# MY BODY TEMPLATE:

## Alternative Pattern Making system for home sewers



The body template system has been developed to enable and encourage home sewers to make their own patterns using a simplified and innovative pattern making system.









**DEBRA LARAMAN** 

#### MY BODY TEMPLATE

The system is easy to follow and for many garment designs you simply draw around the template. The system works best on stretch fabrics however woven fabrics can also be used, depending on the style and how much ease you include. This booklet will take you through the step-by-step instructions to make the template. Instructions are available for a wide range of designs so you can quickly master the process and learn how to make your own patterns. I recommend you quickly read the instructions first prior to starting and then decide if you wish to follow the step by step instructions or work from the one page diagram at the end. Depending on your learning style you may prefer to work with the whole process in mind or follow the process step by step. When taking your measurements, I recommend you wear your regular style underwear and lightweight clothing such as a t-shirt and leggings as the measurements you take will become your personal body template and any garments you make, will be made to fit these measurements

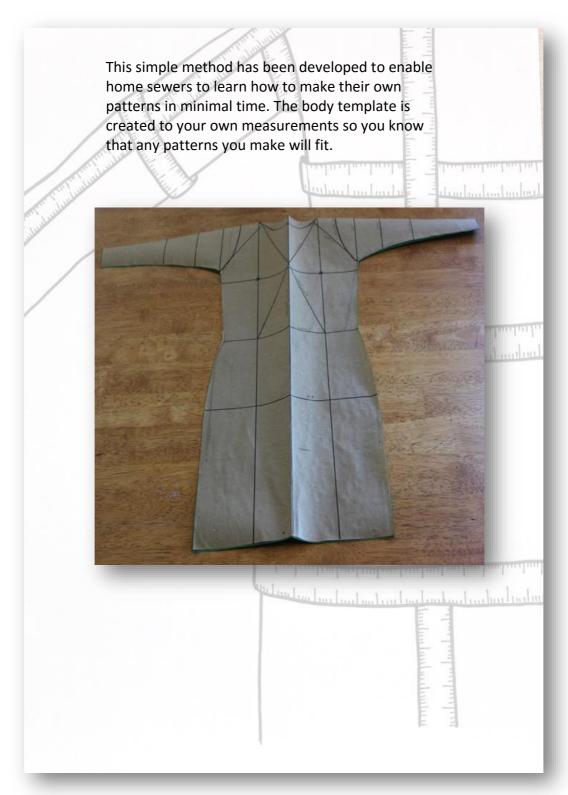


#### **About the Author**

Debra Laraman, (MA & D), is an experienced fashion designer, educator and maker. She has over 20 years' experience heading up the fashion, art and design departments in the Tertiary Education sector in New Zealand. Deb is passionate about design and education, striving to create systems that enable everyone from a novice to an experienced maker, to develop skills and confidence. The step-by-step instructions are easy to follow and once you have created your own body template you will be guided through how to use the template and make patterns.



# Creating your body template.



- Tape measure
- Pencil or pen.
- Long ruler
- Large sheet of card, paper (or join paper together), You may can also use newsprint or craft paper on a roll.
- Paper to write your measurements on or download the, my body template form

## Let's begin!

Prepare your newsprint or card. Cut a sheet of paper, newsprint or card that is approximately 1.5 metres long and 1.5 metres wide. Note: this will be referred to as your "paper". Fold your paper in half with the fold line positioned lengthwise (vertical).

#### Step 1. The shoulder line-

Measure across your shoulders from the widest point (shoulder point to shoulder point). Divide this measurement in half.



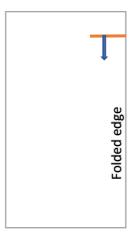
Starting approximately 10 cm from the top of your paper place your ruler on the fold and rule a horizontal line to transfer your (½) measurement on to your paper (refer image below)



Step 2 - shoulder to bust-line

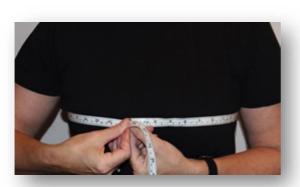


Using your tape, measure from your shoulder line to your bust point. (for example this might be 26cm). Transfer the measurement to your paper by measuring down from the shoulder line (vertically) and mark this position on your paper.



#### Step 3 - bust line

Hold the tape over the widest part of your bust (ensure the tape is not tight). Divide this measurement by 4 ( $\frac{1}{4}$ ) For example, 104 divided by 4 = 26 cm.



