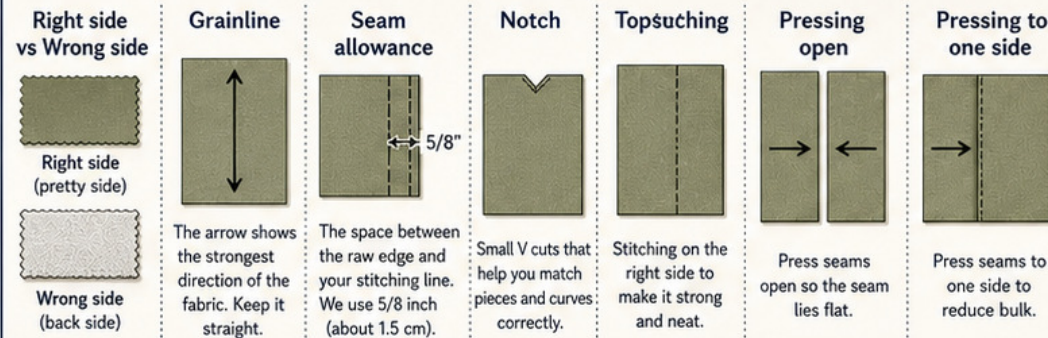
Collect everything before you begin.



Fabric width: 60 inches. Sold by the yard.

3. Learn these basic ideas

These words and moves will help you sew with confidence.



4. Before cutting

Do these steps so your shirt turns out great.



Go slowly. Accuracy matters more than speed.



Beginner reminders



Use the pattern seam allowance.



Press after each step.



Label every cut piece.



If you make a mistake, unpick and try again.

♥ You can do this! Take your time, follow the steps, and enjoy the process.

Next up: Page 2 – Pockets + Placket

Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 2: Know Every Piece

Learn the names of each piece before you cut or sew.

5. Main body pieces

These are the big pieces that build the shirt.



These are the parts you see the most on your finished shirt.

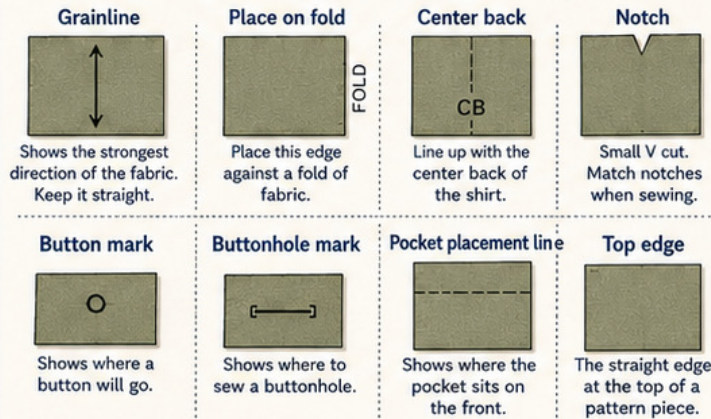
6. Small parts

The little pieces that add detail and structure.



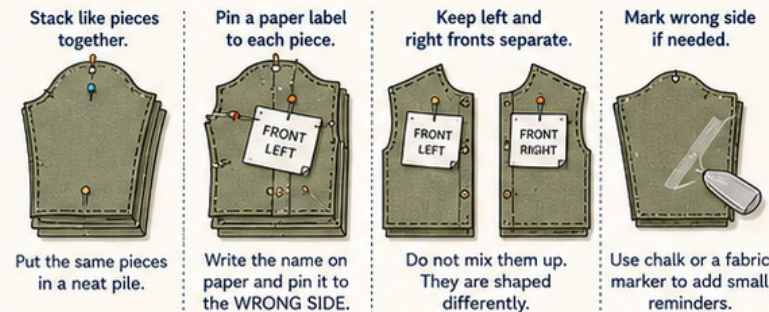
7. Understanding pattern marks

These small symbols help you sew accurately.



8. Label after cutting

Stay organized so sewing is easy and stress-free.



★ **Tip:** Keep all your pieces in a zip bag or box with your labels. You'll thank yourself later!

Your cut set (checklist)

You should have:

- Front left 1
- Front right 1
- Back 1
- Yoke / shoulder panel 1
- Sleeve 2
- Upper collar 1
- Under collar 1
- Collar stand 1
- Placket / button band 1
- Pocket 2
- Pocket flap 2
- Cuff / sleeve hem 2

Total: 16 pieces

Stay organized



Count your pieces

Check your list and make sure you have everything.



Keep pairs together

Sleeves, cuffs, pockets and flaps come in pairs.



Do not trim away notches

They help you line things up correctly.



If unsure, compare with the shirt drawing

Look at the finished shirt to see where each piece goes.

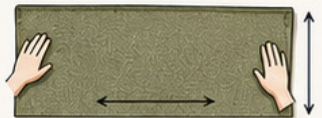
Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 3: Step 3 Expanded – Lay Out the Fabric

This page explains the cutting setup in much more detail.

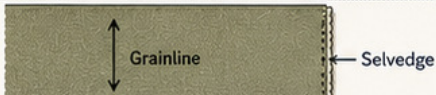
1 9. Prepare the fabric

Smooth and square
Spread fabric on a large flat surface. Smooth out wrinkles and square raw edges.



Find the straight grain

The straight grain runs parallel to the selvage (usually lengthwise).



Identify selvages

Selvages are the tightly woven edges that won't stretch. Keep them straight.



Fold correctly

Fold with right sides together unless using contrast fabric.



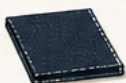
Main fabric

Fold in half lengthwise with **RIGHT SIDES TOGETHER**.



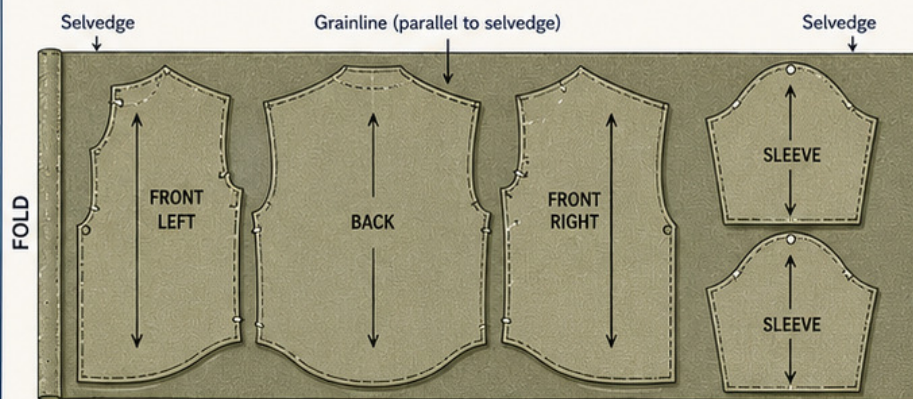
Contrast fabric

Keep separate. Do not fold with main fabric.



2 10. Place the large pieces first

Arrange big pattern pieces on the folded fabric. Keep grainlines parallel to the selvage.

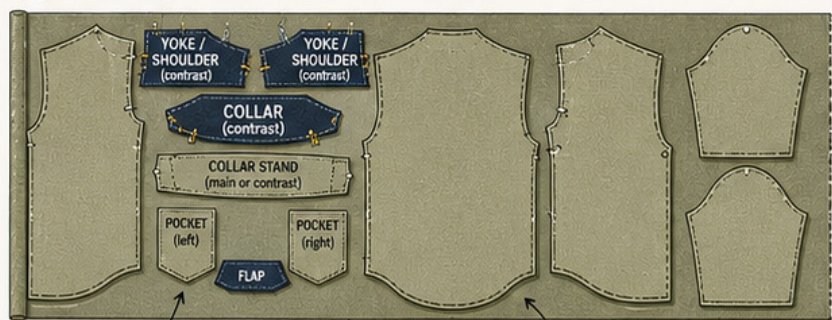


- Place **BACK** on fold with the center on the fold.
- Place **FRONT LEFT** and **FRONT RIGHT** as mirror images.
- Place **SLEEVES** with grainline running up and down.

Leave space around each piece (about ½–1 inch) so you can cut cleanly and keep your pieces flat.

3 11. Add the smaller pieces

Fit smaller pieces into open spaces. Use contrast fabric where shown.

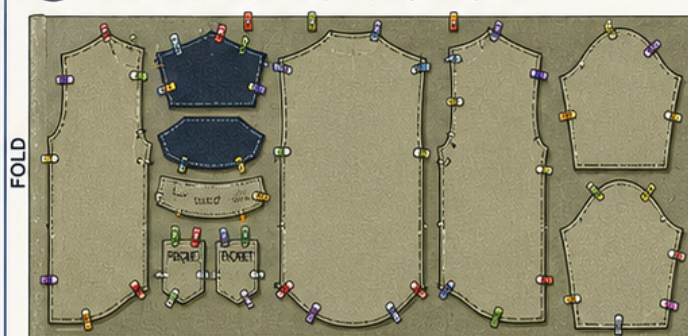


These pieces are often cut from **CONTRAST FABRIC** for style.

Fit these pieces into the remaining open spaces efficiently.

4 12. Pin or clip, then double-check

Secure the patterns and verify everything before you cut.



- ✓ Pin or clip all pieces so they do not shift.
- ✓ Check grainline arrows again—must be parallel to the selvage.
- ✓ Count each piece (see pattern instructions) including mirrored pairs.
- ✓ Left front faces one way. Right front faces the **OPPOSITE** way.

Do not cut until everything is checked.

Before you cut



Fabric flat
Smooth, square, and no wrinkles.



Arrows straight
Grainline parallel to selvage.



Pieces counted
All pieces and mirrors checked.



Contrast pieces separated
Kept apart and ready to cut.

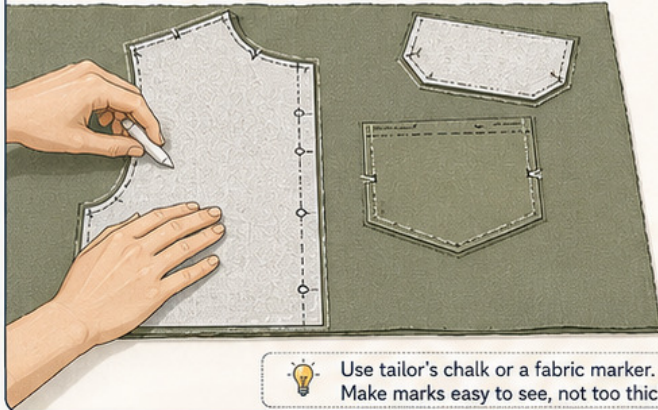
Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 4: Step 3 Expanded – Mark + Cut Carefully

Careful marking and cutting make sewing much easier later.

13. Trace and mark

Use chalk or a fabric marker to trace around each pattern piece and transfer all marks clearly.



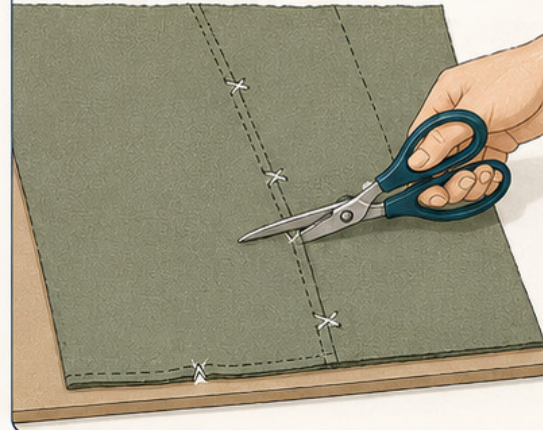
Mark all important guides clearly:

- ▽ Notches
- Pocket placement
- Flap placement
- Center front
- Button marks
- Buttonhole marks
- Top edge

Use tailor's chalk or a fabric marker. Make marks easy to see, not too thick.

14. Cut the pieces

Cut carefully for clean edges and accurate pieces.



✓ Keep fabric flat on the table.



✓ Cut slowly with long, smooth scissor strokes.



✓ Keep the lower blade on the table.



✗ Do not lift the fabric while cutting.

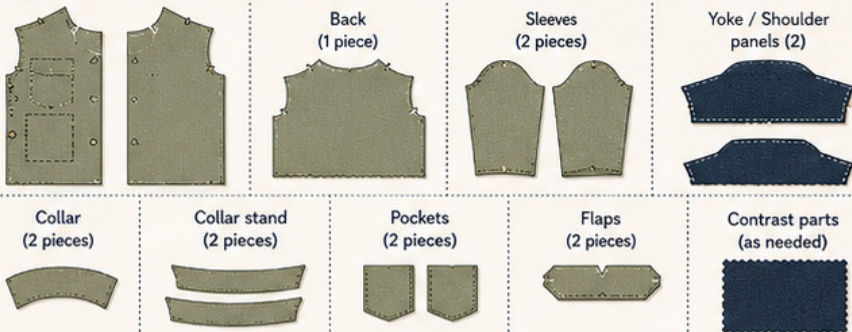


✓ Cut small V notches outward, not into the seam line.



15. Check every piece after cutting

Make sure you have all pieces and they match.



Check that mirrored pieces match.

Place left and right side by side.



Edges should be the same shape.



Notches in the same positions.

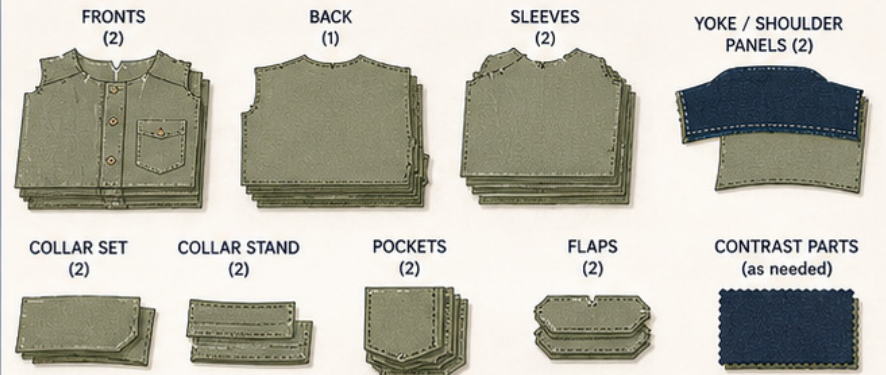


Pocket and flap placement marks should match.



16. Bundle and label

Keep your cut pieces organized and easy to find.



Tip: If two pieces look similar, write their names on masking tape and stick it to the wrong side.

SLEEVE LEFT

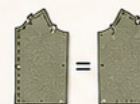
A careful cut saves time



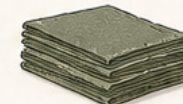
Marks transferred



Notches visible



Pieces matched



Store cut parts neatly

Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 5: Prepare the Small Parts

Test first, then make the collar parts, pocket flaps, and pockets neat

17. Make a test swatch

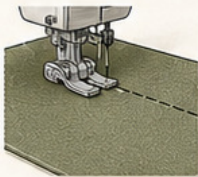
Sew on a scrap to check your machine and settings.



Check that:

- ☒ Stitches are straight
- ☒ No puckers or tucks
- ☒ Pressing heat is okay

Check stitch length



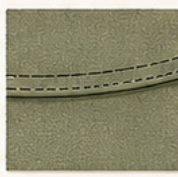
Check tension



Press

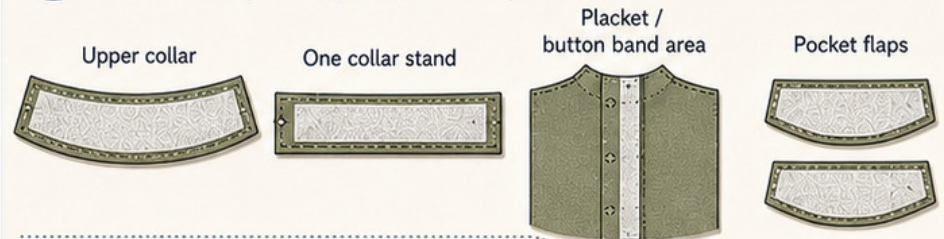


Topstitch



18. Fuse the interfacing

Add interfacing to strengthen these small parts.



How to fuse:



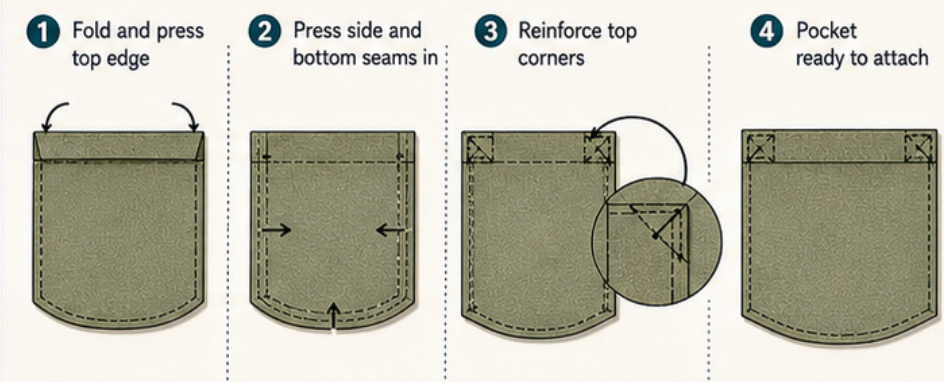
19. Sew pocket flaps

Make two flaps the same.



20. Prepare patch pockets

Finish the edges and reinforce the top corners.



Pressing matters



Wrong side
for interfacing



Trim
corners



Press before
topstitching



Make both
pockets match

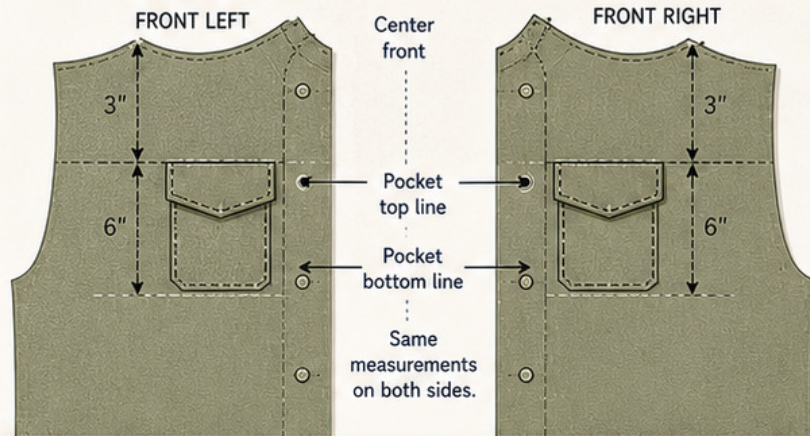
Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 6: Build the Front

Attach the pockets and make the front opening neat and even.

