

#0124.2
You



Welcome

This journal is to be used alongside the workbook for WORKSHOP 0124/2 All about You! Here you will find resources and blank pages to make notes about making measurements and adjustments for a perfect fit.

Follow along in the workbook for the techniques and exercises along this little workshop journey. I am thrilled you are here, as part of an amazing community of women who create for themselves, inspired to be creative with their wardrobes, and wear gorgeous garments everyday.

Take the power into your own hands.

So come with me, let's begin a simple yet dramatic approach to using sewing patterns and glean a bit of insight into how you actually prefer your clothes to fit.

Can't wait to get started,
tg

Body SHAPE

BODY LANDMARKS

Review the measurement chart, and refer back here and body illustrations on page 10.

Tip: Either make copies of the chart at right, or download this form on-line at www.buildyourcollection.com

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.
- #24 Armhole -

Body SHAPE

BODY LANDMARKS

Please refer to Page 8 & illustration on page 10 in the Workbook for detailed explanations of each measurement.

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 - _____

#24 Armhole - _____



You

Sew
TINA GIVENS

WORKSHOP: #0124 YOU

MEASUREMENTS

STANDARD US8/UK12

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

You are beautiful!



IDENTIFYING OUR OWN STORY, INTERESTS AND STYLE IS JUST THE BEGINNING TO BUILDING A COMPLETE WARDROBE.

Preferences IN HOW A GARMENT FITS

Understanding why we like how we feel and look in our favorite garments is a great send-off into creating formulas to adapt our sewing patterns.

Measuring GARMENT

YOUR FAVORITES

Use the Garment illustration on page 14, and corresponding measurement chart on page 15. Slightly different to the first BODY chart, this one highlights key measurements in a garment. This exercise will assist us in better understanding a sewing patterns and our own preferences.

When measuring a garment without a specific waist, bust or hip line, use your own measurements to determine where your measurements lay on the garment so you can take appropriate measurements.

GARMENT CIRCUMFERENCE

- #1 Bust-line - _____
- #2 Waist - _____
- #3 Hip - _____

FRONT of Garment

- #4 Center Front CF neck - _____
- #5 CF Shoulder - _____
- #6 Shoulder - _____
- #7 Neck Width of the garment neckline- _____
- #8 Neck Depth - _____
- #18 Cross Front (as shown in Fig. 0124/2/6) _____

BACK

- #9 Center Back CB neck - _____
- #10 CB Shoulder - _____
- #17 Cross Back _____

LOWER Garment

- #11 Hip depth - _____
- #12 Length of the garment - _____
- #13 Sleeve Length - _____
- #16 Torso length of the garment, _____

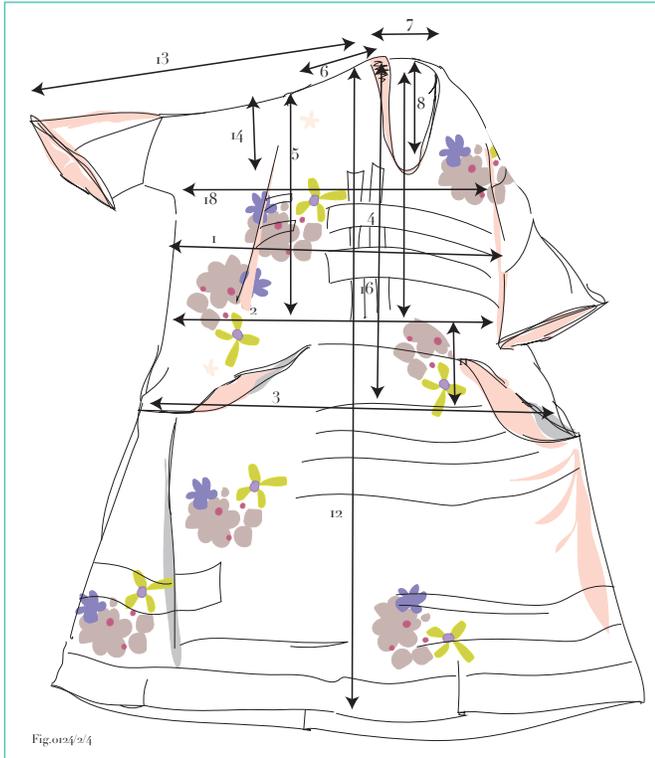
PANTS/SKIRT

- #19 Waist of skirt or pants, _____
- #20 Pants outer leg, or skirt outer seam _____
- #21 Pants Inner seam leg _____

