

- Size A \_\_\_\_\_
- Size B \_\_\_\_\_
- Size C \_\_\_\_\_
- Size D \_\_\_\_\_
- Size E \_\_\_\_\_
- Size F \_\_\_\_\_
- Size G \_\_\_\_\_
- Size H \_\_\_\_\_
- Size I \_\_\_\_\_
- Size J \_\_\_\_\_
- Size K \_\_\_\_\_



ABC	DE	FGH	I	J	K
18	18	18	18	18	18
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K	J	I	H	G	F	E	D	C	BA
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K	J	I	H	G	F	E	D	C	BA
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50	50	50	50	50	50	50	50	50	50



Back - Cut 1 pair

A0 - Copy Shop Version  
For personal use only.  
Not to be used for commercial purposes.  
3/8in seam allowance  
5/8in seam allowance on side seam and centre back

No hem allowance



Front (B Cup) - Cut 1 on fold

A0 - Copy Shop Version  
For personal use only.  
Not to be used for commercial purposes.  
3/8in seam allowance  
5/8in seam allowance on side seam and centre back

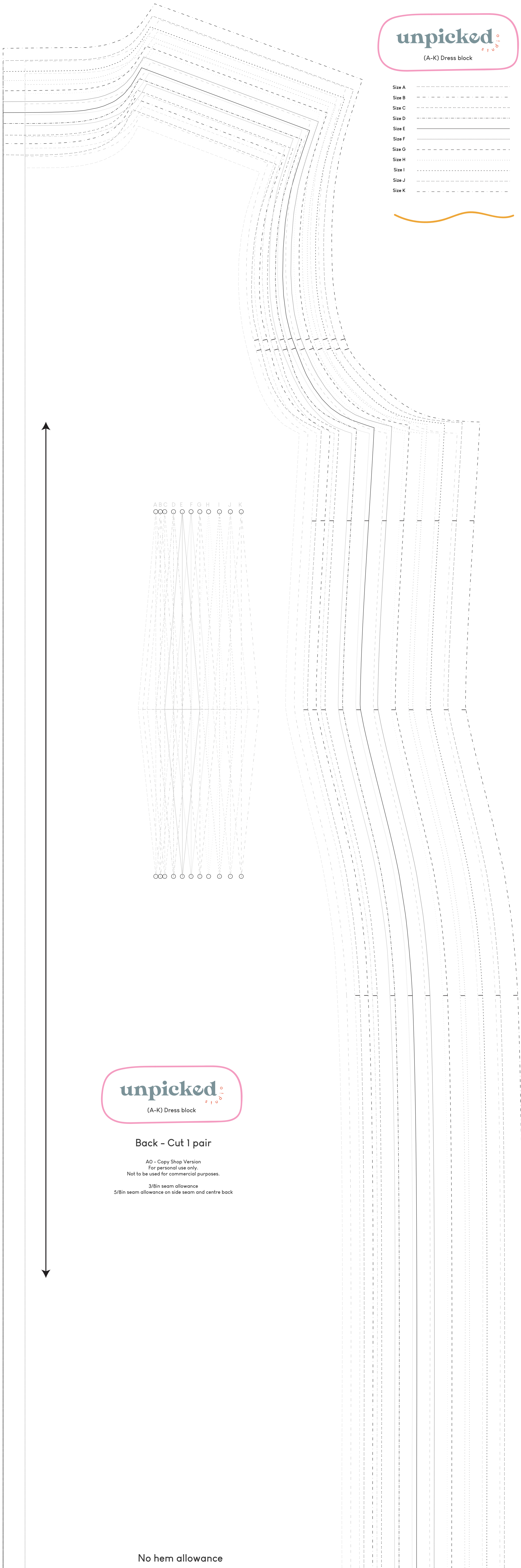
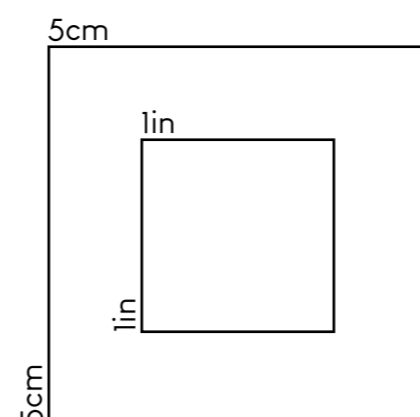
No hem allowance