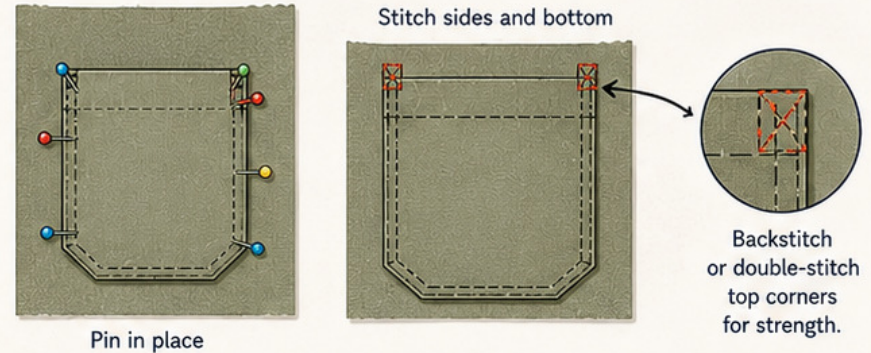
1 21. Mark pocket positions

Measure from center front and from the top so both sides match.



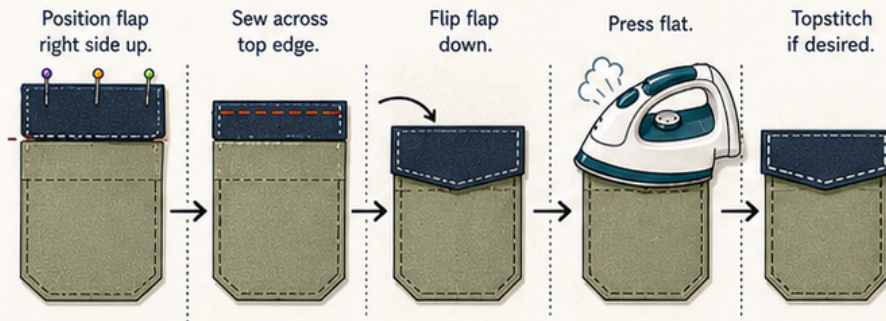
2 22. Sew on the patch pockets

Place each pocket on the marked lines, pin, and stitch around the sides and bottom. Backstitch at the top corners.



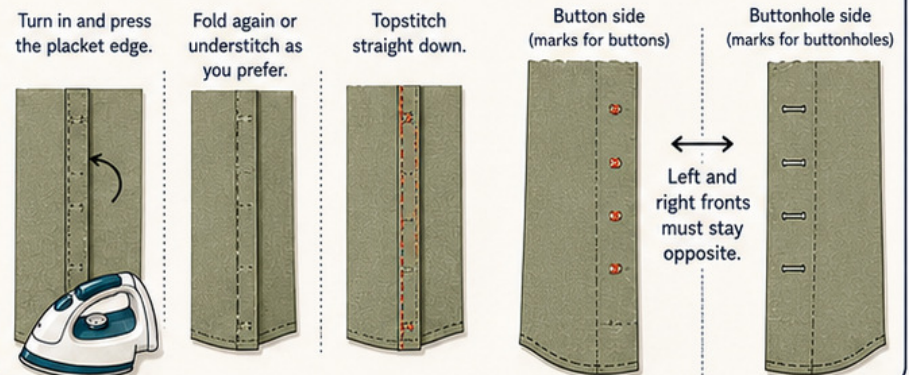
3 23. Add the pocket flaps

Place flap above the pocket opening and sew. Flip it down, press, and topstitch if you like.



4 24. Make the front placket

Create neat button band edges and stitch the placket. Mark buttons on one side and buttonholes on the other.



Compare both fronts



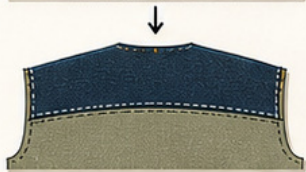
Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 7: Build the Body + Collar

Now the shirt starts to look like a real garment

25. Join the yoke and shoulders

1. Attach yoke/shoulder panels
Sew contrast yoke to back.



Press seam up.



2. Join front to back at shoulders
Place front over back, right sides together.



3. Press and topstitch
Press seams toward back.
Topstitch 1/8" from seam on yoke.



Looks great and stays flat!



26. Make the shirt body

- Join the front and back at the side seams.
Leave armholes open.



- ✓ Side seams sewn (armholes open).
- ✓ Placket and pockets already attached.
- ✓ Press side seams toward back.

Check: Fronts line up evenly at center front.



27. Build the collar

Make the collar pieces, then attach to the collar stand.

A. Build the collar pieces

1. Place upper collar and under collar right sides together.



2. Stitch around ends and top edge.



3. Trim corners and notch center.



4. Turn right side out.



5. Press.



6. Topstitch if desired.

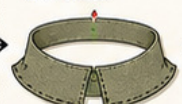


B. Attach collar to collar stand

1. Open collar stand in half.



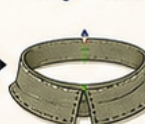
2. Place collar inside stand, matching centers and notches.



3. Pin or clip all around.



4. Stitch all around using 1/4" seam.



5. Press seam up toward stand.



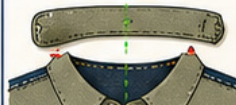
6. Finished collar + stand.



28. Attach collar to neckline

Match, clip, stitch, and finish.

1. Match collar stand to neckline.
Align centers and shoulder notches.



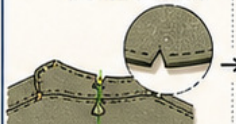
2. Clip collar stand to neckline, easing gently.



3. Stitch around neckline with 1/4" seam.



4. Clip curves at center back and near shoulders.



5. Fold collar stand up to the inside, press.



6. Finished neckline.



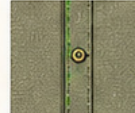
Check before moving on



Shoulders flat



Fronts aligned



Collar points sharp



Neckline even



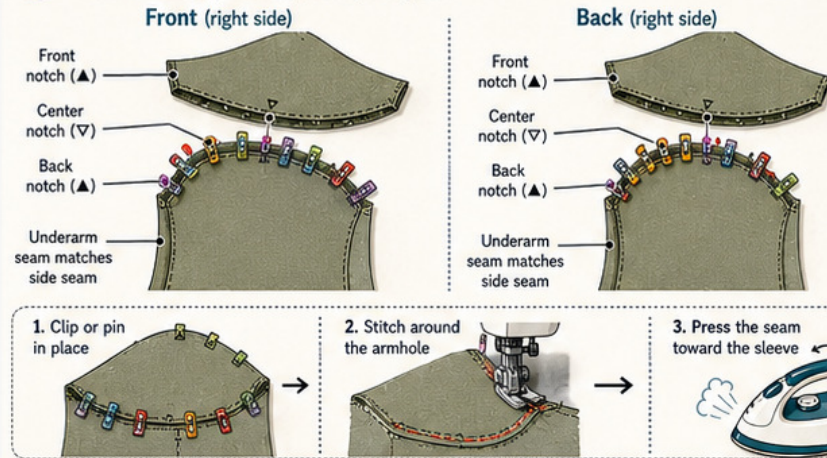
Beginner Sewing Guide

Easy Sportsman Shirt – Detailed Guide Page 8: Sleeves + Final Finish

Finish the shirt and do your final checks.

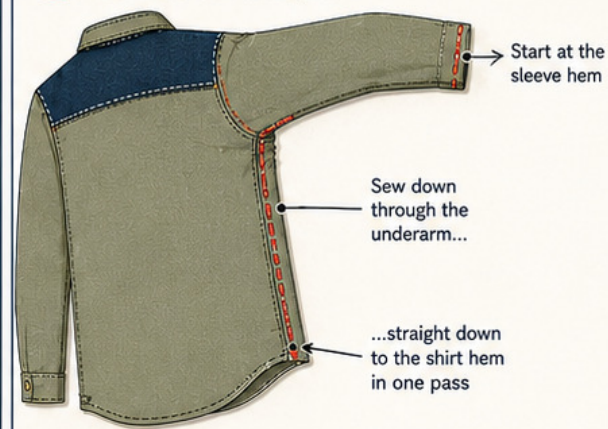
29. Set in the sleeves

Match notches, pin or clip, stitch, then press.



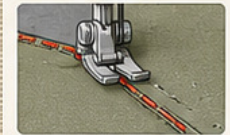
30. Sew side seam and underarm

Sew in one continuous pass.



Keep it smooth!

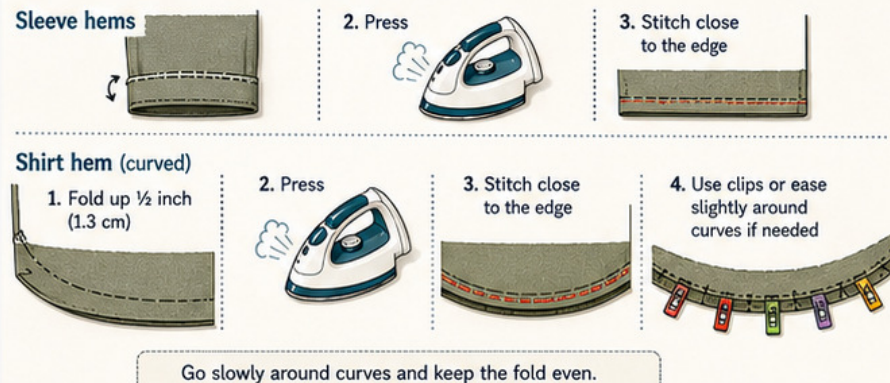
- Do not stretch the fabric.
- Let the feed dogs do the work.



The fabric should lie flat as you sew.

31. Hem sleeves and shirt hem

Fold, press, and stitch for clean, durable hems.



32. Buttonholes, buttons, and final press

Finish strong and make it look great.



You finished it!



Trim loose threads.



Give the shirt a final press.



Try it on or check the fit.



Your next shirt will be even better! ★

♥ Great job! You learned new skills and made something useful.

| Sew often, sew with confidence, and enjoy the process!

| You've got this! ★

Full-Size Graded Pattern Template

Easy Sportsman Shirt - sizes XS to 3XL

Print before you cut

- ✓ Print the pattern pages at 100% / Actual Size.
- ✓ Do not use Fit to Page or Scale to Fit.
- ✓ Measure the 2 inch test square on the first pattern sheet.
- ✓ Tape tiled pages edge to edge following row and column labels.
- ✓ Make a test garment first; adjust length and width if needed.

Seam allowance + markings

- Seam allowance included: 1/2 inch (1.27 cm).
- Hem allowance included: 1 inch at shirt and sleeve hems.
- Use the grainline arrows to keep pieces straight on fabric.
- Cut notches outward, not into the seam line.
- Button and pocket marks should be transferred to fabric.

Starter size chart - choose by body chest measurement

Size	Body chest	Finished chest	Back length	Sleeve length
XS	33-35 in	40 in	27.0 in	22.0 in
S	36-38 in	42 in	27.7 in	22.5 in
M	39-41 in	45 in	28.5 in	23.0 in
L	42-44 in	48 in	29.3 in	23.5 in
XL	45-47 in	52 in	30.2 in	24.0 in
2XL	48-50 in	56 in	31.1 in	24.5 in
3XL	51-53 in	60 in	32.0 in	25.0 in

This is a beginner starter pattern; fit can vary by fabric, body shape, and sewing accuracy. Test first.

FULL-SIZE PATTERN SHEET A - BODY PIECES

SIZE LINE GUIDE

XS S M L XL 2XL 3XL

Cut one BACK on fold. Cut two FRONT pieces mirrored. Keep grainline arrows straight.

100% / Actual Size. Seam allowance 1/2 inch included.

FRONT - CUT 2 MIRRORED

2 inch

TEST SQUARE

FOLD

GRAINLINE

Yoke seam line / contrast panel line

Center front / button line

Fold line

GRAINLINE

XS S M L XL 2XL 3XL

XS S M L XL 2XL 3XL

FULL-SIZE PATTERN SHEET B - SLEEVE + SMALL PIECES

Print at 100% / Actual Size. Seam allowance 1/2 inch included.

CUT LIST

Sleeve: cut 2 mirrored

Collar: cut 2 + interfacing 1

Collar stand: cut 2 + interfacing 1

Pockets/flaps: cut 2 each

2 inch

TEST SQUARE

COLLAR - CUT 2

XSS M L XL 2XL 3XL

COLLAR STAND - CUT 2

SLEEVE - CUT 2 MIRRORED

GRAINLINE

Optional short-sleeve cut line

1 inch sleeve hem fold line

S 3XL 2XL XL L M

YOKE / SHOULDER PANEL - CUT 2

Place across upper back / shoulders as contrast panel

PATCH POCKET - CUT 2

POCKET FLAP - CUT 2

SLEEVE HEM TAB - CUT 2 (OPTIONAL)

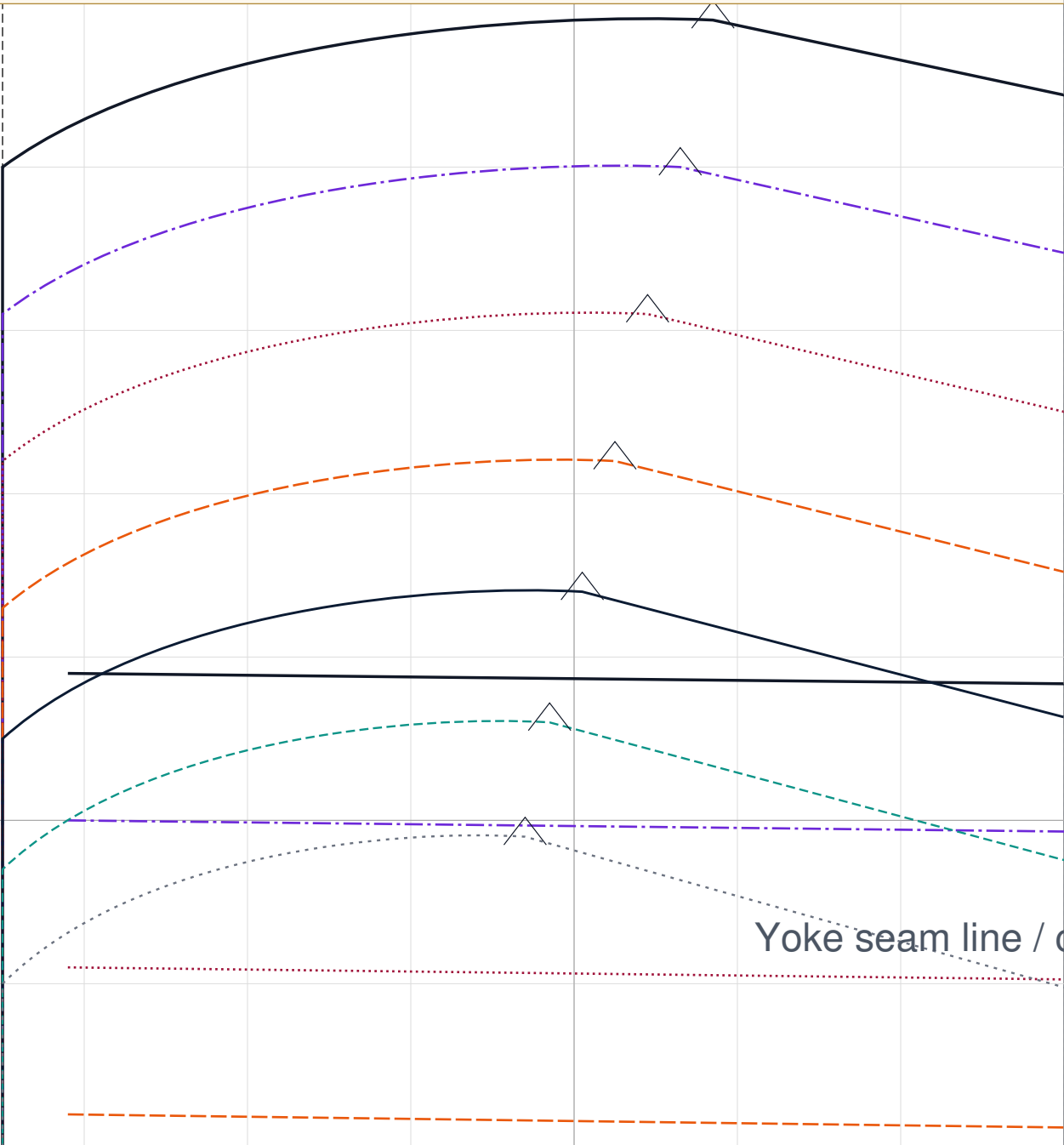
FRONT PLACKET / BUTTON BAND - CUT 2

Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

SIZE LINE GUIDE

----- XS - - - - - S _____ M

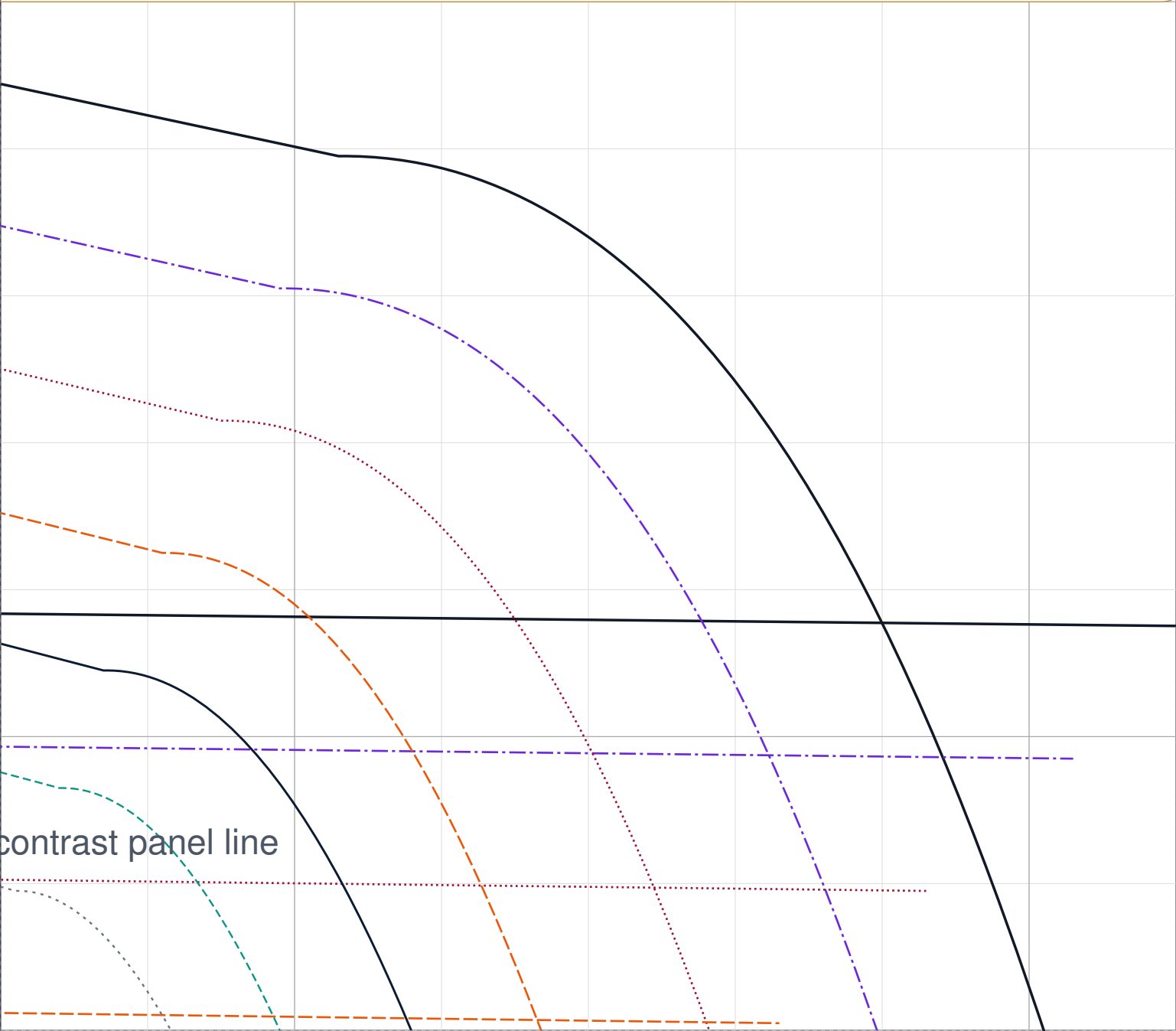
Cut one BACK on fold. Cut two FRONT pieces mirrored. Keep grainline arrows straight.



Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

FULL-SIZE P

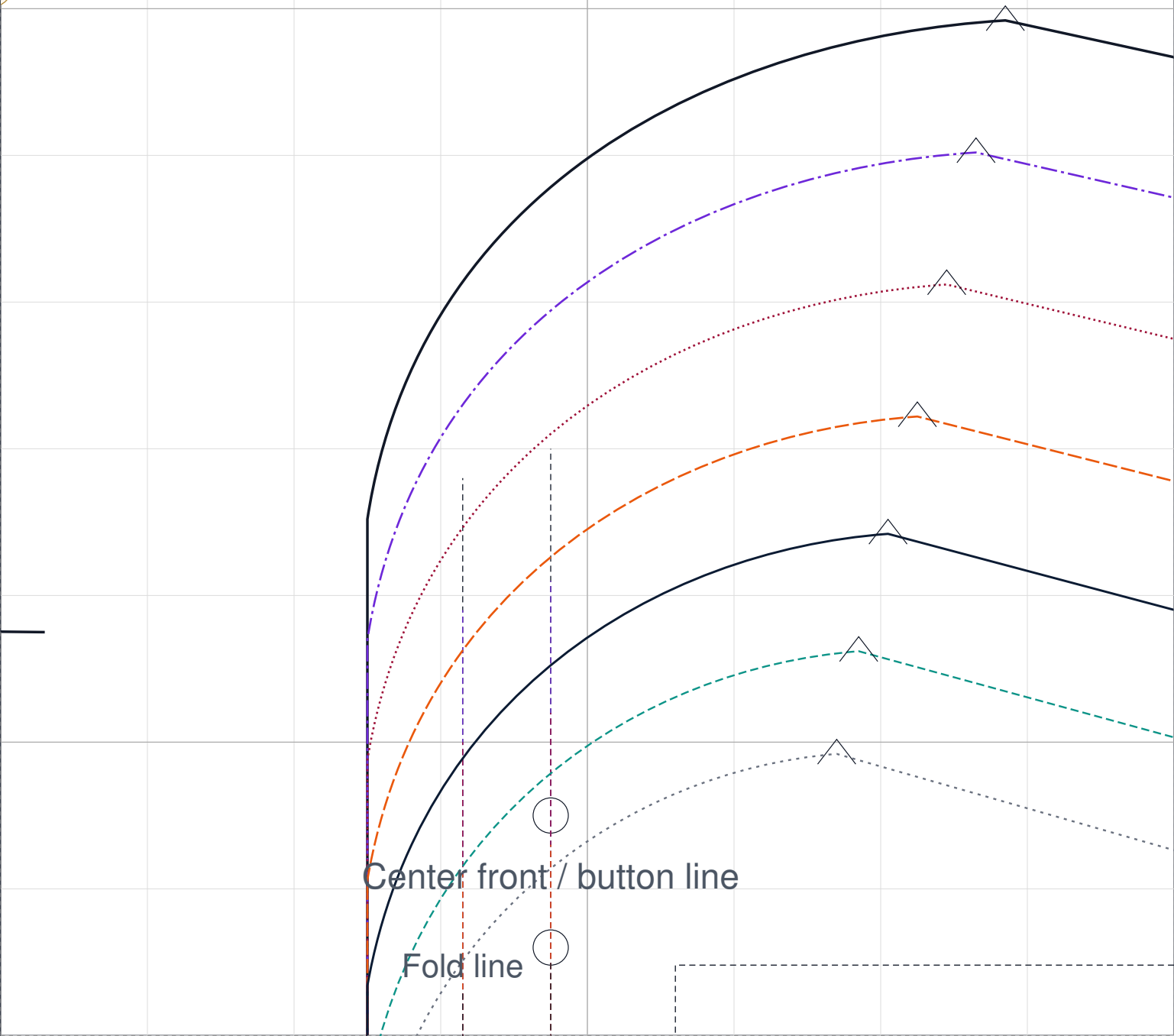
----- L XL -.-.-.- 2XL _____ 3XL



Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

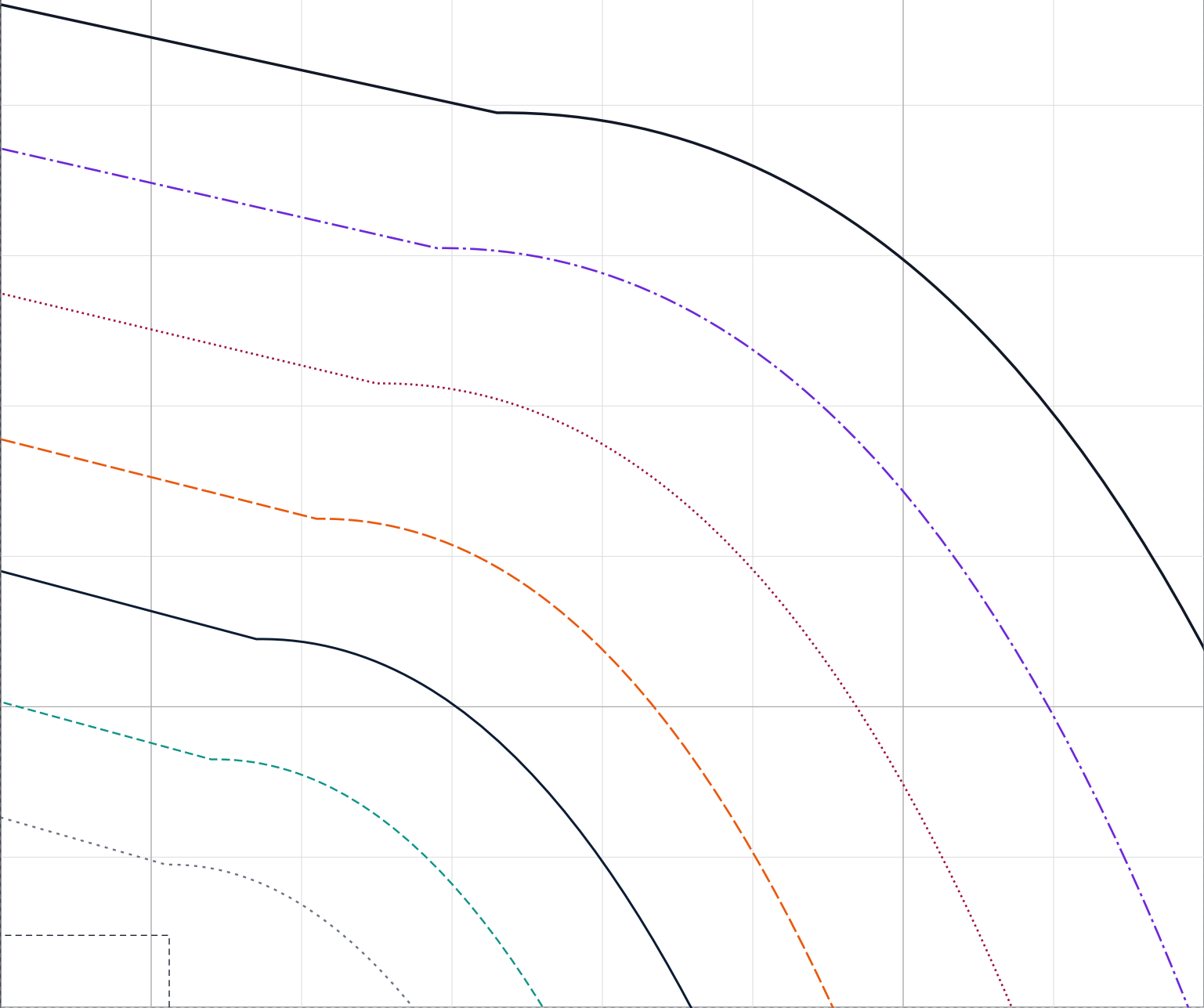
PATTERN SHEET A - BODY PIECES

% / Actual Size. Seam allowance 1/2 inch included.

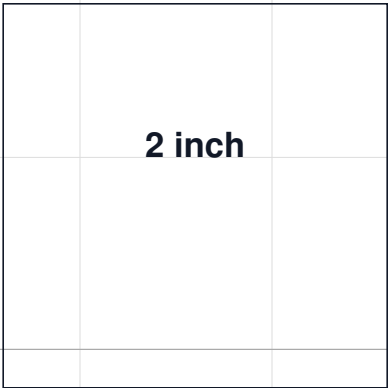


Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

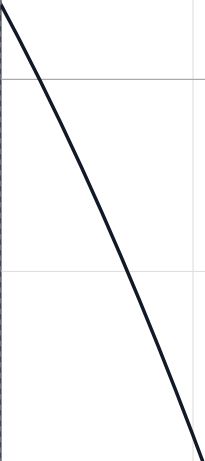
FRONT - CUT 2 MIRRORED



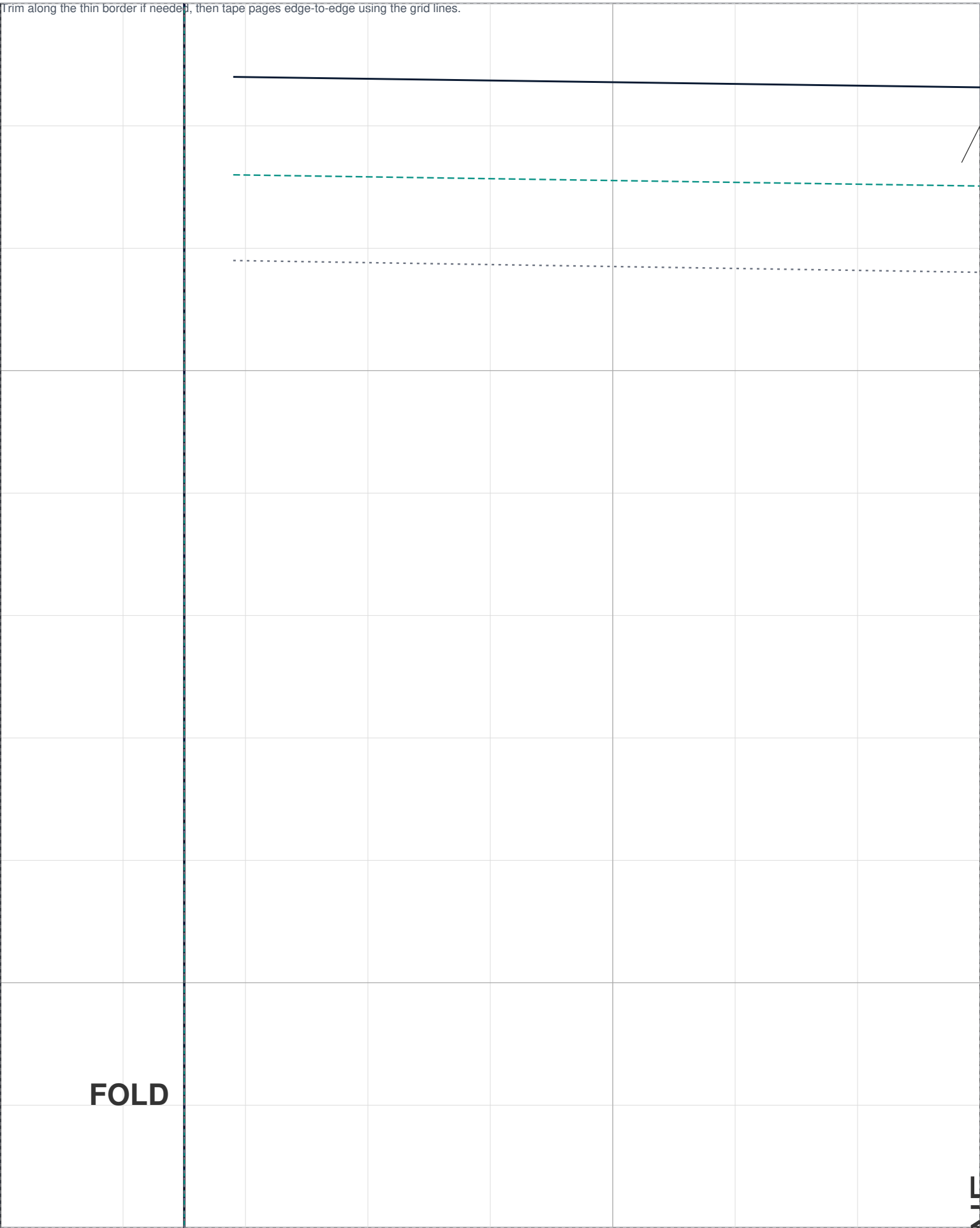
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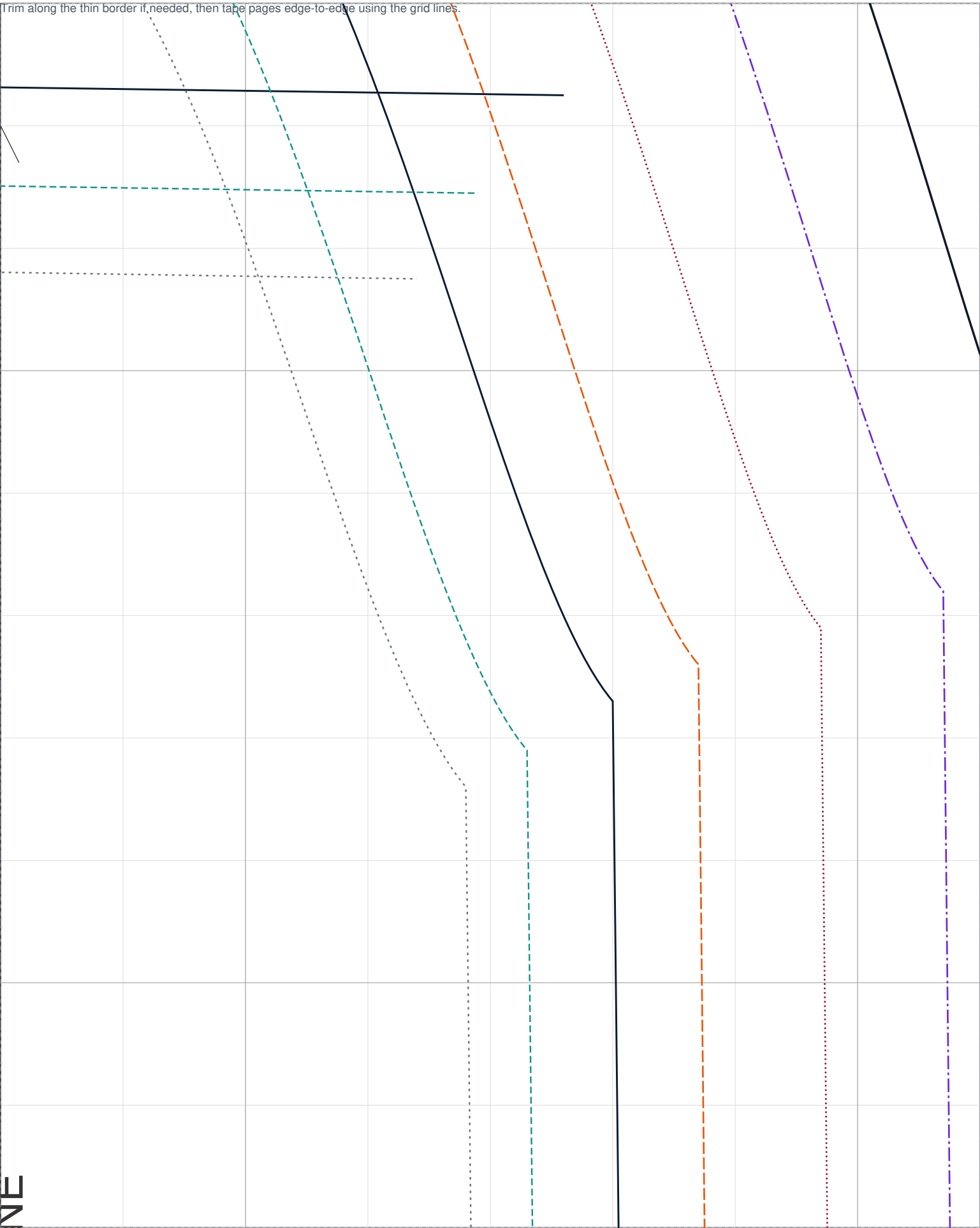