WORKSHOP: #0124 YOU



WORKSHOP: #0124 YOU				
	<i>Garment</i>		<i>Sew</i>	
			TINA GIVENS	
			WORKSHOP: #0124 YOU	
			MEASUREMENTS	
		DATE		
1	BUST LINE			
2	WAIST			
3	HIP			
4	CENTER FRONT	Neck to Waist		
5	CF SHOULDER	Shoulder to Waist		
6	SHOULDER	*		
7	NECK WIDTH	*		
8	NECK DEPTH			
9	CTR BACK	Back neck to waist		
10	CB SHOULDER	Shoulder to waist BACK		
11	HIP DEPTH	Waist to lower hip		
12	LENGTH GARMENT	Neck to Hemline		
13	SLEEVE LENGTH			
14	UPPER ARM			
15	ARMHOLE	See diagram		
16	TORSO LENGTH	Neck to Lower Hip		
17	CROSS BACK			
18	CROSS FRONT			
19	PANTS WAIST			
20	PANTS OUTER LEG	*		
21	PANTS INNER LEG	*		



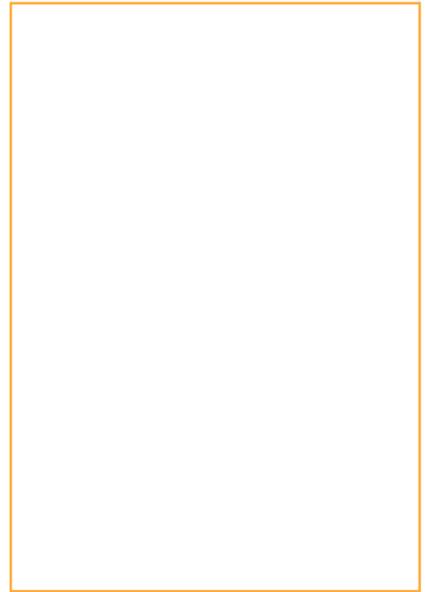
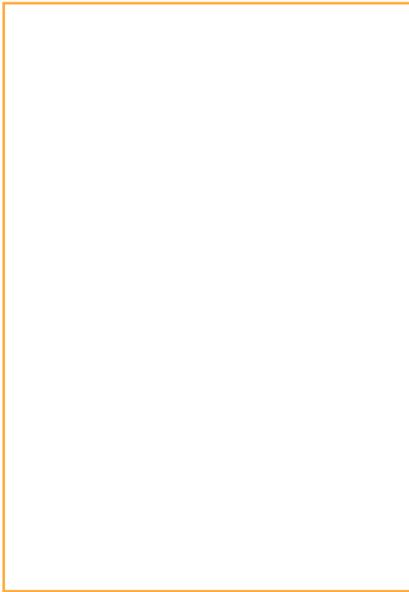
ARMS/SLEEVES

#14 Upper arm - _____

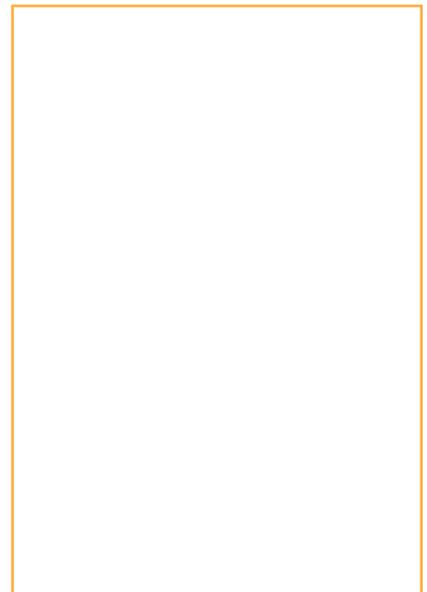
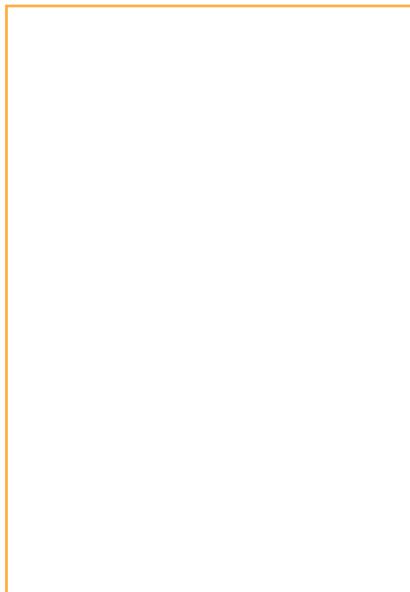
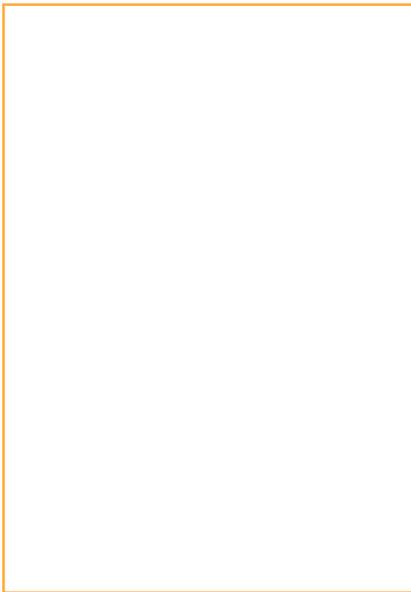
#15 Armhole - 15.1) measure downward from the shoulder point, to the line where the armhole extends; and then 15.2) measure the line that crosses the first at a right angle to the under arm of the garment, and then finally 15.3) draw a 45° angle between the two lines toward the curve of the armhole. _____

Note: You may have more than one garment with differing armholes that you like, measure both and make a note why you prefer them. (ie: One may be fitted under the armpit, and one may fall larger for a layering piece. _____

Silhouette MATCH



Patterns & Silhouettes you like!