Cut on fold

unpicked

(A-K) Dress block

- Size A
- Size B
- Size C
- Size D
- Size E
- Size F
- Size G
- Size H
- Size I
- Size J
- Size K



unpicked

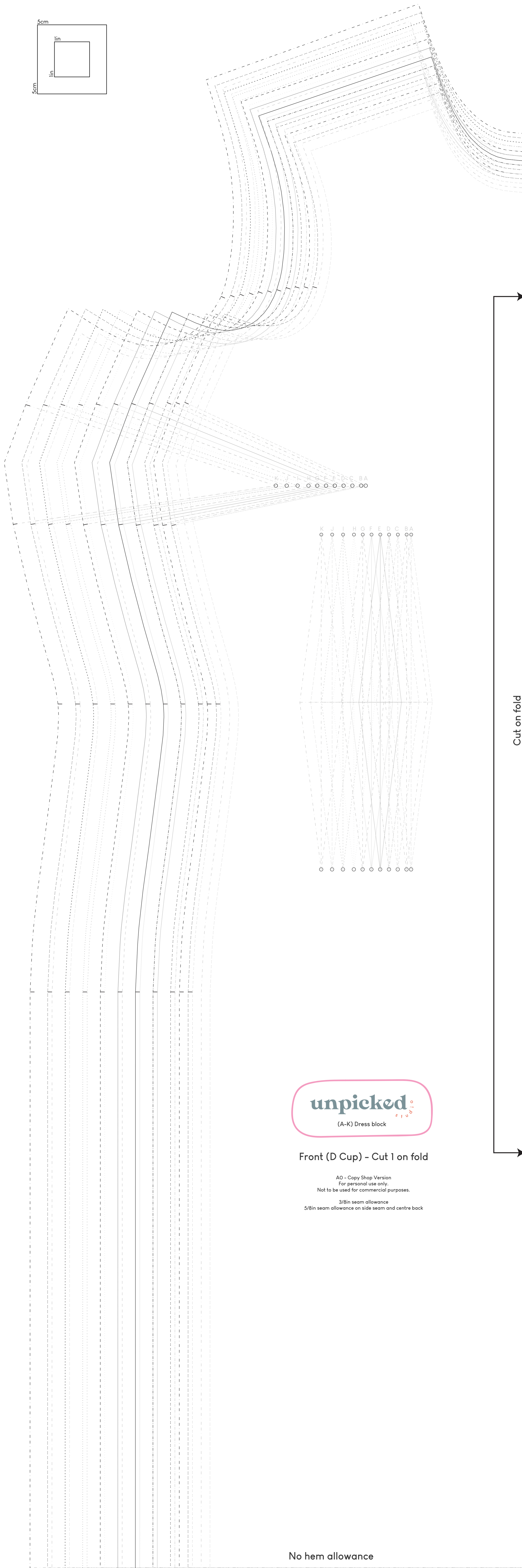
(A-K) Dress block

Back - Cut 1 pair

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3/8in seam allowance  
 5/8in seam allowance on side seam and centre back