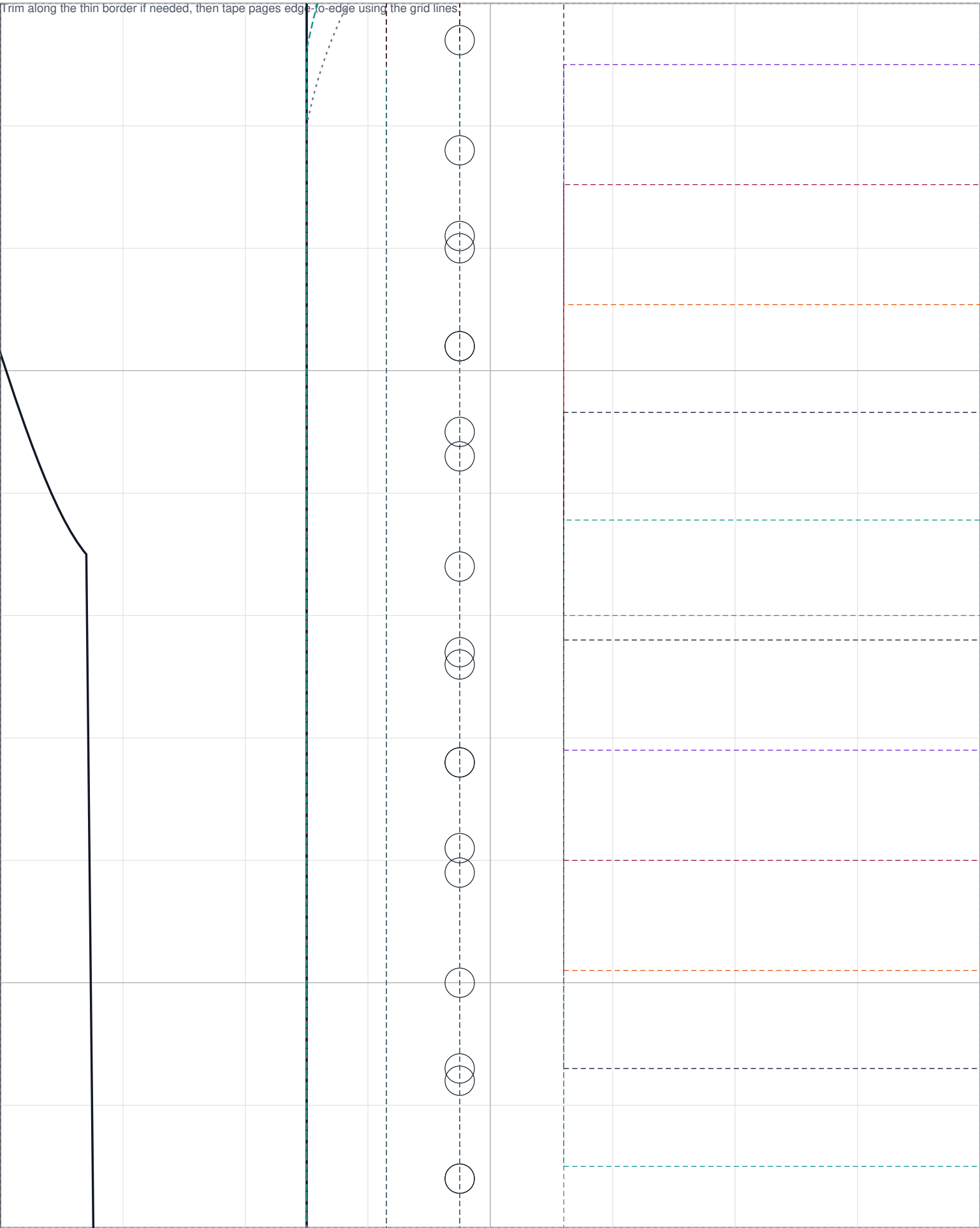
TEST SQUARE

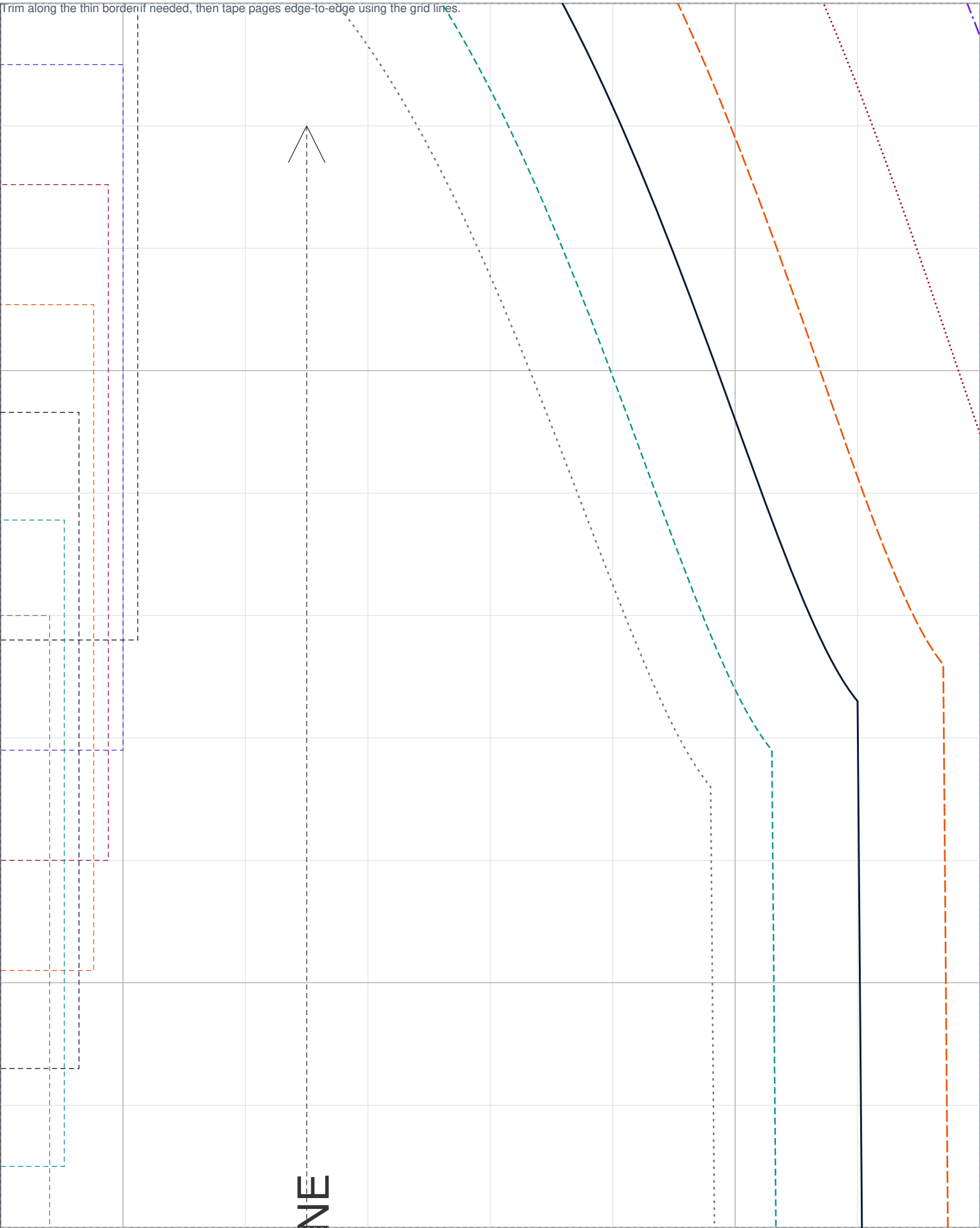


Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

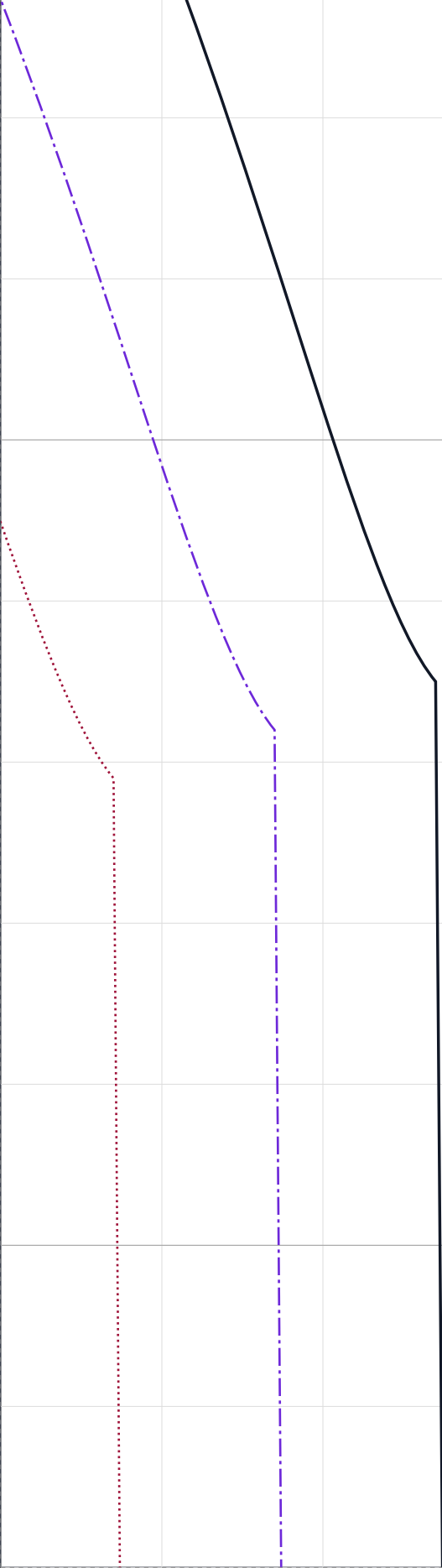




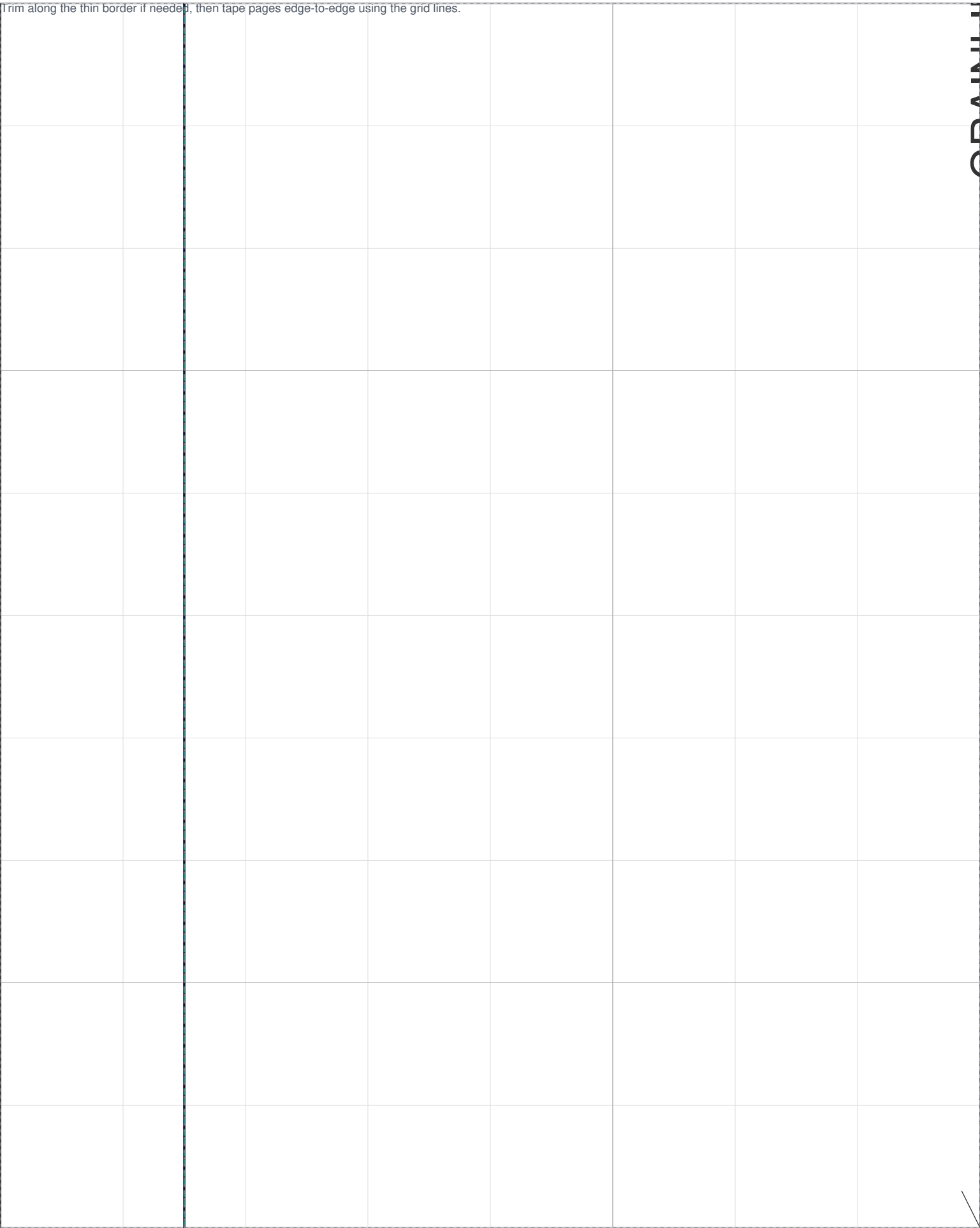




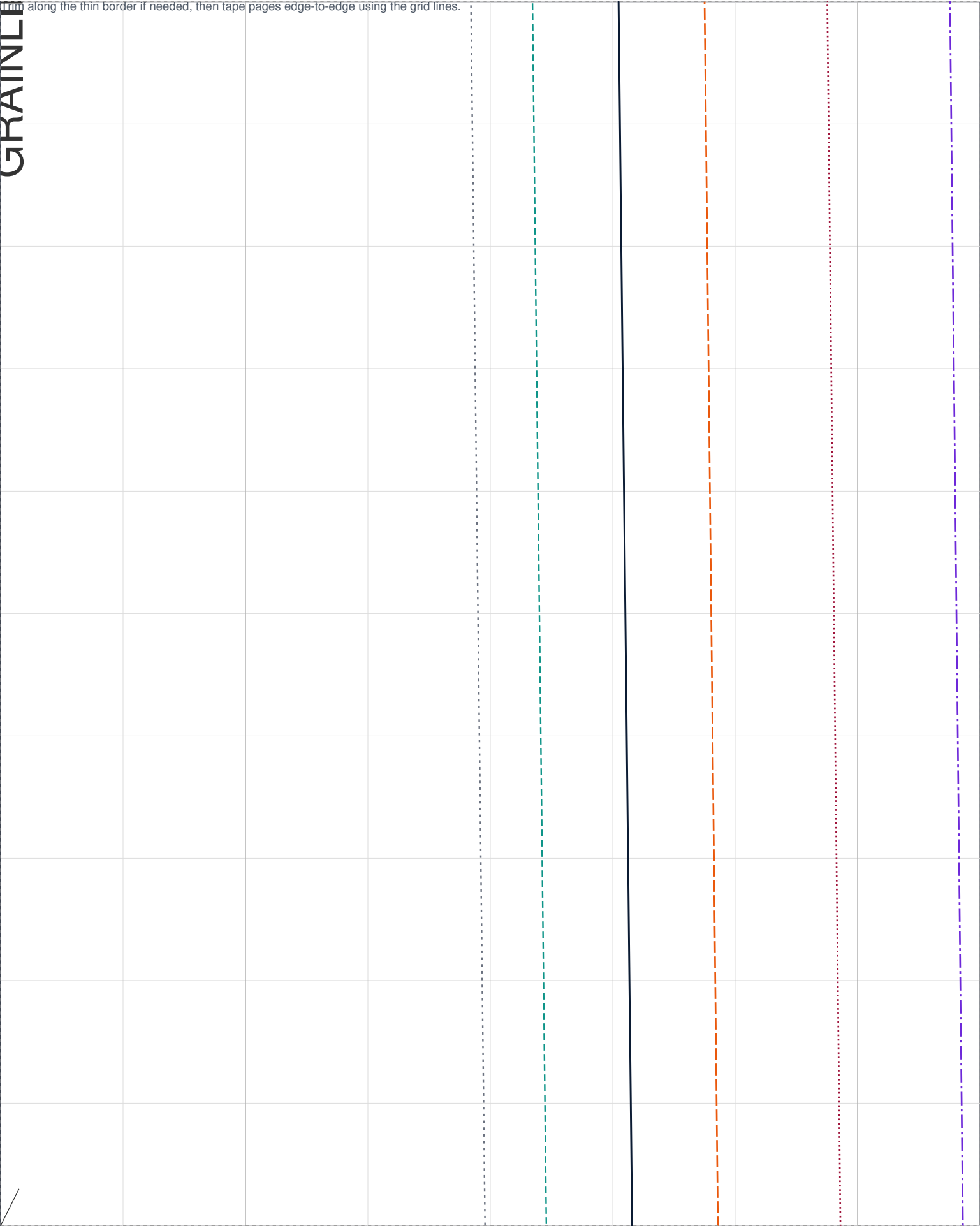
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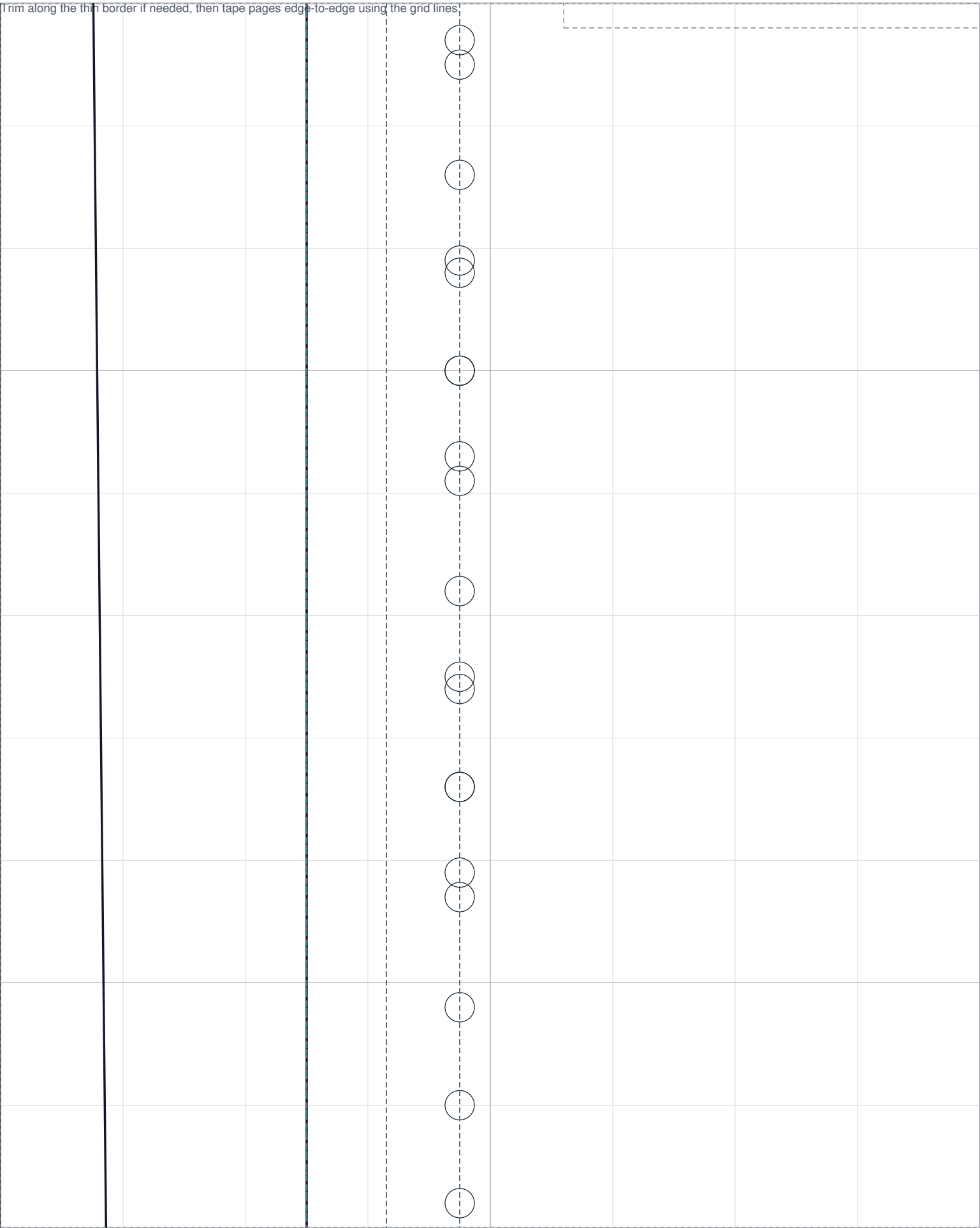