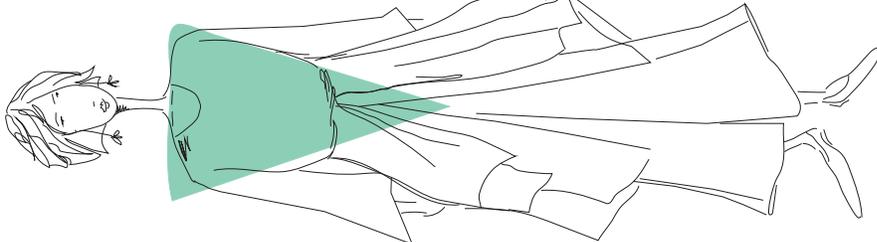
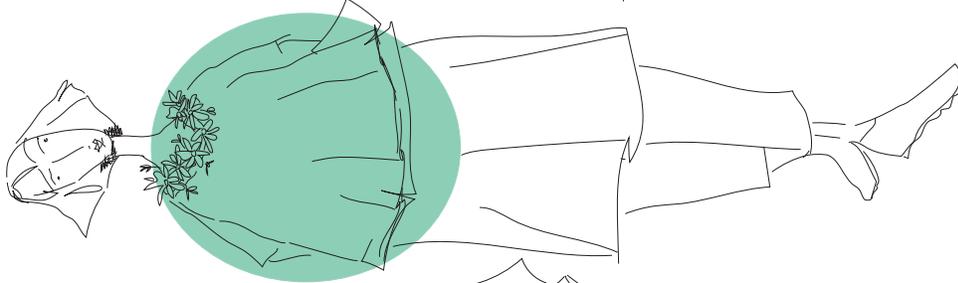
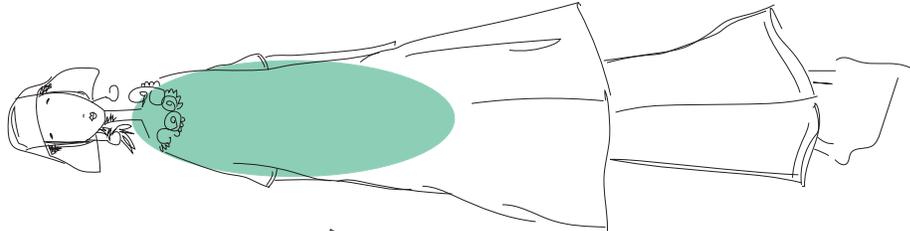
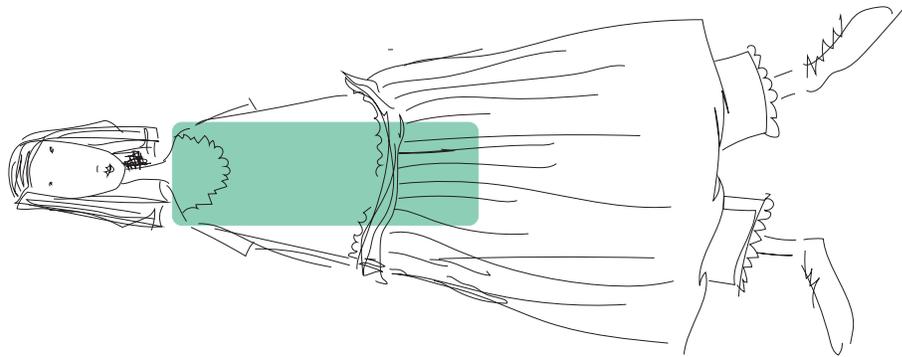
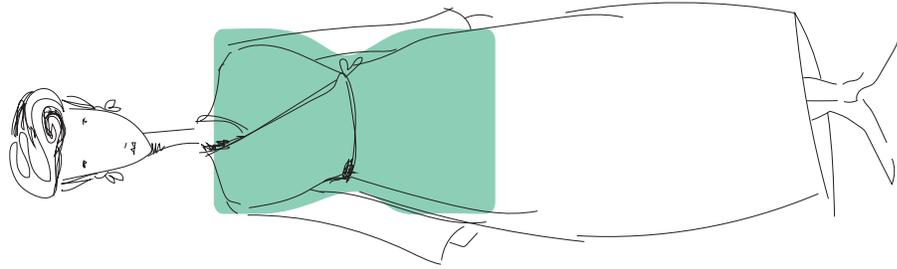
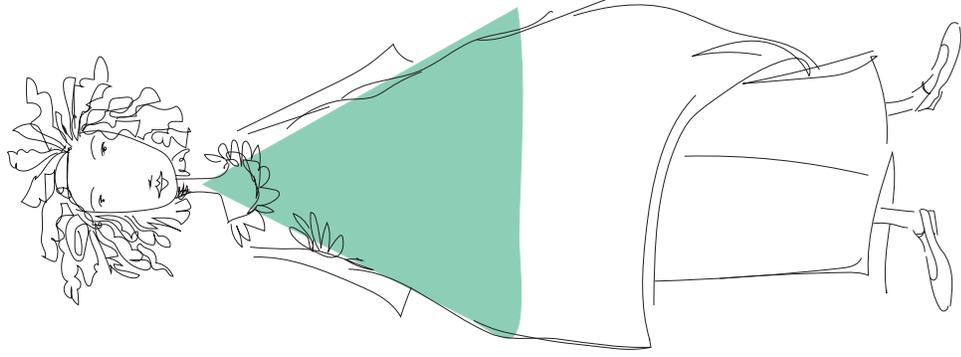