No hem allowance



unpicked

(A-K) Dress block

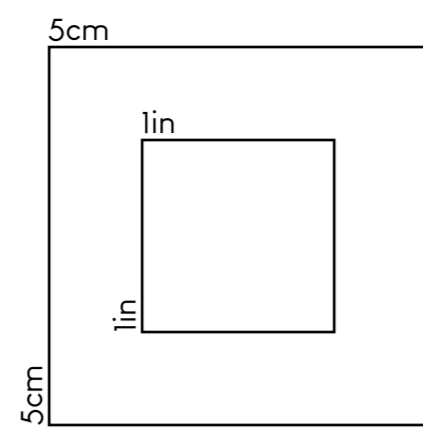
Front (D Cup) - Cut 1 on fold

A0 - Copy Shop Version  
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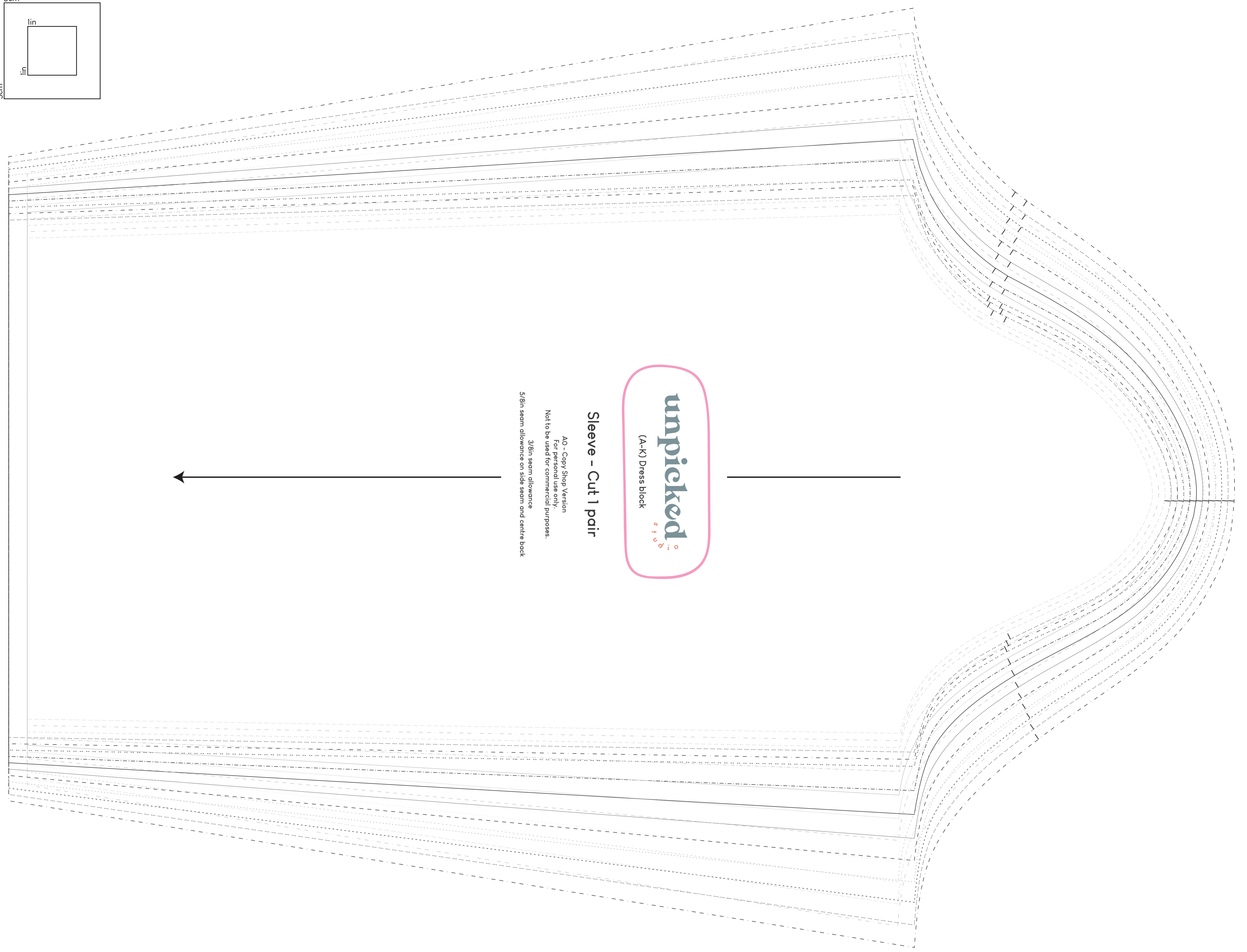
3/8in seam allowance  
 5/8in seam allowance on side seam and centre back

No hem allowance

Cut on fold



- Size A
- Size B
- Size C
- Size D
- Size E
- Size F
- Size G
- Size H
- Size I
- Size J
- Size K



Sleeve - Cut 1 pair

4x Copy/Draft Version  
For personal use only.  
Not to be used for commercial purposes.  
3/8in seam allowance  
5/8in seam allowance on side seam and centre back