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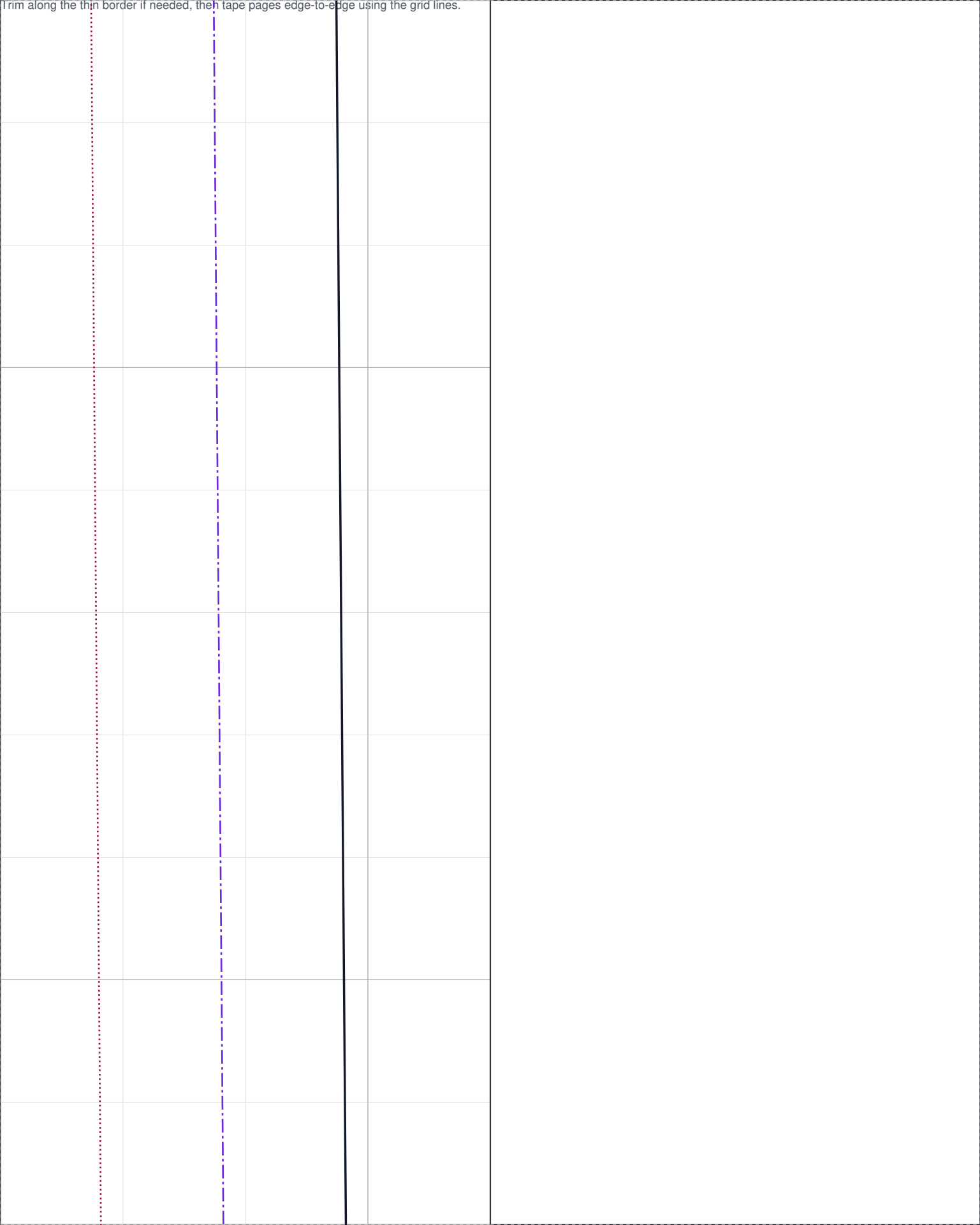


Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

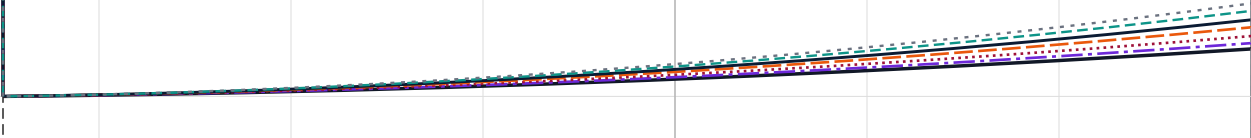
GRAINLINE

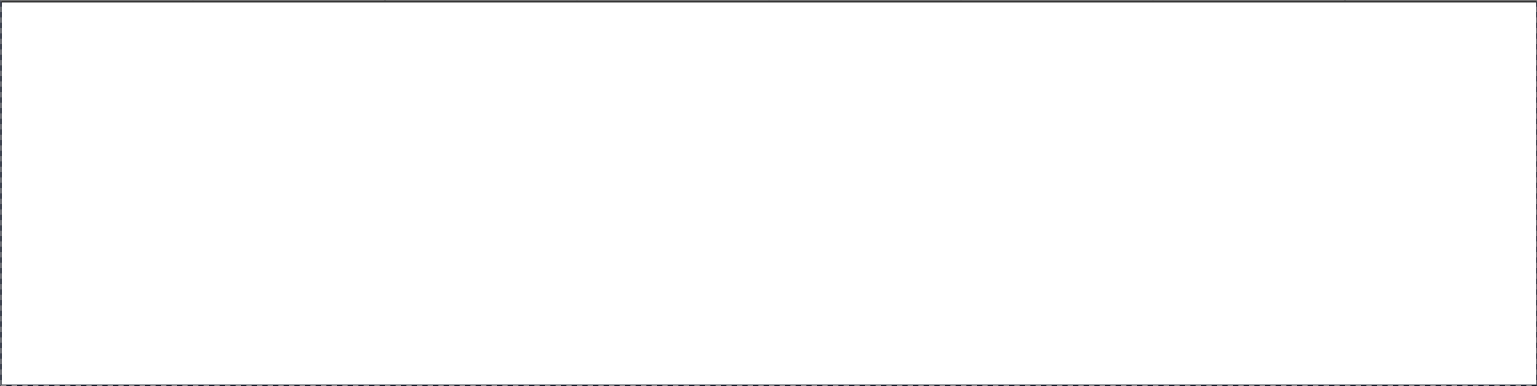
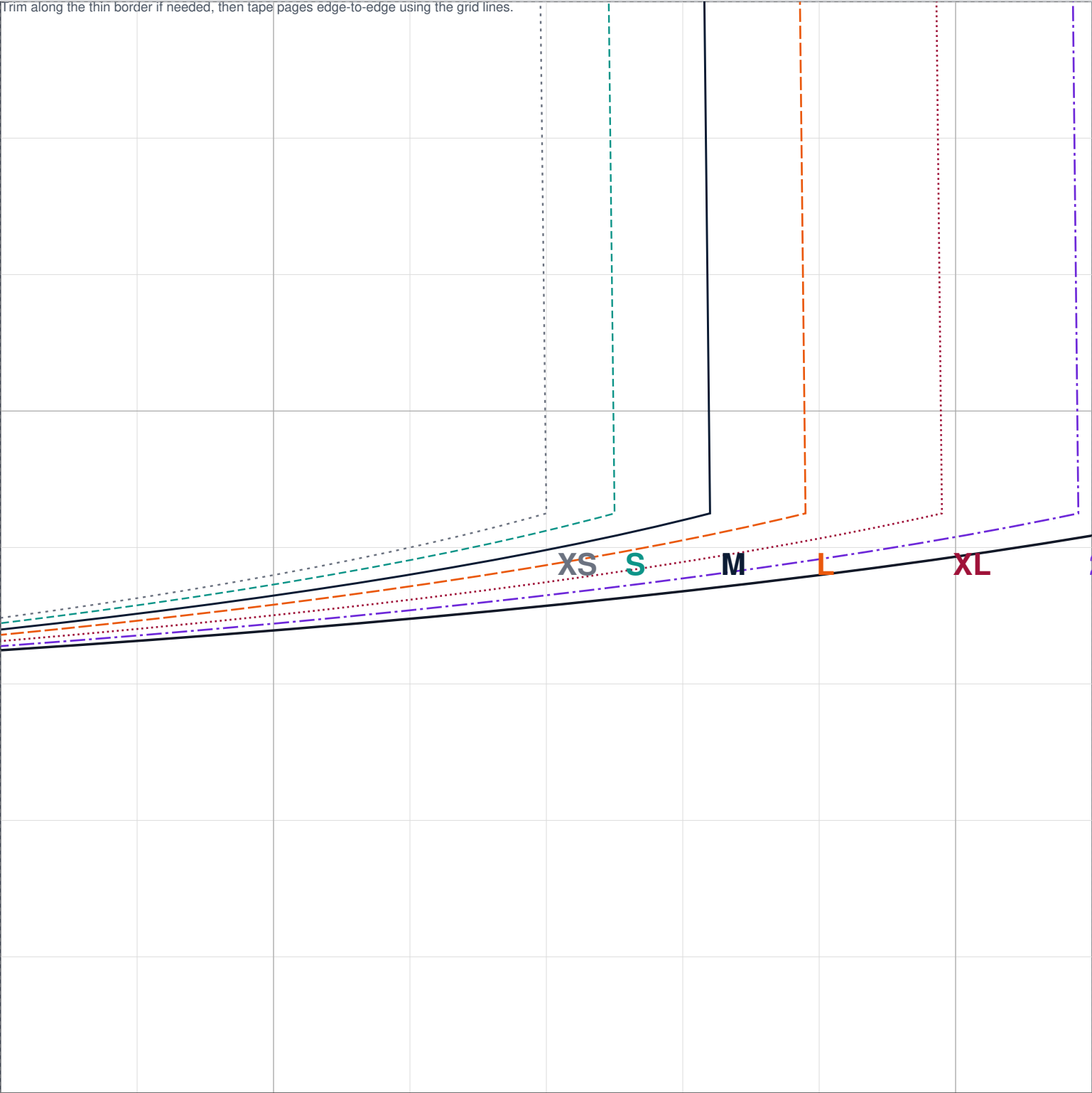


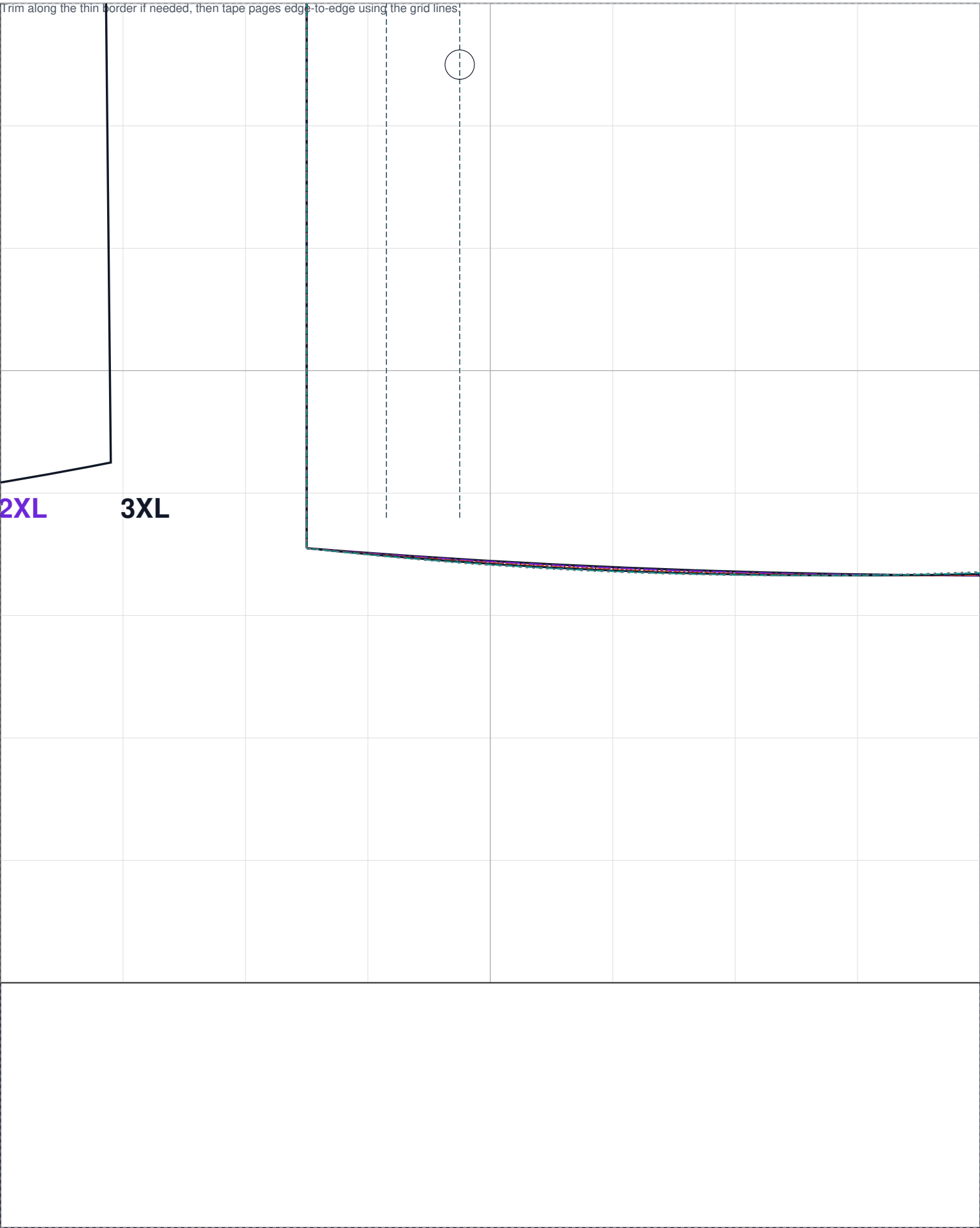
Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

