



WORKSHOP
The ORIGINAL Sew
N. 0125/1

A BEGINNER WORKSHOP
tina givens

PART I

Y O U R

B O D Y

M e a s u r e m e n t s

Body Shape

BODY LANDMARKS

Review the measurement chart, and refer back here for reference.

BODY CIRCUMFERENCE

- #1 Bust - fullest part of the bust, keep it level
- #2 Waist - 1" or 2.5cm above the navel
- #3 Hip - fullest width of your body around the hip line

FRONT BODICE

- #4 Center Front CF neck - length of base of neck to waist
- #5 CF Shoulder - From base of the neck at shoulder point to the waist, over the bust
- #6 Shoulder - from base of the neck to tip of the shoulder
- #7 Neck, around the base of the neck
- #8 Center Shoulder to Bust - center of the shoulder to the apex of the bust
- #21 Cross Front - Across top above breast line armhole to armhole
- #23 Side From Under Arm to Waist

BACK BODICE

- #9 Center Back CB neck - neck to waist. Find the large bone at the CB of your neck down to the CB Waist
- #10 CB Shoulder - from base of neck to shoulder point to waist
- #20 CROSS Back - From armhole to armhole across upper back

LOWER TORSO

- #11 Hip depth - from CF waist point to the fullest part of the body
- #12 CF Waist to floor - from the CF waist to floor
- #13 CF Waist to Knee - CF waist to center of knee
- #14 Back - lower torso - bust line to waist
- #15 CB Waist to floor - CB at waist to floor
- #25 High Hip at a depth of
- #26 Low Hip at a depth of

ARM

- #16 Upper arm - circumference of your upper arm
- #17 Arm length - shoulder to wrist measured with arm slightly bent.

Body Shape

BODY LANDMARKS

This page is intended to provide you with space to make notes on each measurement.

BODY CIRCUMFERENCE

#1 Bust - _____

#2 Waist - _____

#3 Hip - _____

FRONT BODICE

#4 Center Front CF neck - _____

#5 CF Shoulder - _____

#6 Shoulder - _____

#7 Neck, _____

#8 Center Shoulder to Bust - _____

#21 Cross Front - _____

#23 Side From Under Arm to Waist _____

BACK BODICE

#9 Center Back CB neck - _____

#10 CB Shoulder - _____

#20 CROSS Back - _____

LOWER TORSO

#11 Hip depth - _____

#12 CF Waist to floor - _____

#13 CF Waist to Knee - _____

#14 Back - _____

#15 CB Waist to floor - _____

#25 High Hip _____

#26 Low Hip _____

ARM

#16 Upper arm - _____

#17 Arm length - _____

Review diagram on Page 6 as reference



<i>You</i>				<i>Sew</i> TINA GIVENS	
				MEASUREMENTS	
DATE					
1	BUST			34-1/4" / 87cm	
2	WAIST			26 3/4" / 68cm	
3	HIP			36 1/4" / 92cm	
4	CENTER FRONT	FRONT LENGTH *		12 1/2" / 32cm	
5	CF SHOULDER			13 1/2" / 34.5cm	
6	SHOULDER	*		3 1/2" / 9cm	
7	NECK	*		14 1/2" / 37cm	
8	CTR SHLDER TO BUST			9" / 23cm	
9	CTR BACK	* BACK LENGTH		15 3/4" / 40cm	
10	CB SHOULDER	* CROSS FRONT		16 1/2" / 42cm	
11	HIP DEPTH			8" / 20.5cm	
12	CF WAIST TO FLOOR			40 1/2" / 103cm	
13	CF WAIST TO KNEE			23" / 58.5cm	
14	BACK LOWER TORSO			9 1/4" / 23cm	
15	CB WAIST TO FLOOR			40 1/2" / 103cm	
16	UPPER ARM			13 1/2" / 34cm	
17	ARM LENGTH			22 1/4" / 56.5cm	
18	FIGURE BREADTH	*BETWEEN BOOBS			
19	FIGURE LENGTH	* FROM NECK BASE TO LOWER HIP		28 1/2" / 72.5cm	
20	CROSS BACK	*		9" / 23cm	
21	CROSS FRONT	*		8" / 20.5cm	