Select patterns based on silhouettes according to your body shape.

YOUR SHAPE

Which are You?

CUT OUT YOUR SHAPE





Making the FIT

Basic Pattern Making Supplies

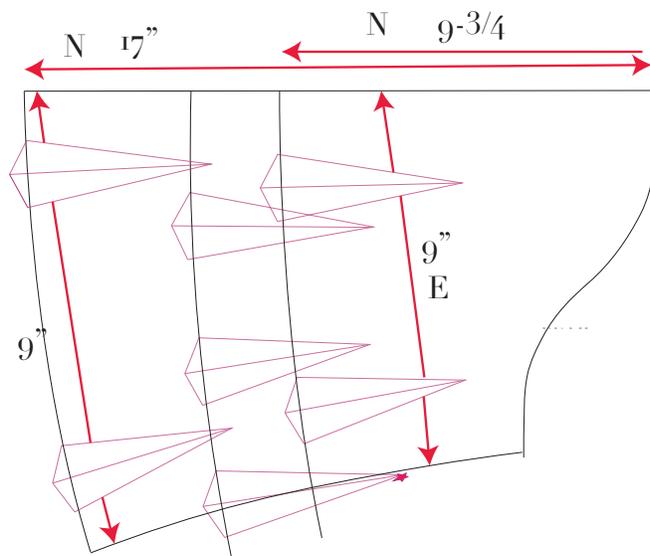
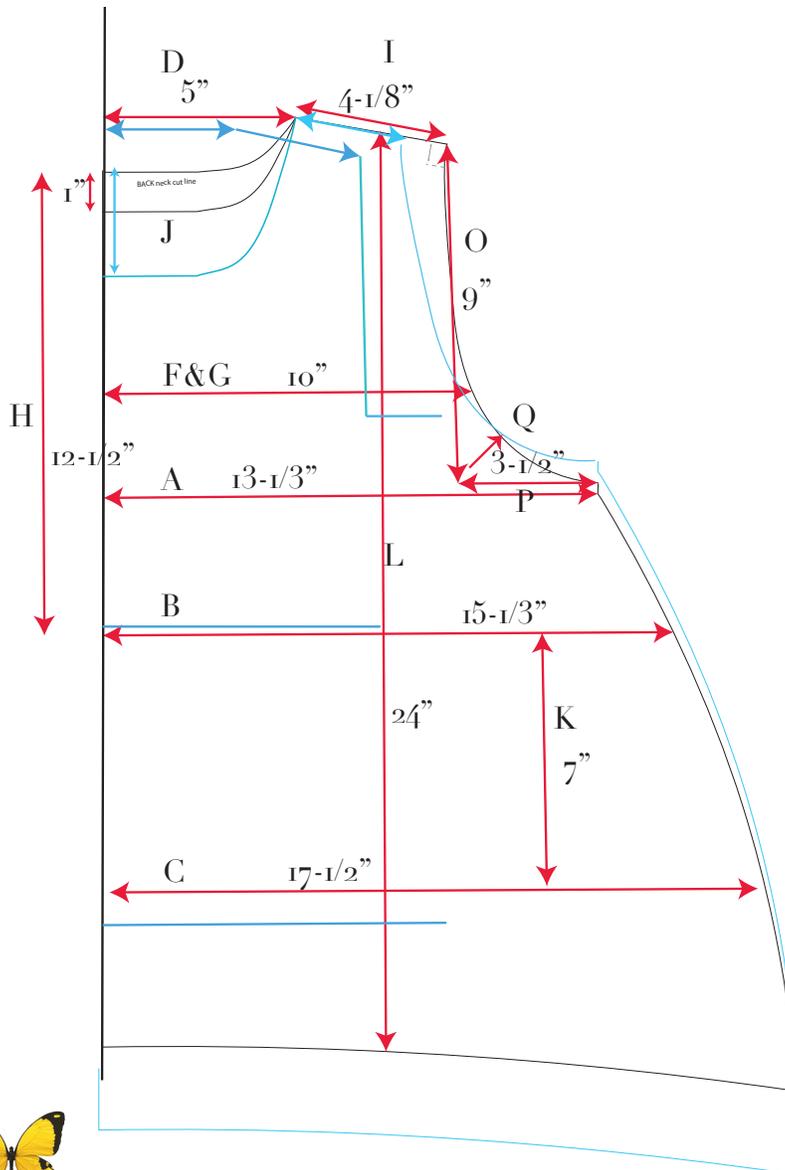
- Soft Tape measure
- Pattern Paper, preferably gridded
- Sharp pencil or mechanical pencil
- Colored pencil for marking patterns
- Eraser
- Calculator
- Paper scissors
- Clear plastic ruler (I like to use a gridded quilting ruler 3" wide x 24")
- Curved pattern making rulers French curve or any assortment of curved tools**
- Poster-board for your BLOCK
- Awl or sharp object to poke a hole into poster-board
- Notch cutter or little scissors for BLOCK marking
- Tracing Wheel
- Graphite or Transfer Paper regular sheet size
- Tape

