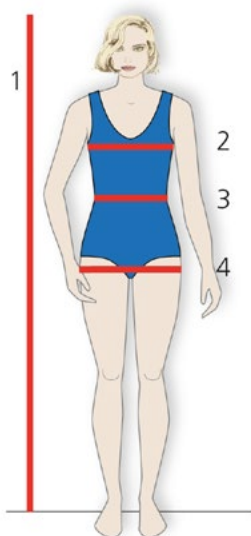
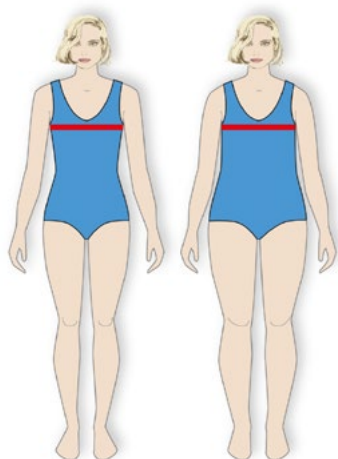


# How do I take the measurements correctly?



## FIRST OF ALL

When using a new cut, it is always necessary to first study the size table carefully. Do the measurements of one size match mine? Do darts have to be shifted in height, or am I willing to compromise? In most cases, two sizes must be worked for the upper and lower part. Where are my problem zones? Abdomen, thighs, upper arms? The better you know yourself, the easier it is to judge a cut. It is helpful to measure a few tightly fitting favourite pieces from the wardrobe and compare them with the new cut. This is the quickest way to see where something might be too little or too much, and you can plan for more or less allowance in these places. If you are unsure, it is advisable to sew a prototype in a similar material.

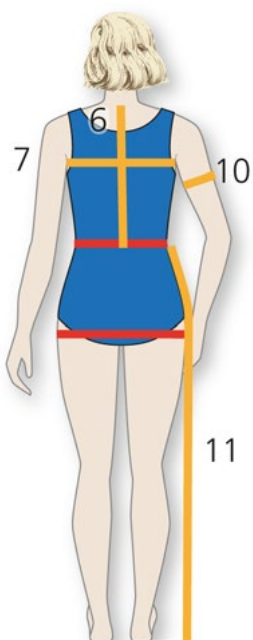
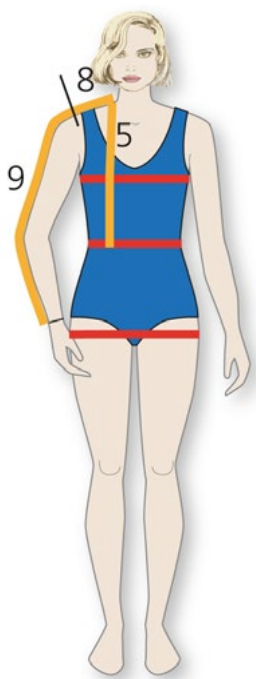
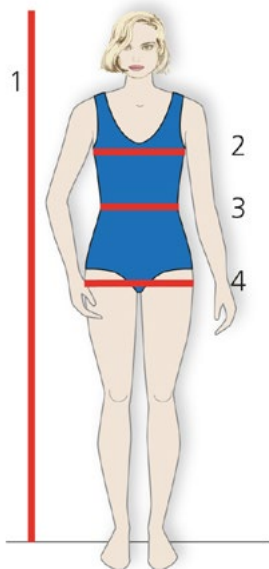
A big mistake, however, would be to take a cut exactly according to this table, or to adapt existing cuts to it! Each cut contains more or less comfort features, fashion/model-dependent adjustments, or in the case of trousers a deeper crotch and different waistband heights, to name just a few!

## WHAT SIZE FOR WHICH MODEL?

For tops the size is selected according to the bust size, for trousers and skirts according to the hip size. If the measurements are somewhere in the borderline area, you have the choice whether the garment should be looser or tighter fitting. For dresses, the cut is also selected according to the bust, but then a smooth blending is drawn between the size lines of the cut, as shown in the drawing (red line). Our example shows a bust size of size 36 and a hip size of size 40.



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## TAKING THE MEASUREMENT

Measurements are taken in underwear in the places shown in the drawing, in normal posture - without holding your breath. It is enough to measure the main measurements (1-4) and only in case of fit problems, or knowledge of figure deviations, the remaining measurements should be taken into account.

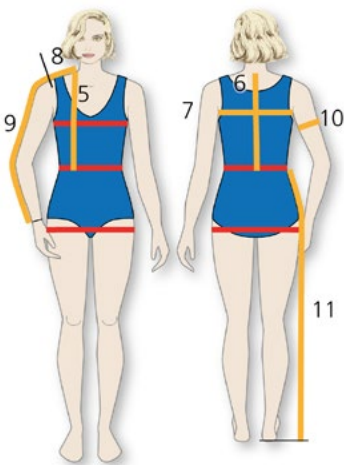
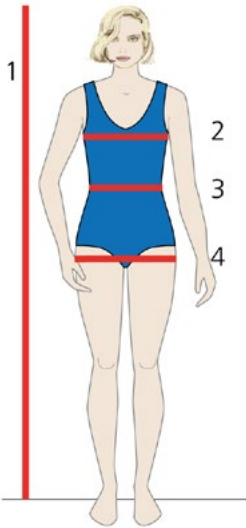
1	FOR BODY HEIGHT 168 CM	36	38	40	42	44	46	48
2	Bust	84	88	92	96	100	104	110
3	Waist	67	71	75	79	83	87	92
4	Hip	93	96	99	102	105	108	114
5	Front length	43	44	45	46	47	48	49
6	Rear waist length	41	41,5	42	42	42	42	43
7	Back width	34,5	35,5	36,5	37,5	38,5	39,5	41
8	Shoulder width	12	12	12	12,5	12,5	12,5	13
9	Arm length	60	60	60	60,5	60,5	61	61
10	Upper arm circumference	27	28	29	30,5	31,5	32	34
11	Side length	106	106	106	106	106	106	106

1. From tip to toe
2. Over the widest point, slightly raised at the back
3. Slimmest body width
4. Strongest part of the bottom
5. From the base of the neck over the top of the chest to the lower edge of the waist band
6. From the lower cervical vertebra (protruding cervical vertebra, the one that is most prominent when the head is bowed forward) to the lower edge of the waist band
7. With hanging arms from arm crease to arm crease
8. From neck base to arm ball (top shaping)
9. From arm ball to wrist
10. Widest part of the upper arm
11. From lower edge waist band to the floor

**Attention:** These measurements are not to be remeasured in any cut! There will always be comfort allowances and model-dependent changes.

Larger measurement deviations from the measurement table must of course be taken into account in the cut. However, experienced sewers, who have sewn cuts of a brand many times, know exactly where something must be changed for their own needs. And all those who have table measurements are off the hook anyway. For all others, we will demonstrate [here](#) how sizes are adjusted.

# My personal Measurements



For comparison with the cut pieces, the half (for easier calculation) or quarter-width measurements are to be entered in the table.

	MY MEASUREMENTS	OVERALL	1/2	1/4	CORRESPONDS SIZE
1	Body height		-----	-----	
2	Bust size				
3	Waist measurement				
4	Hip measurement		-----	-----	
5	Front length		-----	-----	
6	Rear waist length			-----	
7	Back width		-----	-----	
8	Shoulder width		-----	-----	
9	Arm length				
10	Upper arm circumference				
11	Side length				