(A - K) Size chart

centimetres		A	B	C	D	E	F	G	H	I	J	K
high bust/chest		72	75	77	82.5	87.5	92.5	97.5	102.5	107.5	112.5	117.5
bust/chest - B cup		77	80	82.5	87.5	92.5	97.5	102.5	107.5	112.5	117.5	122.5
bust/chest - D cup		82.5	85	87.5	92.5	97.5	102.5	107.5	112.5	117.5	122.5	127.5
waist		59.5	62	65	70	75	80	85	90	95	100	105
hip		84	88.5	89	94	99	104	109	114	119	124	129

inches		A	B	C	D	E	F	G	H	I	J	K
high bust/chest		28 1/2	29 1/2	30 1/2	32 1/2	34 1/2	36 1/2	38 1/2	40 1/2	42 1/2	44 1/2	46 1/2
bust/chest - B cup		30 1/2	31 1/2	32 1/2	34 1/2	36 1/2	38 1/2	40 1/2	42 1/2	44 1/2	46 1/2	48 1/2
bust/chest - D cup		32 1/2	33 1/2	34 1/2	36 1/2	38 1/2	40 1/2	42 1/2	44 1/2	46 1/2	48 1/2	50 1/2
waist		23 1/2	24 1/2	25 1/2	27 1/2	29 1/2	31 1/2	33 1/2	35 1/2	37 1/2	39 1/2	41 1/2
hip		33	34	35	37	39	41	43	45	47	49	51

(A - K) Finished garment measurements

centimetres		A	B	C	D	E	F	G	H	I	J	K
high bust/chest		78	80.5	83	88	92.25	96.25	100.25	108.5	113.5	118.5	123.75
bust/chest - B cup		82.75	85.25	87.75	93	96	103	108	113.25	118.25	123.25	128.5
bust/chest - D cup		87.75	90.25	92.75	97.75	102.75	108	113	118.25	123.25	128.25	133.5
waist		67.75	70.25	72.75	77.75	83	88	93	98.25	103.25	108.25	113.5
hip		91	93.5	96	101.25	106.25	111.25	116.5	121.5	126.5	131.75	136.75
bicep		37	38	38.5	39.75	41.25	42.5	43.75	45	46.25	47.5	48.75

inches		A	B	C	D	E	F	G	H	I	J	K
high bust/chest		30.58	31.58	32.58	34.58	36.58	38.58	40.58	42.58	44.58	46.58	48.58
bust/chest - B cup		32.58	33.58	34.58	36.58	38.58	40.58	42.58	44.58	46.58	48.58	50.12
bust/chest - D cup		34.12	35.12	36.12	38.12	40.12	42.12	44.12	46.12	48.12	50.12	52.12
waist		26.58	27.58	28.58	30.58	32.58	34.58	36.58	38.58	40.58	42.58	44.58
hip		35.78	36.78	37.78	39.78	41.78	43.78	45.78	47.78	49.78	51.78	53.78
bicep		14.58	15	15.12	15.58	16	16.58	17.12	17.58	18.12	18.58	19.12

Week 1

Measurements and choosing a pattern size

When taking measurements, ensure the tape measure is sitting close to your body but don't pull it too tight or breathe in, it should feel comfortable. It's good to wear the underwear you're likely to wear with the garment, as this can alter things like bust apex position and the overall measurements. If you have a fitted garment, it helps to sit down and try the waist and hip again.

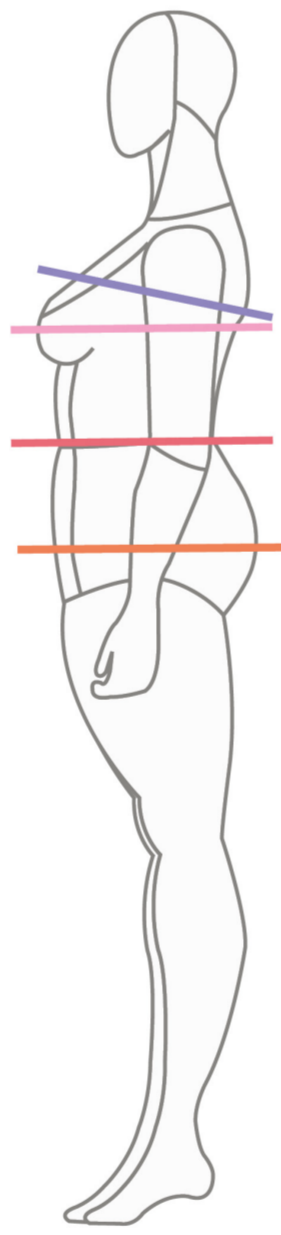
**High bust/chest** - Place the tape measure as high as possible under your arms, above your bust/chest and underneath the shoulder blades on your back.