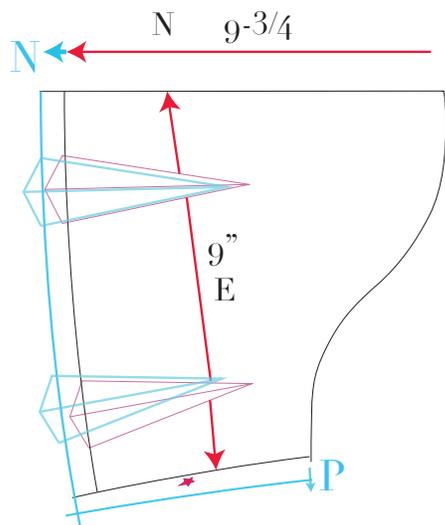
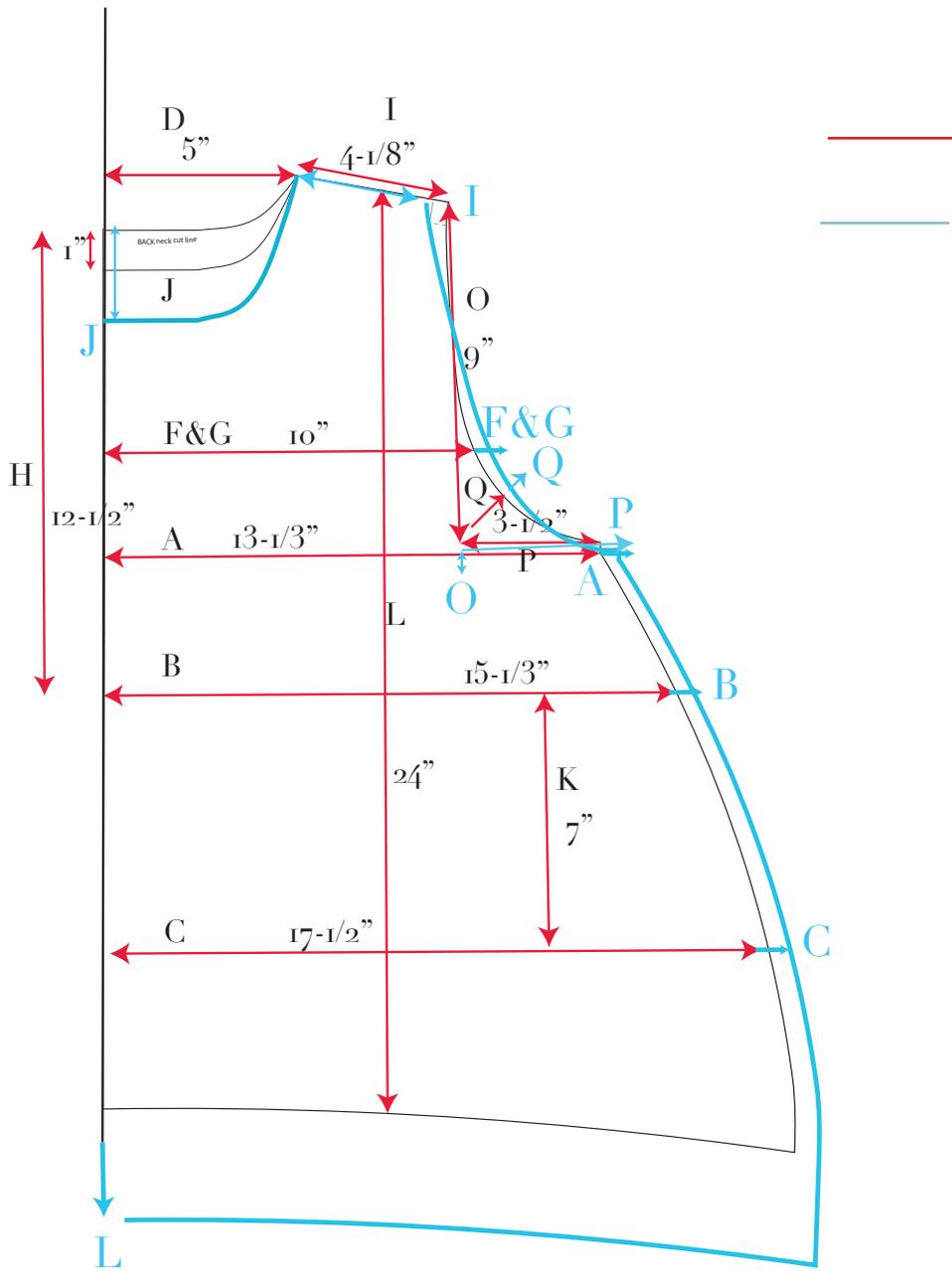
* *No need to invest in curved rulers, we can create curved lines with a few techniques.*