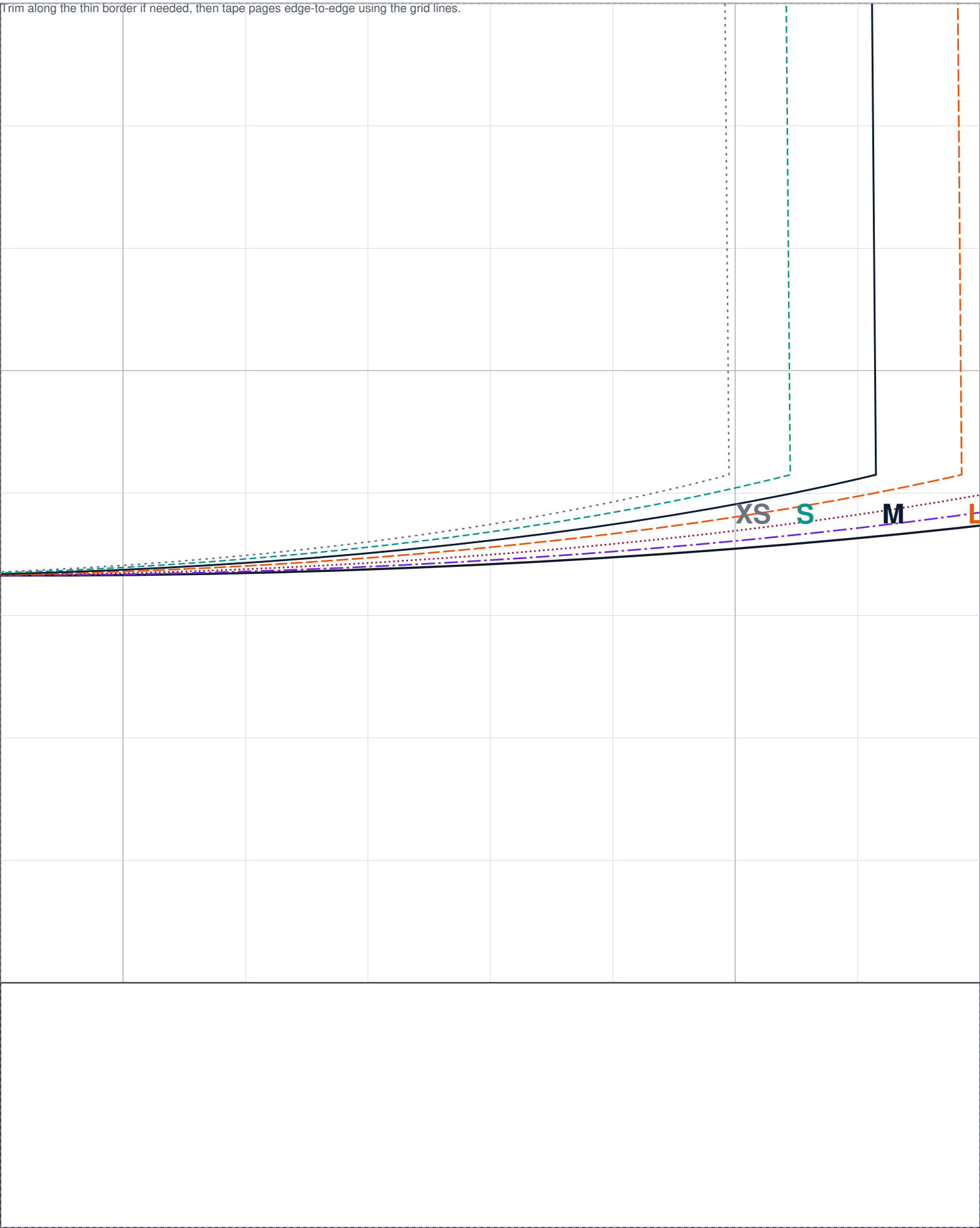


Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

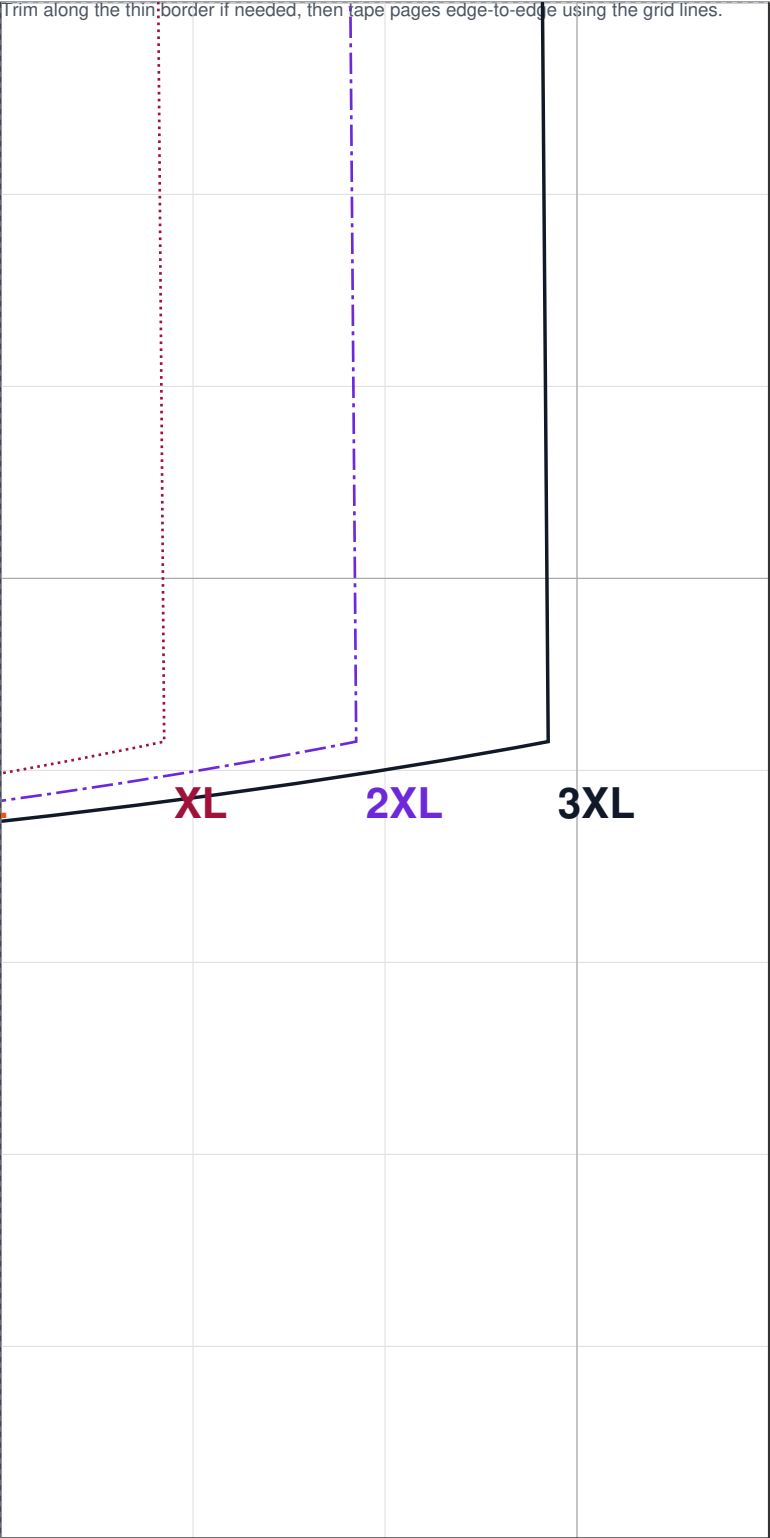








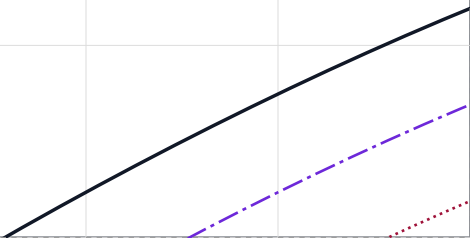
Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.



Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

CUT LIST

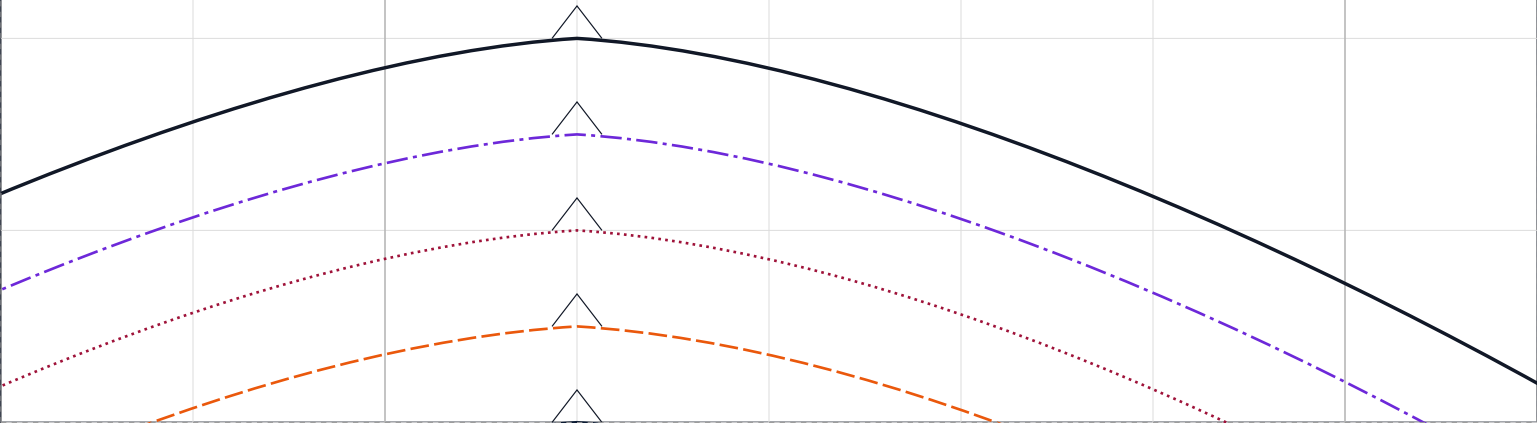
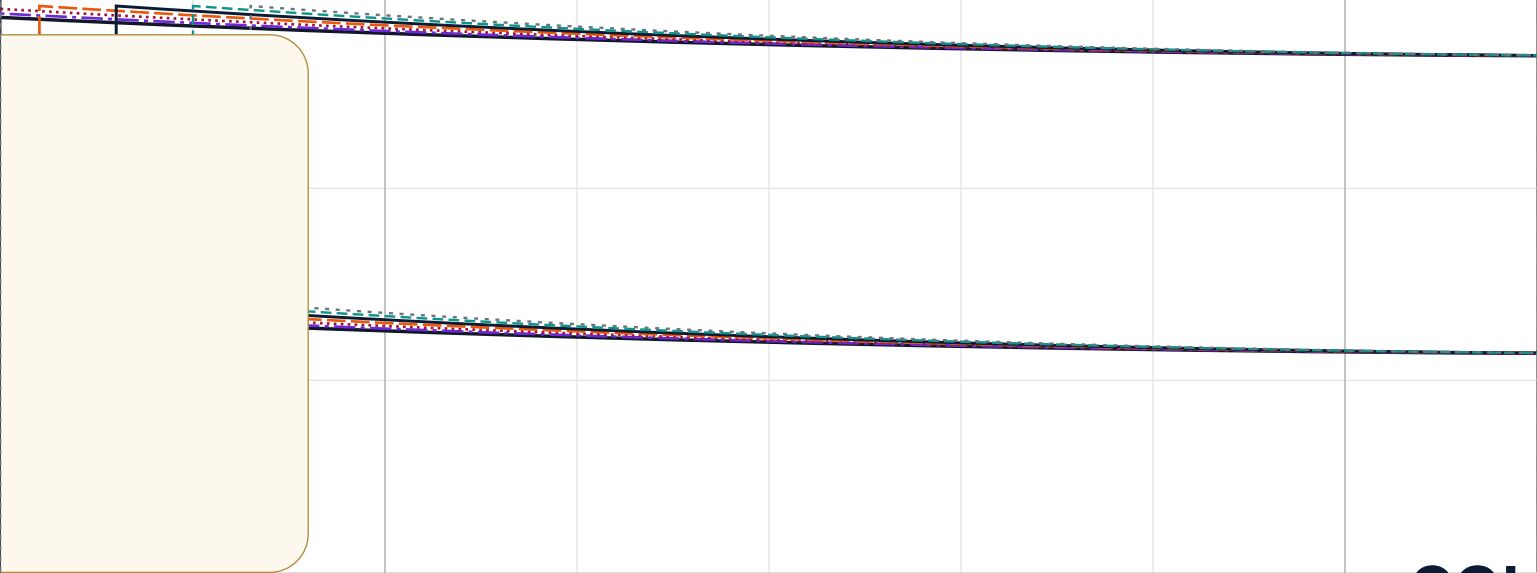
- Sleeve: cut 2 mirrored
- Collar: cut 2 + interfacing 1
- Collar stand: cut 2 + interfacing 1
- Pockets/flaps: cut 2 each



Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

FULL-SIZE PATTE

Print at 100



Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

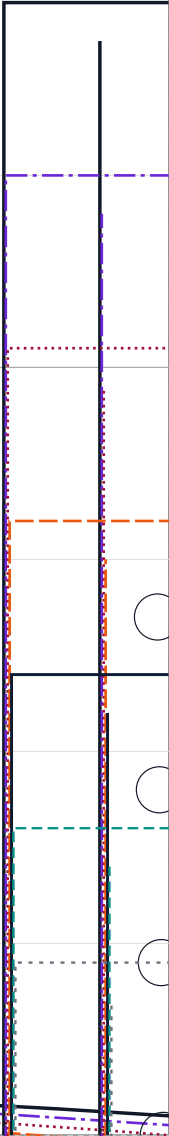
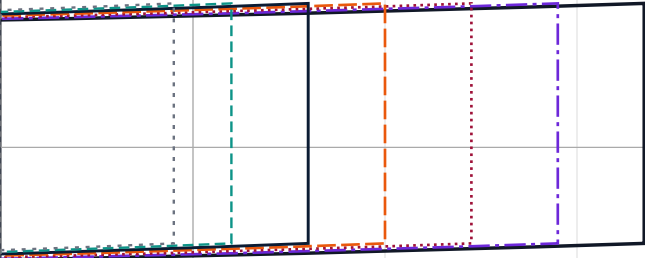
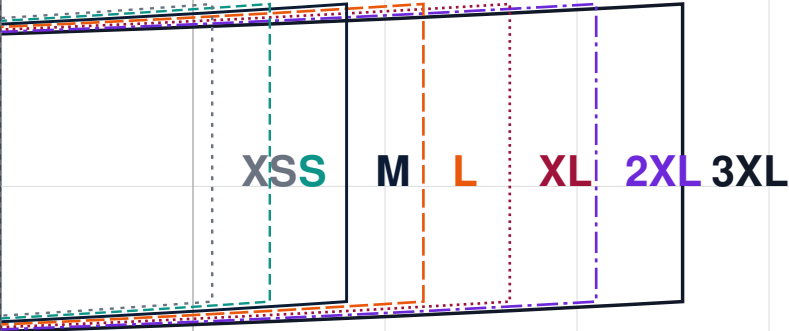
PATTERN SHEET B - SLEEVE + SMALL PIECES

100% / Actual Size. Seam allowance 1/2 inch included.