Body SHAPE

BODY LANDMARKS

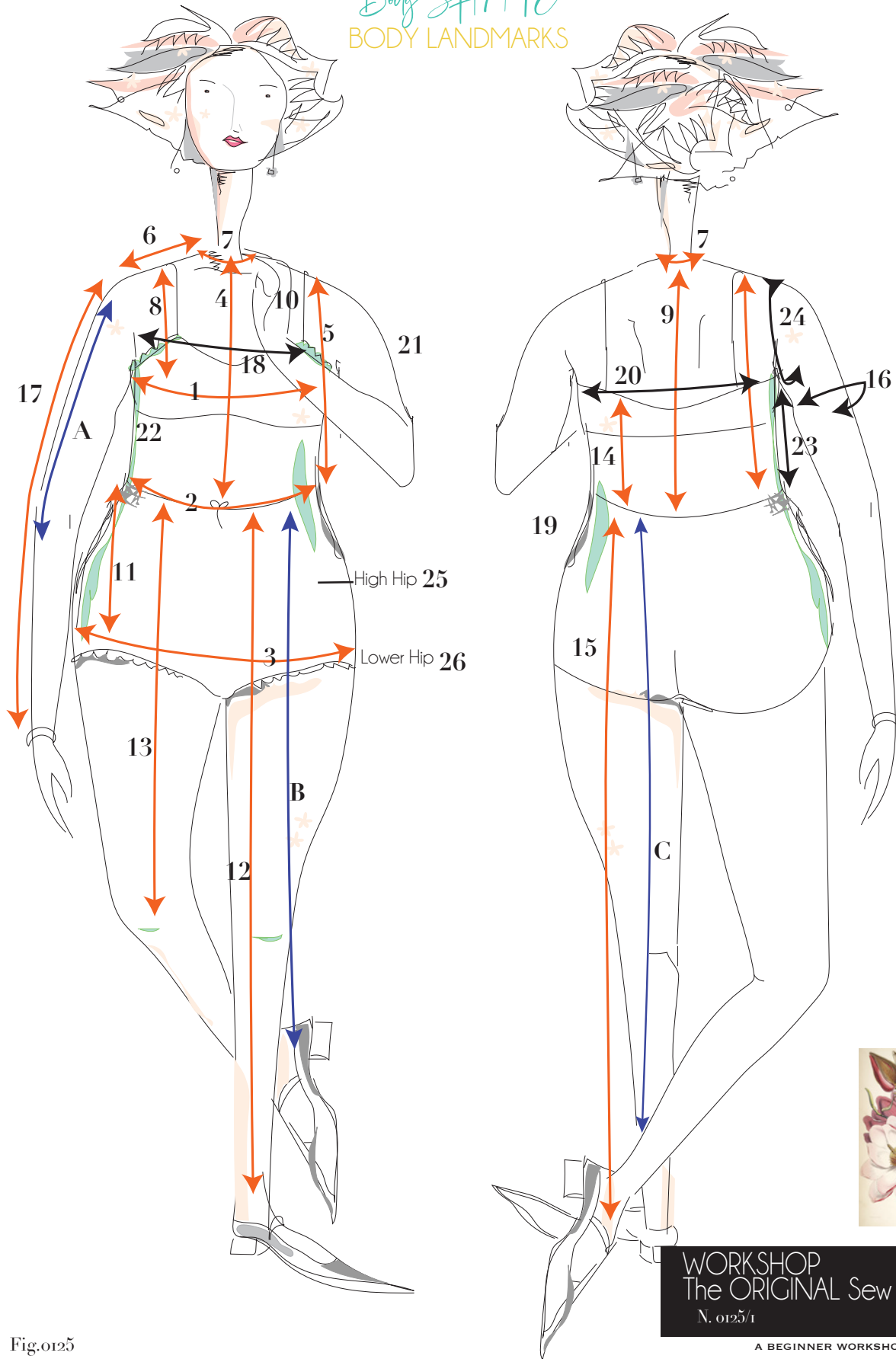


Fig.0125

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