NOTES:

- 1 When we first measured ourselves we used a tape measure and wrapped it around our body for a full measurement. Our pattern is placed on the fold, so we need to divide the measurement by 4 (and in some cases 2) as listed to equalize the numbers.
 2. The idea here is to determine the difference in our personal preferences to the actual pattern.
 3. We need to add the seam allowance onto the garment measurements to compare to the pattern which also includes seam allowance.
 4. When we deduct the pattern measurements from the garment (preferred) measurements we get the measurement by which we adjust the pattern.
-

MEASURE MEASURE MEASURE





WORKSHOP: #0124 YOU

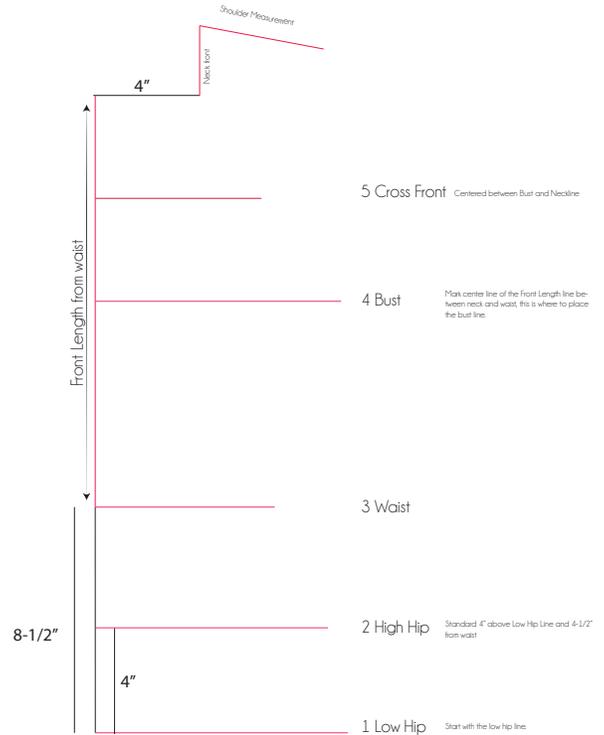
(A) MEASUREMENTS WORKSHEET					
	<i>Sew</i>				
	TINA GIVENS				
	WORKSHOP: #0124 YOU				
	MEASUREMENTS		CALCULATION WORKSHEET		
NAME					
DATE			NECK		Divided by 6
NECK			FRONT NECK		+ 1/4"
SHOULDER			BACK NECK		+ 3/8"
FRONT LENGTH			SHOULDER	<i>As measured</i>	
BACK LENGTH			FRONT LENGTH	<i>As measured</i>	
FIGURE LENGTH			BACK LENGTH	<i>As measured</i>	
FIGURE BREADTH			FIGURE LENGTH	<i>As measured</i>	
CROSS FRONT			FIGURE BREADTH		DIVIDED BY 2
CROSS BACK			CROSS FRONT		DIVIDED BY 2
BUST			BUST		DIVIDED BY 4
UNDERBUST			FRONT BUST		+ 1/4"
CUP SIZE*			BACK BUST **		-1/4"
WAIST			UNDERBUST**		+4" OR 5"***
HIGH HIP - DEPTH OF 4-1/2			CUP SIZE	Bust - Underbust =	
LOW HIP - DEPTH OF 8-1/2			WAIST		DIVIDED BY 4
SIDE			FRONT WAIST		+ 1/4"
ARMHOLE			BACK WAIST		-1/4"
			HIGH HIP at a depth of 4-1/2"		DIVIDED BY 4
* SEE CUP SIZE CHART			FRONT H.HIP		+ 1/4"
** BACK BUST - IF YOUR BACK IS ARCHED MEASURE FROM SIDE TO SIDE ACROSS BACK AT BUST CROSSOVER TO DOUBLE CHECK			BACK H.HIP		-1/4"
FRONT MEASUREMENTS: are highlighted in pink!			LOW HIP at a depth of 8-1/2"		DIVIDED BY 4
			FRONT L.HIP		+ 1/4"
			BACK L.HIP		-1/4"
			SIDE	<i>As measured</i>	
			ARMHOLE		DIVIDED BY 2
			FRONT ARMHOLE		-1/4"
			BACK ARMHOLE		+ 1/4"
			<i>Armhole exception: If front length is longer than back length, add 1/4" to front armhole and subtract 1/2" from back armhole.</i>		