COLLAR - CUT 2

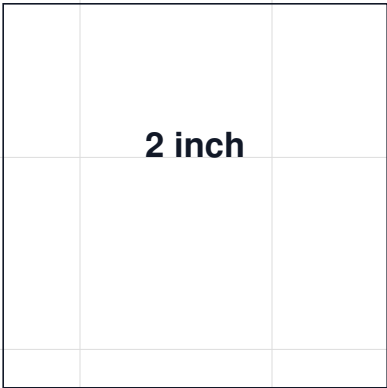
SLAVIC STAND - CUT 2

Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

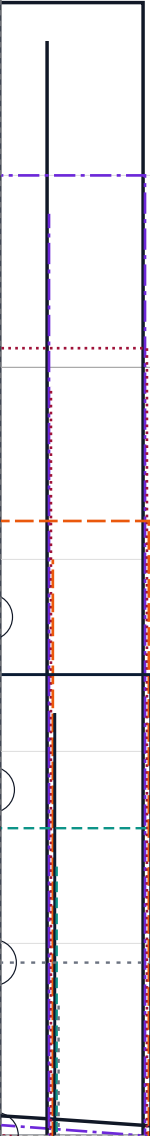


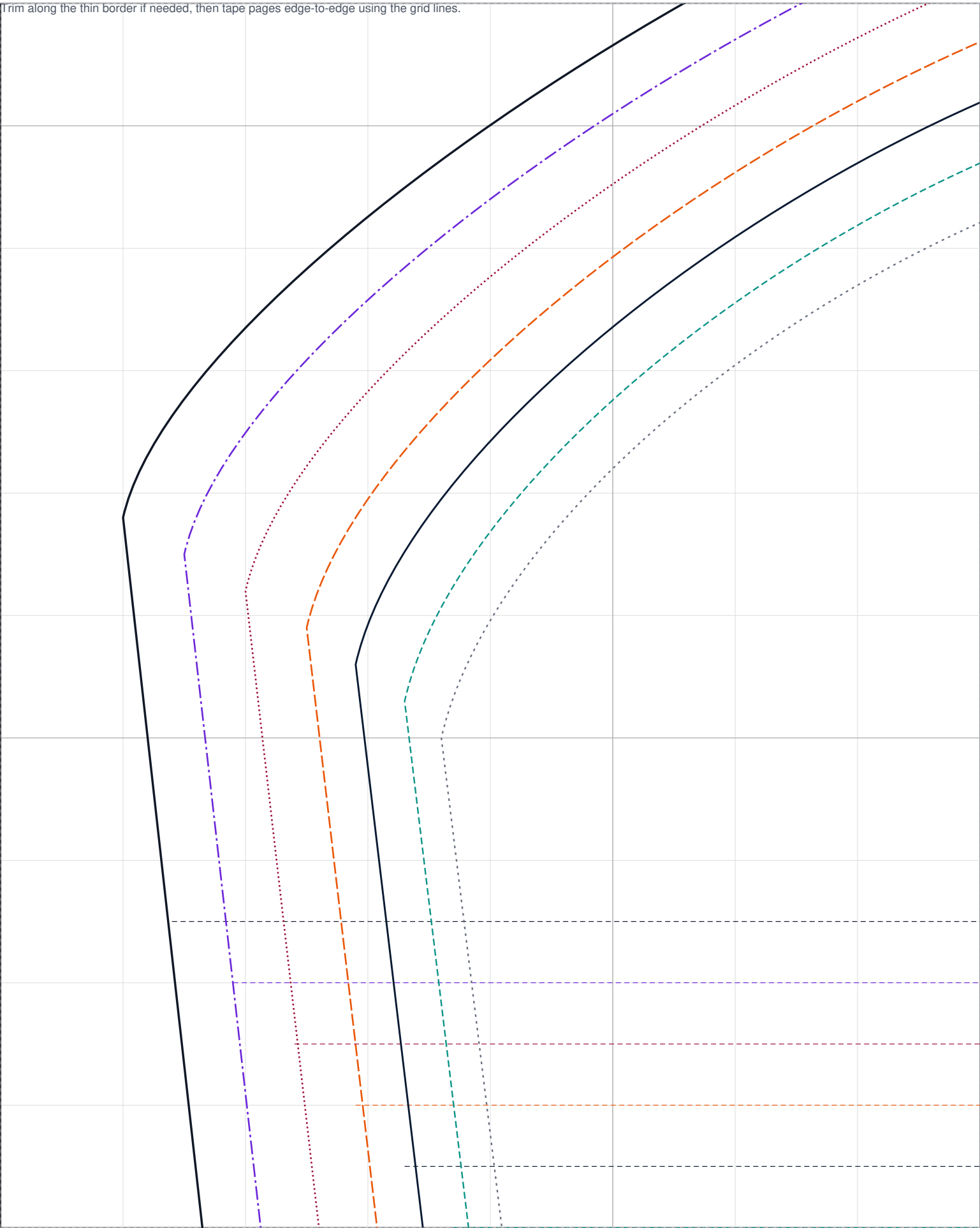
YOKE / SHOULDER PANEL - CUT 2

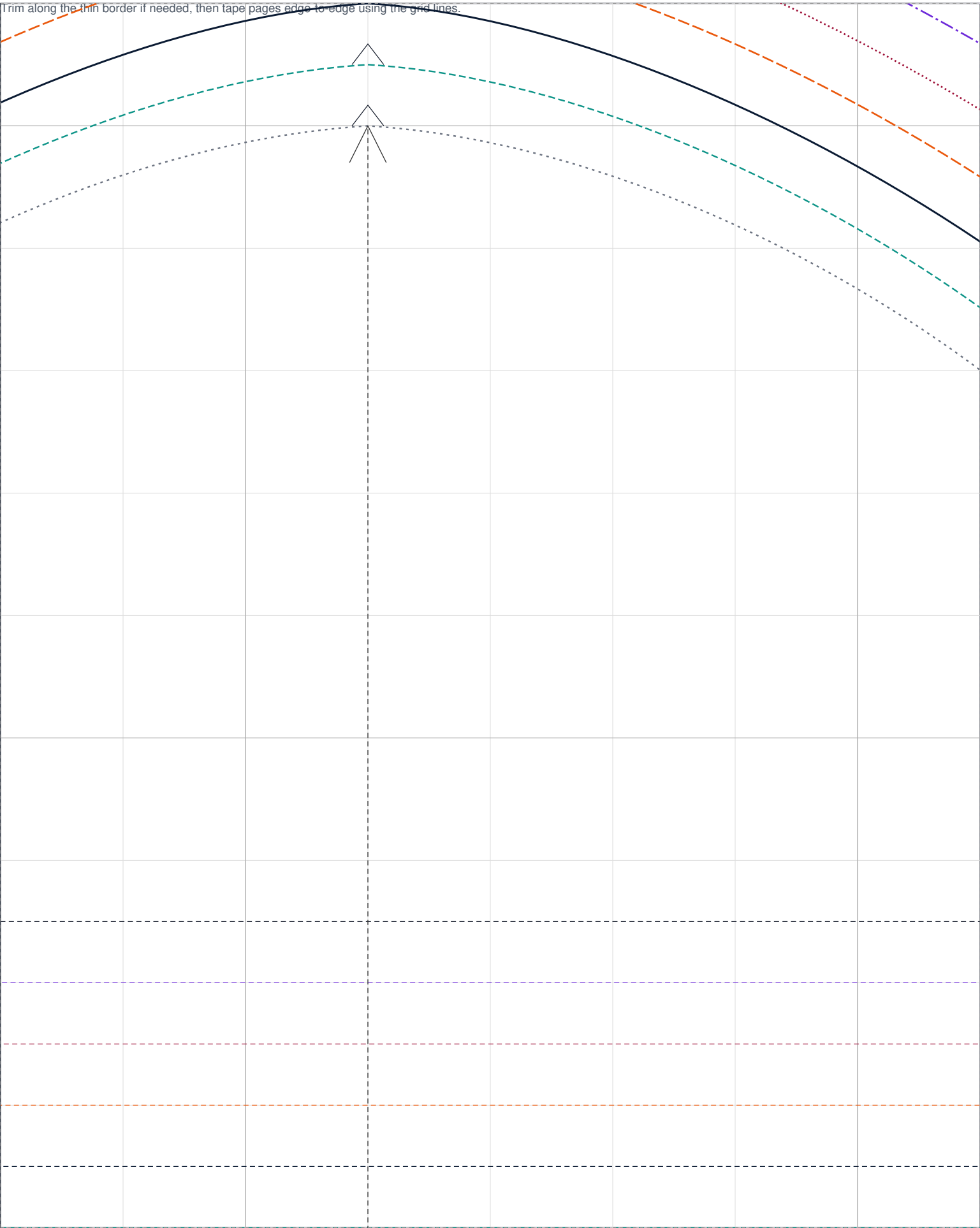
Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.



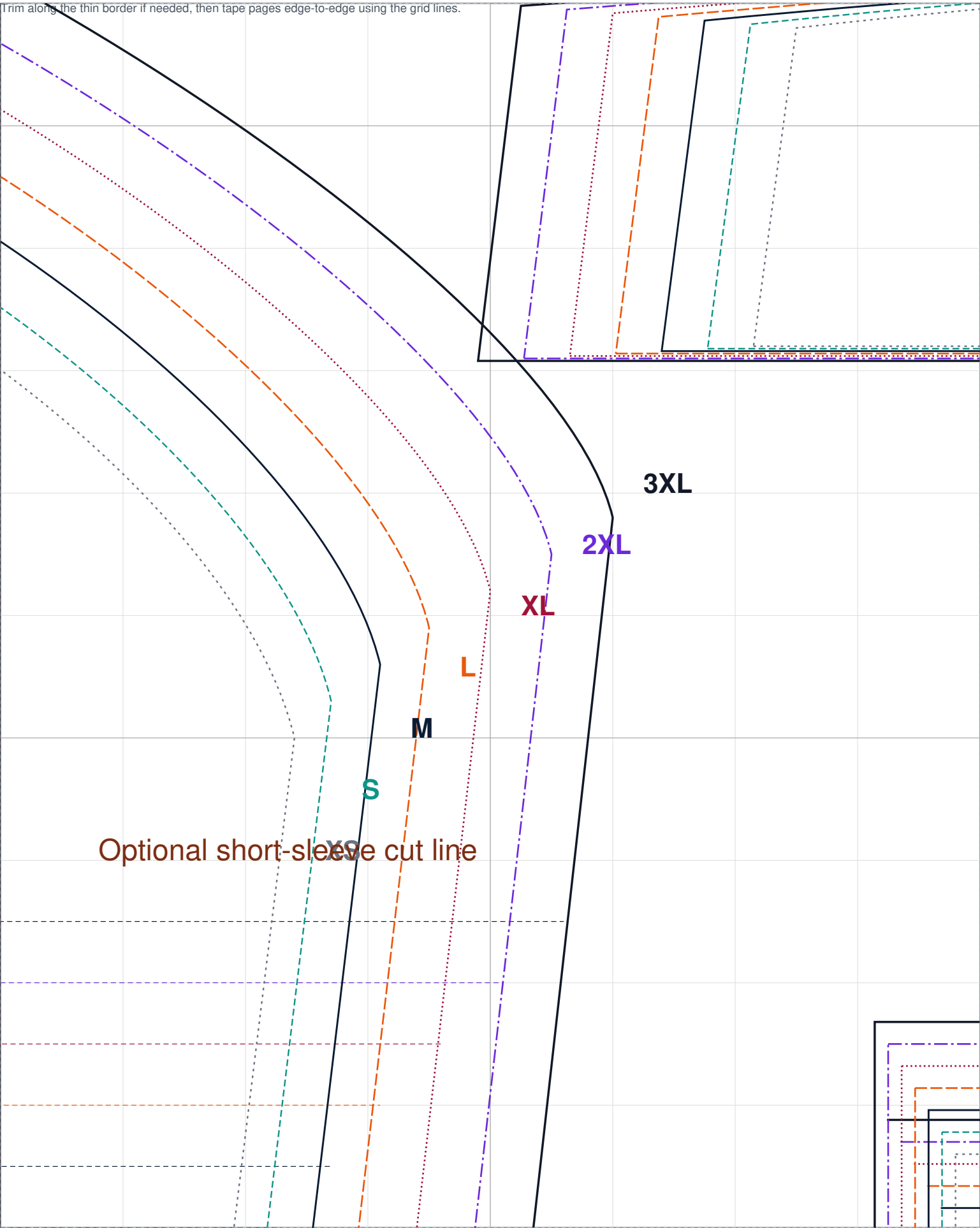
TEST SQUARE







Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.



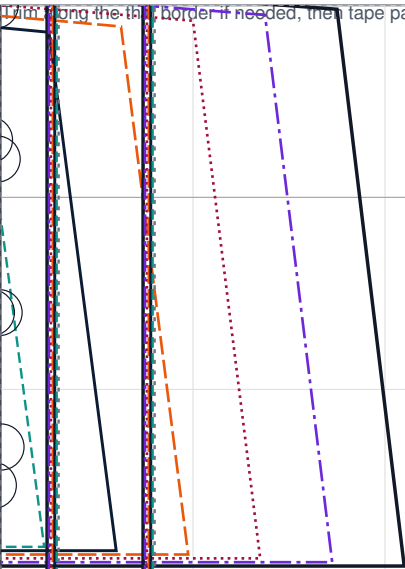
Firm along the thin border if needed, then tape pages edge-to-edge using the grid lines.

Place across upper back / shoulders as contrast panel

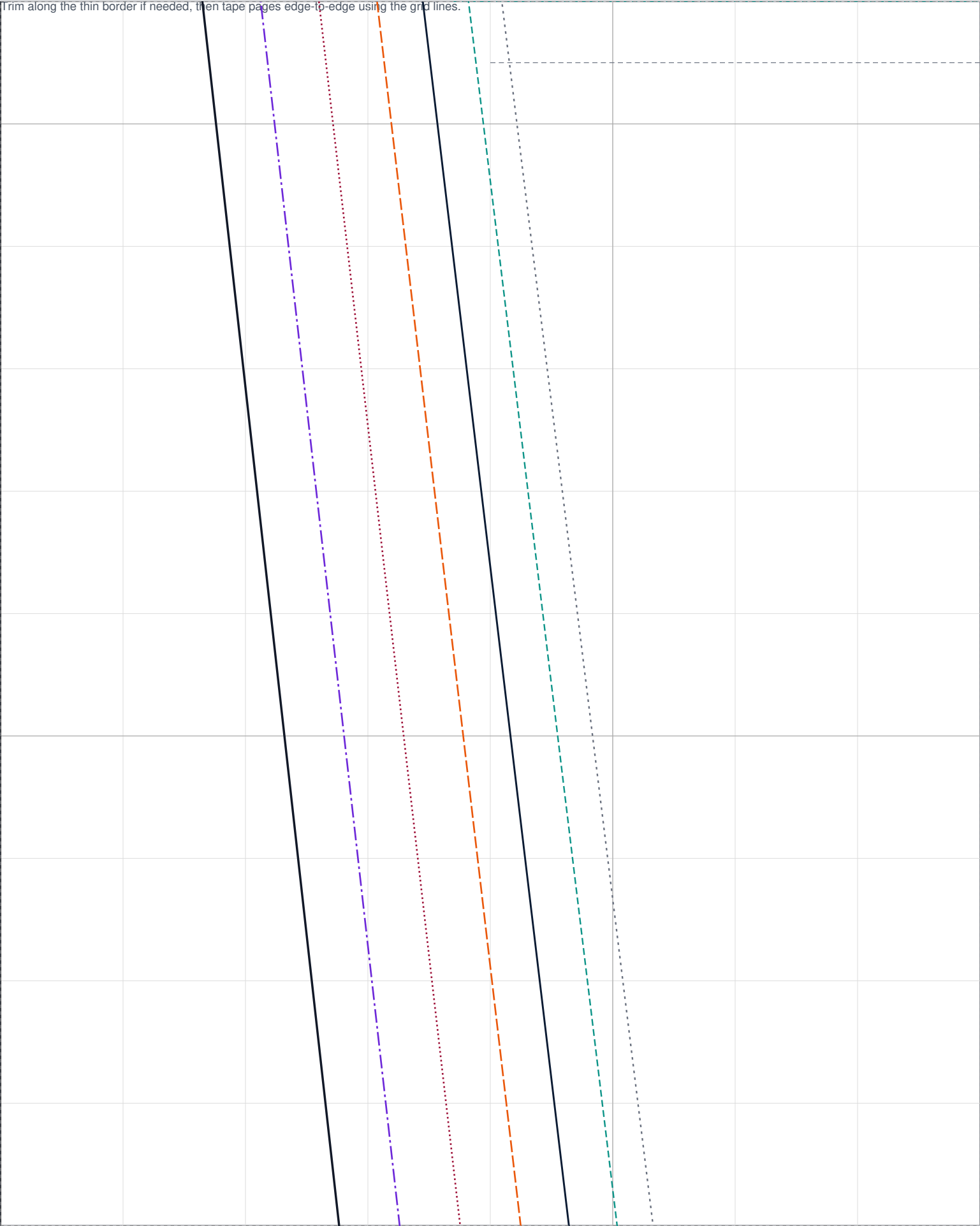
FRONT PLACKET / B

PATCH POCKET - CUT 2

With the long the tail border if needed, then tape pages edge-to-edge using the grid lines.



