

| Measurement name | Total measurement | Half measurement | Stated other Measurement Used to plan armhole | Total Ease allowed | Half ease allowed | Notes |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Cross back cm |  |  | This measurement is used to plan armhole (Half cross back + half ease) = | 2.0cm (13/16") guideline |  | The final ease here will be dictated by your armhole shaping so asses later |
| Cross back Inches |  |  |  |  |  |  |
| Neckline measurements - measure around the base of the neck, back neck depth, front neck depth and front neckline width are all proportions of the neck base girth, this is a measurement that should be taken loosely. |  |  |  |  |  |  |
| Name | Total measurement | Width of back neck = Total measurement divided by $6+2$ cm (13/16") ease | Width of front neck line I the same as back | Front neckline depth Total measurement divided by $6+2$ cm (13/16") ease | NOTES |  |
| Neck base girth cm |  |  |  |  | The ne shaping adjuste toile to individ | ine an be on the it needs |


| bsie |  |
| :---: | :---: |

## Planning the armhole

|  | Total measurement | $\begin{aligned} & \text { Armhole girth + } \\ & 2.5 \mathrm{~cm}((1 ") \\ & \text { ease / } 6 \\ & \hline \end{aligned}$ | Armhole girth $+2.5 \mathrm{~cm}\left(1{ }^{\prime \prime}\right)$ ease / 4 |  | Notes: |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Armhole girth cm |  |  |  |  | It is necessary to have at least this quantity ease added to allow for the correct shoulder slope and also arm movement. |
| Armhole girth inches |  |  |  |  |  |
| Armhole/ scye Width cm |  |  |  |  |  |
| Armhole/ <br> scye <br> Width Inches |  |  |  |  |  |
| Shoulder Line back cm |  |  |  | Suggested ease $0.4-1 \mathrm{~cm}(3 / 16$ 3/8") |  |
| Shoulder Line back inches |  |  |  | (3/16-3/8") |  |
| Shoulder line front cm |  |  |  |  | Take 1.5 <br> cm <br> (9/16") <br> away <br> from <br> back <br> shoulder <br> to get <br> front <br> shoulder |
| Shoulder line front inches |  |  |  |  |  |

Waist line suppression

| Measurement <br> name | Total <br> measurement | Half <br> measurement | Stated other <br> Measurement <br> Waist level on <br> block - half <br> waist plus half <br> ease = total <br> quantity of <br> suppression to <br> reduce the <br> block by | Total Ease <br> allowed | Half <br> ease <br> allowe <br> d |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Waist cm |  |  |  | Notes |  |  |
| Waist Inches |  |  |  | Half waist <br> plus half <br> ease <br> $=$ |  |  |
| Dart <br> distribution | CF waist |  |  |  | Notes |  |
| cm |  | Side seam | Back waist | total |  |  |


|  |  |  |  |  | portion in the front <br> block this figure <br> should be around 5 <br> cm (2 inches) for a <br> size 12 <br> Place between 2 <br> and 3 cm (13/16-1 <br> $3 / 16$ ") at the side <br> seam and the rest <br> at the back. Use <br> your judgement to <br> adjust the <br> proportions <br> accordingly as the <br> sizes change. |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Inches |  |  |  |  |  |