CUP SIZE CHART
 1" A · 2" B · 3" C · 4" D

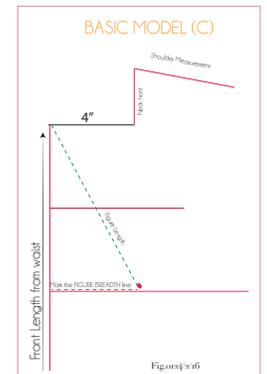
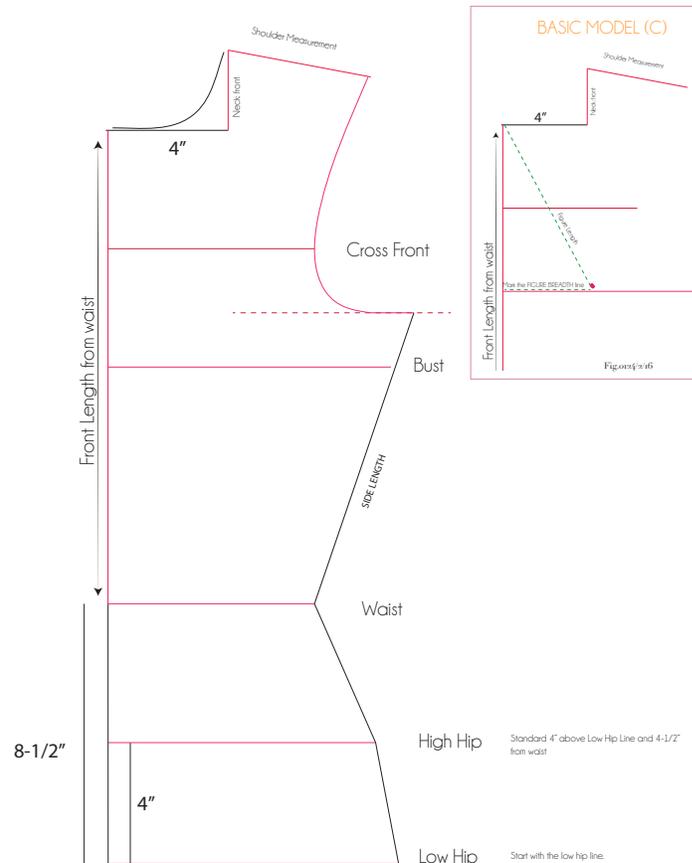
BASIC MODEL (A)

BASIC MODEL (A-B-C)

1. Begin with a straight vertical line of about 36" (91cm) close to the left hand edge of the paper.
2. At the nape of the neck draw a 'standard measurement' line of 4" (10.2cm) horizontally across at 90° angle.
3. Find the FRONT NECK LENGTH on your chart and draw again a vertical line at 90° angle from the 4" line.
4. Mark the FRONT LENGTH point from the nape of the neck downward along the front center line.
5. Draw a mark 4-1/2" down along the center line.
6. And mark the lower hip mark which is 8-1/2" from the waistline.
7. Draw the horizontal lines: Waist, Bust, High hip and Lower hip. Draw the cross front line between the nape neck line and the bust-line.
8. Draw the shoulder line as shown.
9. Draw the side line - from the waist line draw a straight line to the bust-line, and continue for the side measurement.
10. Draw lines from the waistline to the high hip and then the low hip.
11. Draw a line from the shoulder point to the cross front line, draw a dotted horizontal line across the under arm line, and draw draft curved line as shown.



BASIC MODEL (B)



Larger illustrations are found in the workbook.

DART REFERENCE CHART

WORKSHOP: #0124 YOU

(B) DART WIDTHS, CUP SIZE & SEAM ALLOWANCE CONVERSION					
<i>Sew</i>					
TINA GIVENS					
WORKSHOP: #0124 YOU					
SHOULDER DART WIDTH			SIDE DART WIDTH		
CUP SIZE	DART WIDTH		CUP SIZE	DART WIDTH	
	Inches	CM/mm		Inches	CM/mm
A	3/8"	10mm	A	3/4"	19mm
B	1/2"	12mm	B	1"	2.5cm
C	5/8"	16mm	C	1-1/4"	3.20cm
D	3/4"	19mm	D	1-1/2"	3.80cm
E	7/8"	2.25cm	E	1-3/4"	4.45cm
WAIST DART WIDTH			ARMHOLE DART WIDTH		
<i>USE difference between waist and low hip measurements, not calculations. If in-between, round up to larger dart width.</i>			CUP SIZE	DART WIDTH	
DIFFERENCE BETWEEN WAIST & LOW HIP MEASUREMENTS	DART WIDTH			Inches	CM/mm
	Inches	CM/mm	A	3/8"	10mm
14-16"	1-1/4"	3.20cm	B	1/2"	12mm
10-13"	1"	2.5cm	C	5/8"	16mm
8-9"	3/4"	19mm	D	3/4"	19mm
2-7"	3/8"	10mm	E	1"	2.5cm
0-1"	No Dart				
SEAM ALLOWANCES Conversion			CENTER FRONT DART WIDTH		
	SEAM ALLOWANCES Conversion		CUP SIZE	DART WIDTH	
	Inches	CM/mm		Inches	CM/mm
	1/4"	6mm	A	3/8"	10mm
	3/8"	10mm	B	1/2"	12mm
	1/2"	12mm	C	5/8"	16mm
	5/8"	16mm	D	3/4"	19mm
	3/4"	19mm	E	1"	2.5cm
					©TC