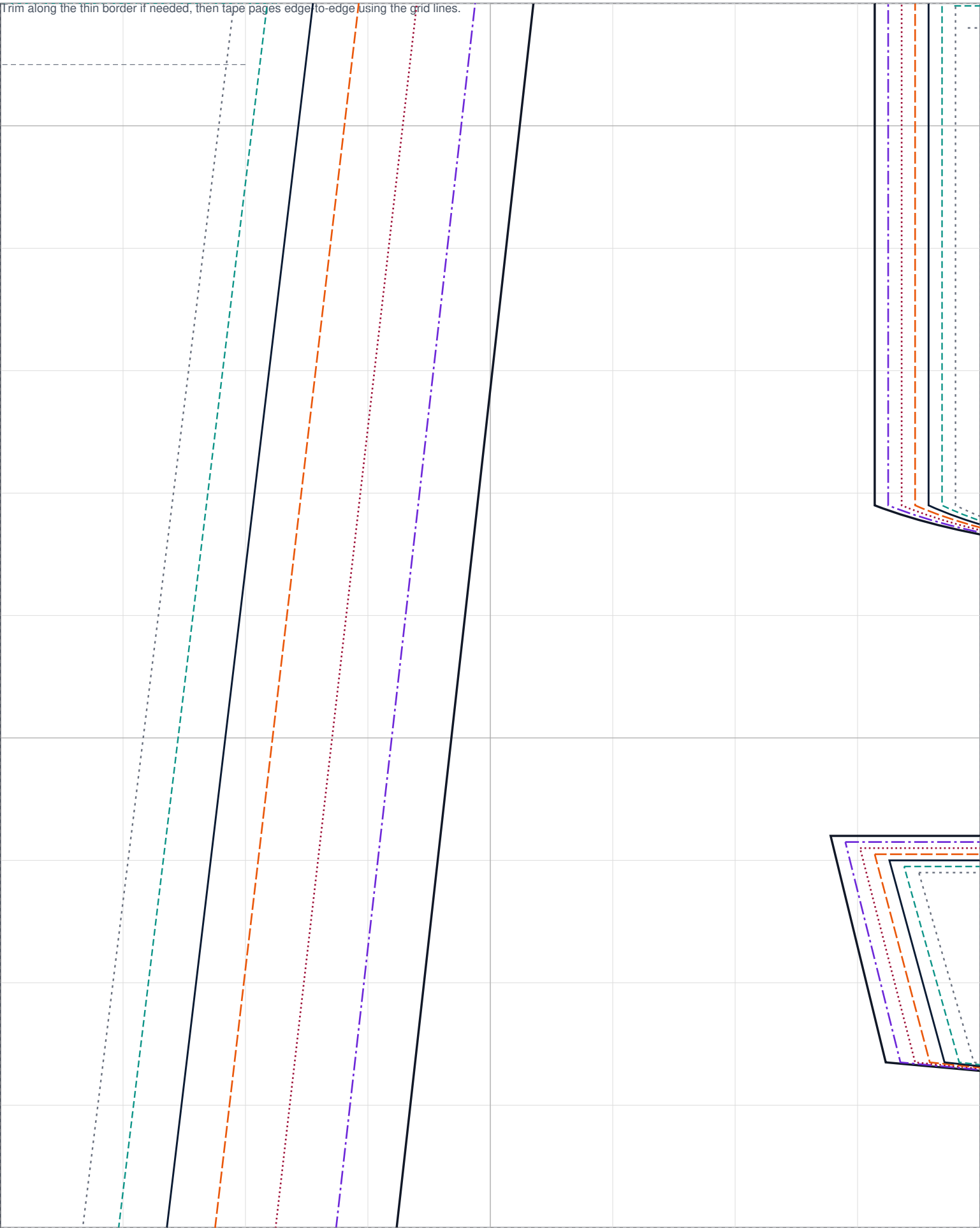
BUTTON BAND - CUT 2

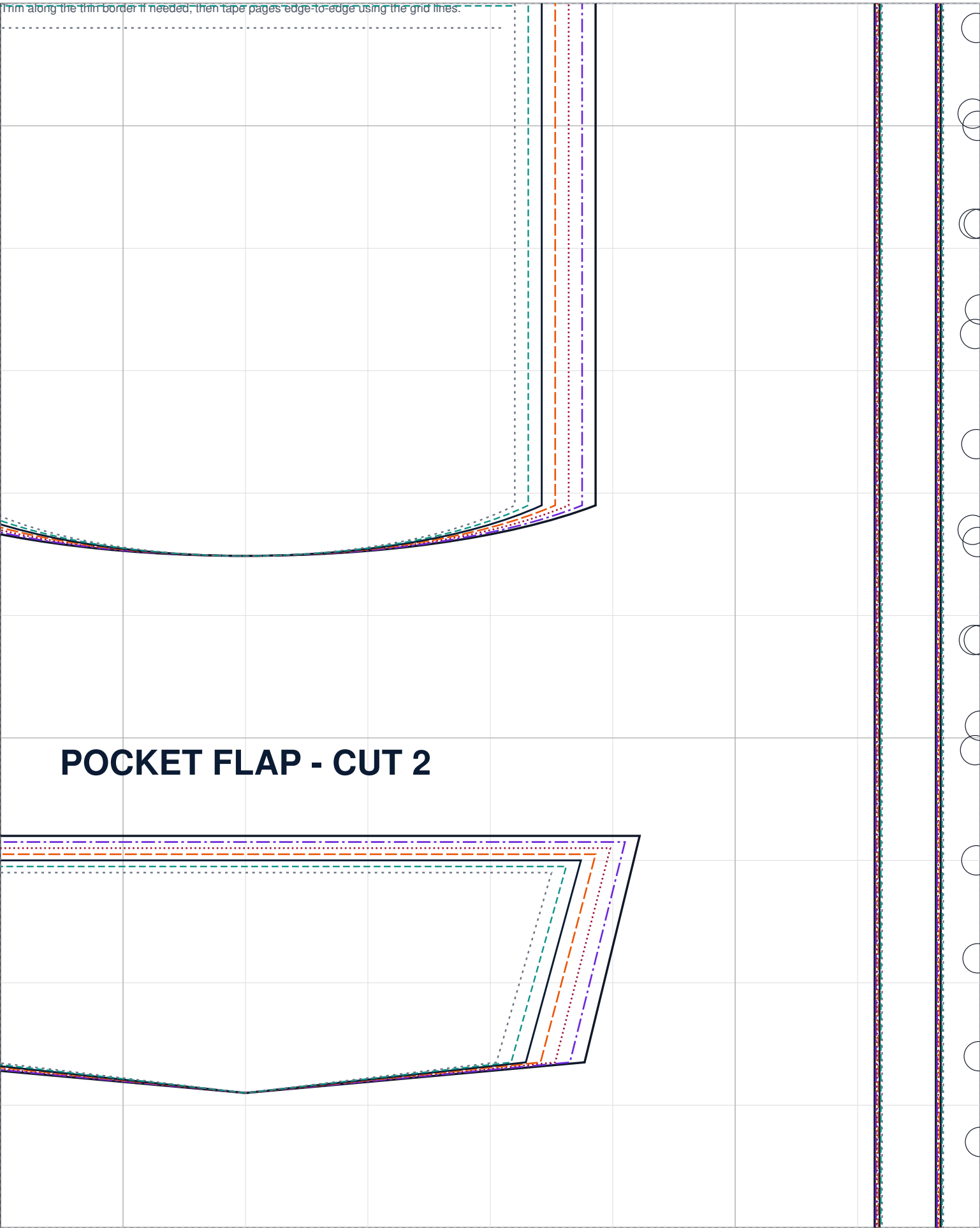


Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

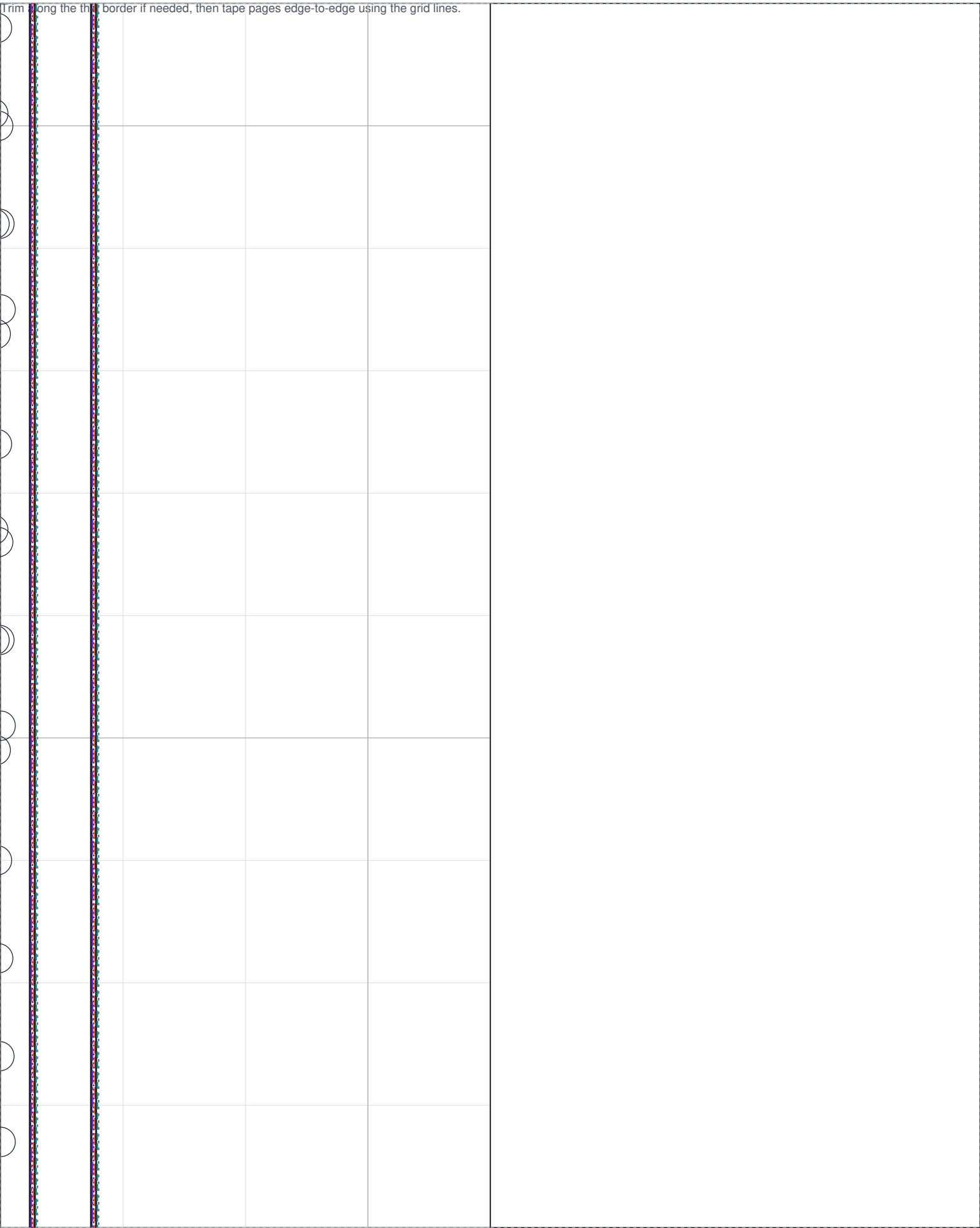
GRAINLINE

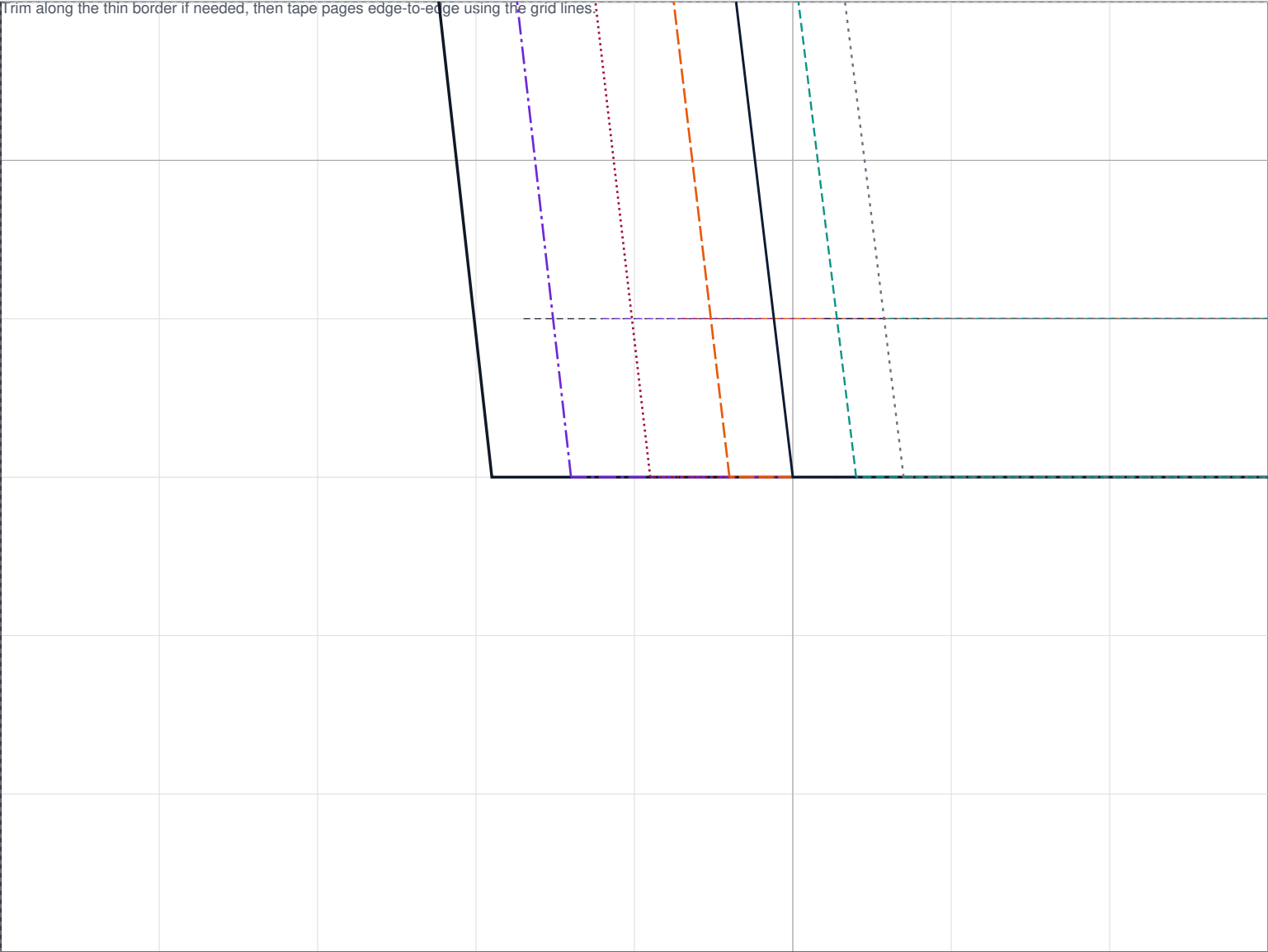
Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

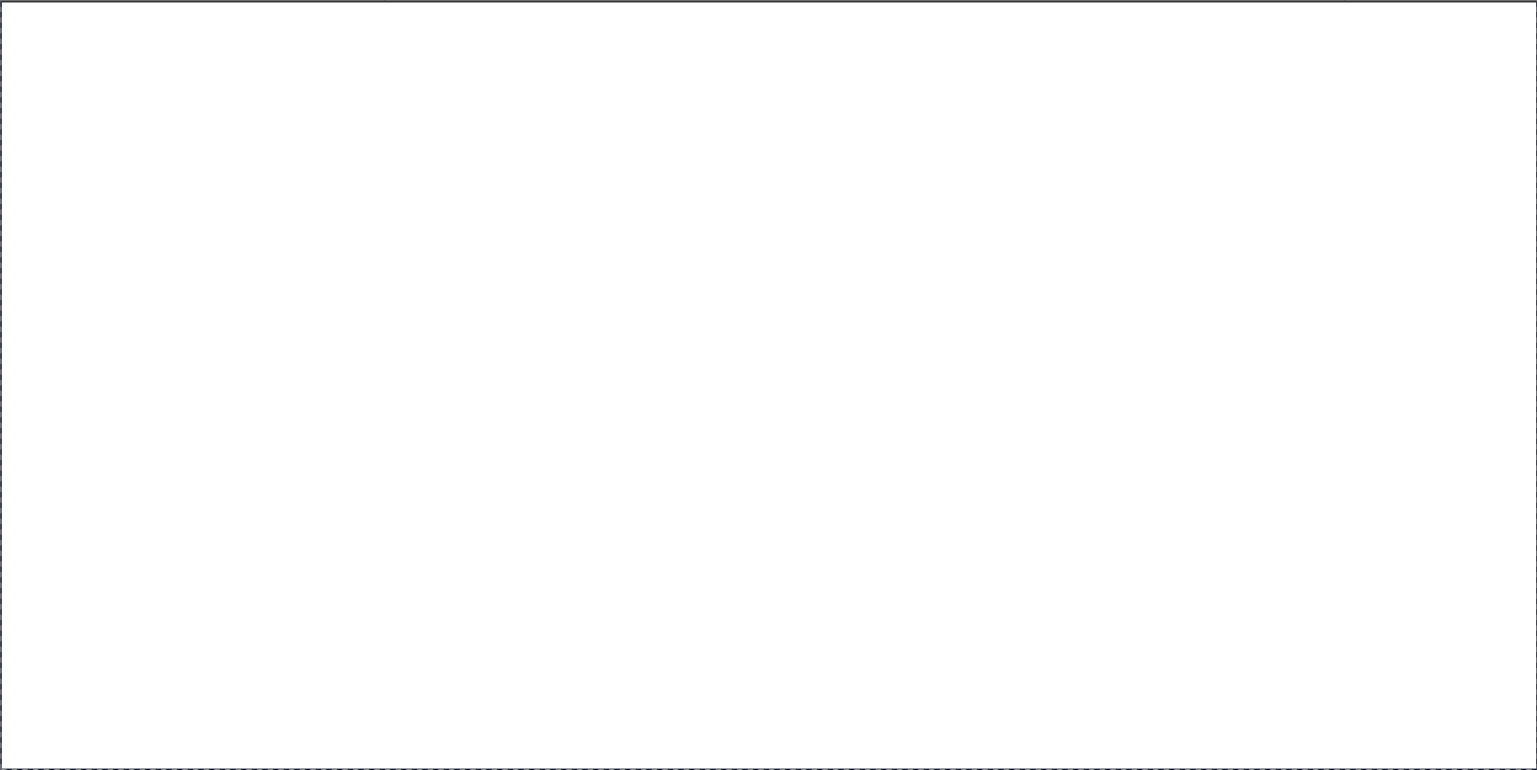
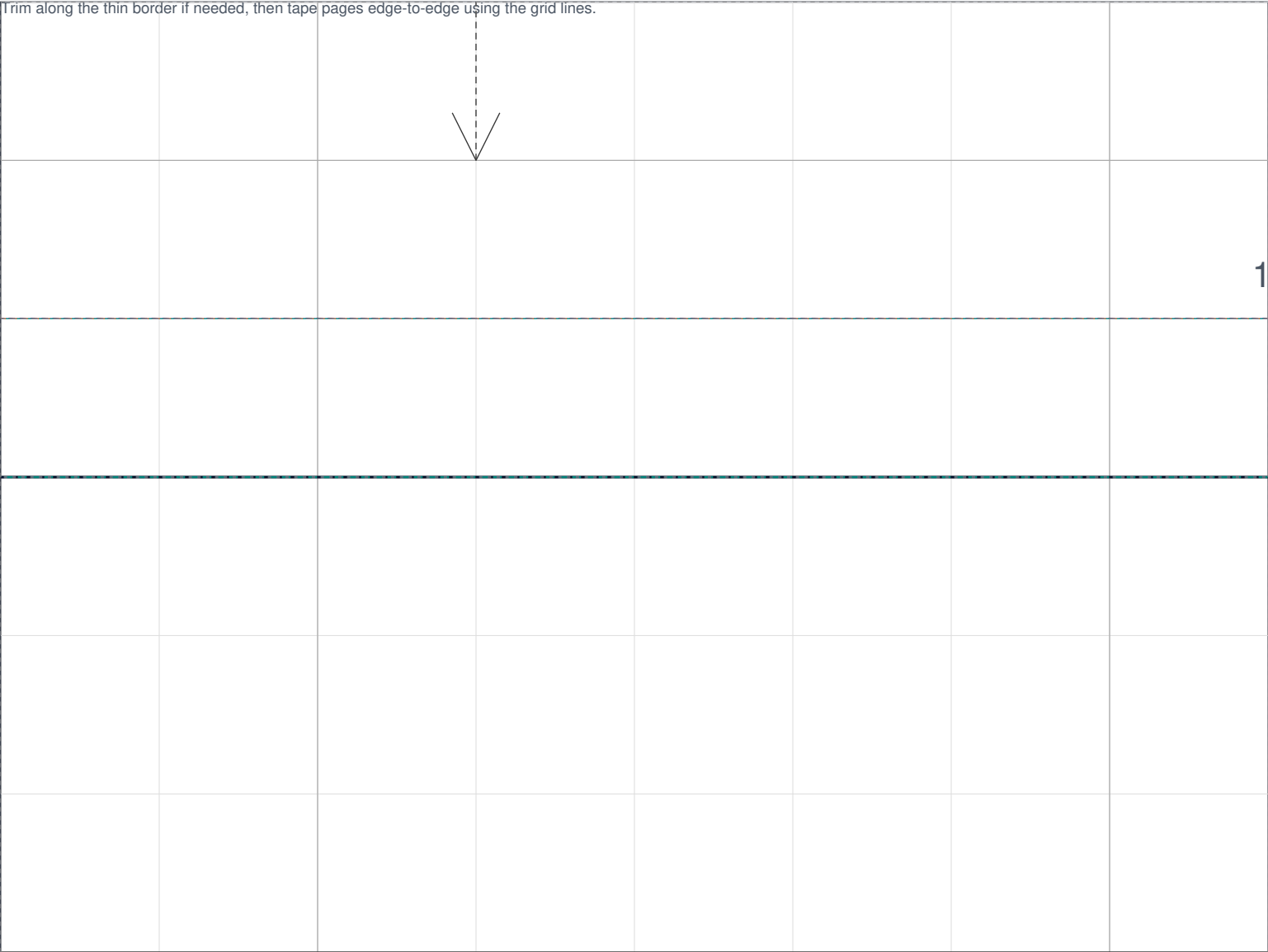




Trim along the thick border if needed, then tape pages edge-to-edge using the grid lines.



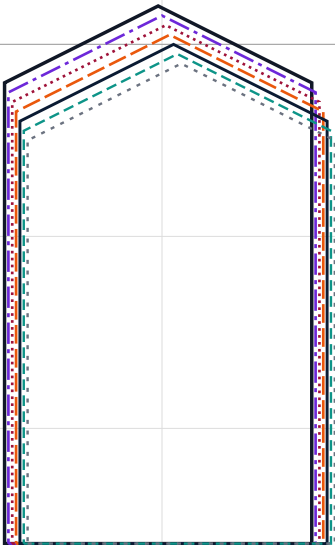




Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

inch sleeve hem fold line

SLEEVE HEM TAB - CUT 2 (O



Trim along the thin border if needed, then tape pages edge-to-edge using the grid lines.

PTIONAL)