**Full bust/chest** - Measure the fullest part of the bust/chest, keeping the tape flat and straight along your back.

**NOTE:** traditionally, if you read bust on a measurement chart, it means full bust. Not all charts include a high bust measurement.

**Waist** - Place the tape measure at your natural waistline. It's usually the smallest part of your torso. If you're having trouble finding your waist, lean over to one side and feel where your body bends.

**Hip** - Approx 21cm (5 1/4") below the waist. This is your low hip rather than the hipbone. It should be the widest part of you, usually around the bum. Make sure it's straight across the body and parallel to the floor. If you're making a fitted garment and find that patterns are usually tight across the hips, it can help to take a diagonal measurement to ensure enough room.



Write down your measurements

HIGH BUST/CHEST: \_\_\_\_\_ cm/inches  
 BUST/CHEST: \_\_\_\_\_ cm/inches  
 WAIST: \_\_\_\_\_ cm/inches  
 HIP: \_\_\_\_\_ cm/inches

Check your SEWING CUP size

Why is high bust/chest important?

The HIGH BUST/CHEST measurement helps calculate the sewing cup size. It's different to a regular 'bra cup size', so it's worth checking yours! (Even if there isn't a measurement for the high bust/chest on the sewing pattern.)

When sewing close-fitting garments, it is best to focus on the HIGH BUST/CHEST measurement when selecting which size to sew, because it is easier to start with the correct HIGH BUST measurement and adapt the BUST size (by doing a bust adjustment) than vice versa. And you can blend between sizes for the WAIST and HIP too.

To calculate your sewing cup size - take your HIGH BUST/CHEST measurement away from your BUST/CHEST measurement and calculate the difference. 2.5cm (1") = 1 cup size.

2.5cm / 1 inch - A CUP  
 5cm / 2 inches - B CUP  
 7.5cm / 3 inches - C CUP  
 10cm / 4 inches - D CUP  
 12.5cm / 5 inches - E CUP  
 15cm / 6 inches - F CUP

Typically most sewing patterns are drafted as a B CUP unless stated otherwise. If your measurements differ, you may need to do a FULL BUST ADJUSTMENT (FBA) or a SMALL BUST ADJUSTMENT (SBA), but if the pattern has a lot of design ease in it, then you may not need to.

The unpicked pattern block has a B and D CUP, so you can select the right size for you. However, you may still need to do an FBA or SBA. If you do, follow the instructions in the BUST ADJUSTMENTS lesson.

Sewing cup size calculation

A - BUST/CHEST measurement \_\_\_\_\_  
 B - HIGH BUST/CHEST measurement \_\_\_\_\_  
 SEWING CUP SIZE [A-B] = \_\_\_\_\_

Week 2

Body Measurements

SNP\* to BUST/CHEST: \_\_\_\_\_  
 BUST/CHEST to WAIST: \_\_\_\_\_  
 WAIST to HIP: \_\_\_\_\_

SNP\* to BUST/CHEST

A Your body measurements: \_\_\_\_\_  
 B Pattern measurements: \_\_\_\_\_  
 Difference [A - B] = \_\_\_\_\_

BUST/CHEST to WAIST

A Your body measurements: \_\_\_\_\_  
 B Pattern measurements: \_\_\_\_\_  
 Difference [A - B] = \_\_\_\_\_

WAIST to HIP

A Your body measurements: \_\_\_\_\_  
 B Pattern measurements: \_\_\_\_\_  
 Difference [A - B] = \_\_\_\_\_

Fitting notes

Length - BUST, WAIST, HIP LINES

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 .....

**Back**  
 .....

**Shoulders**  
 .....

**Neckline**  
 .....

**Armhole**  
 .....

**Bust/chest (inc apex)**  
 .....

**Waist and hip width**  
 .....

**Sway back**  
 .....

**Balance**  
 .....

**Sleeves**  
 .....

**Other notes:**  
 .....