Finished MODEL

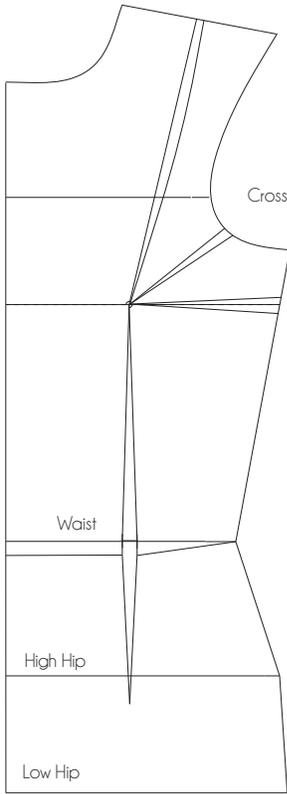


Fig.024/2/22

Creating the BLOCK
ADDING Ease

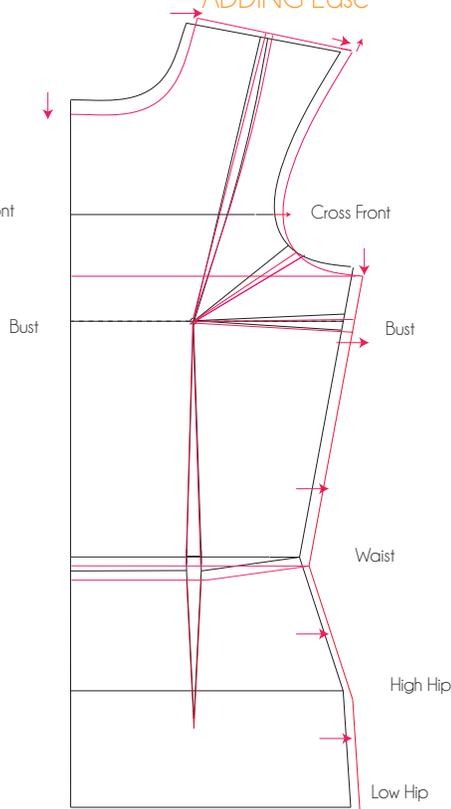


Fig.024/2/23

Creating the BLOCK

See instructions on page

50 & 51

of the workbook.

The Finished BLOCK

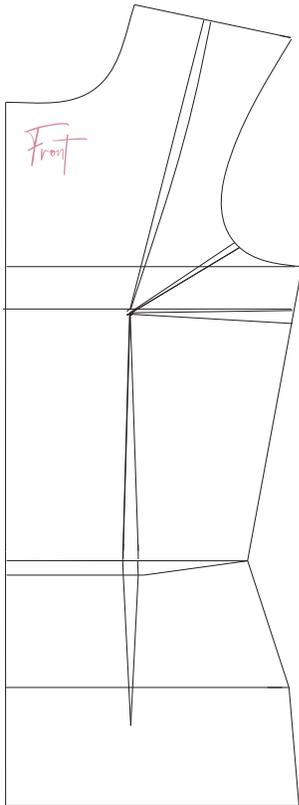


Fig.024/2/24

Back Side BLOCK

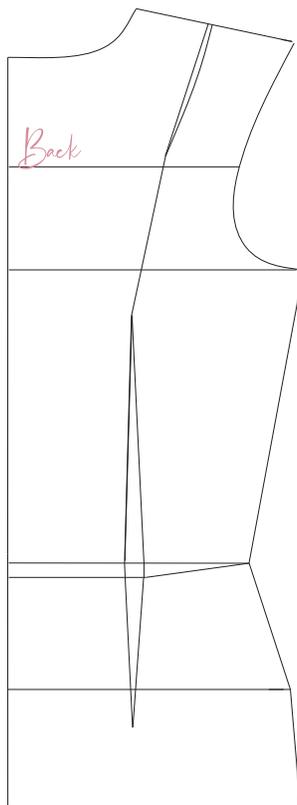


Fig.024/2/25



TRIP

Dress

Make it your own!



tina givens
WWW.SEWTINAGIVENS.COM