Transfer this measurement to your paper by ruling a horizontal line from the fold along the bust line position, that you marked in step 2. Write "bust line" at this position on your paper

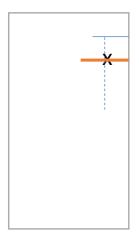
Step 4. Bust point

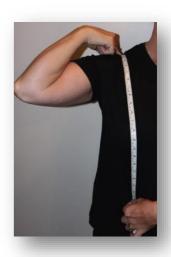
Mark your bust point. To do this, measure between your bust points (nipples) and divide this amount by two. For example, 20cm divided by 2 equals 10cm. Transfer, this measurement to your bust line by measuring out from the fold line and marking the paper with a cross.



## Step 5 locating your Waistline

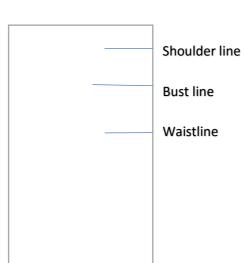
Measure down from your shoulder line to your waistline, making sure you do not pull the tape tightly over your bust. This position should be your natural waistline and is generally just above your navel. However, each person is unique so it needs to be where you would comfortably wear a waistband or belt. Transfer this measurement to your paper by measuring down from the shoulder line and marking this place on your paper.





#### Step 6 - waist

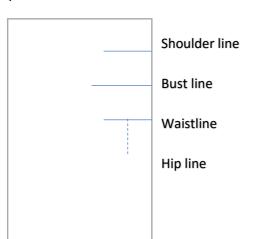
Measure around your waist. This is the smallest part of your waist. Make sure you do not pull the tape tight, this needs to be your actual measurement. Divide this measurement by 4 (¼) Place your ruler at the waistline position on your paper and measure out from the fold. Draw this line in pen and record as "waistline "on your paper.





## Step 7 - locating the lower hip line

Measure from your waistline to your lower hipline. This position should be at the widest part of your hips. Do not be surprised if this is quite low, as depending on your figure type this could vary dramatically. Transfer this position to your paper by measuring down from the waistline and marking the spot with an "x"





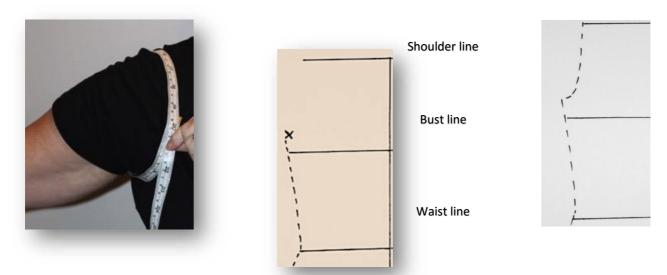
Step 8 - lower hipline

Measure around your hips at the widest position. Ensure the tape is positioned loosely over your hips and buttocks at the widest point. Divide this measurement by 4 (¼) and transfer to your paper by placing a ruler horizontally at the hip line position and measuring out from the fold. Rule this line in pen and name it "lower Hip line"



#### Step 9 under arm

Measure your underarm by placing the tape under your arm; ensuring you have sufficient room, (think of it as the sleeve of the garment). Divide this measurement by two.



Join the side body from the underarm to the waistline Measure down this amount (half your underarm) from the shoulder point, pivoting towards the width of the bust line... (and mark the paper with a X to indicate the position of the underarm. Draw a slightly curved line from the shoulder point to the underarm position.

### Step 10 arm length

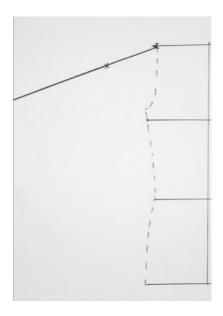
Measure the length of your arm from the shoulder point to your wrist. Refer to this as SW1 (shoulder to wrist). Transfer this measurement to your paper by placing your ruler at the shoulder point and pivoting out the ruler around 45 degrees (a guesstimate only!) the angle does not matter as long as it angled away from your body. Rule the line from shoulder to wrist



## Step 11 arm width

Measure from the shoulder point to the widest part of the arm (bicep), refer to this as SB1 (shoulder to bicep).





Step 12 - arm width -

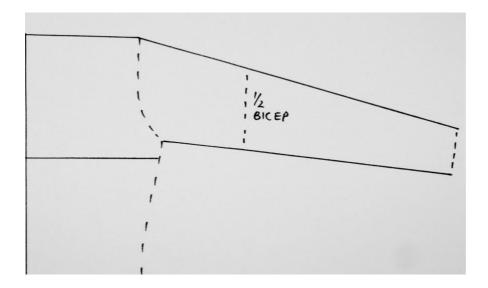


Measure your arm at the widest part (bicep). Divide this measurement by 2, refer to this as B1 (bicep 1).

Step 13 wrist

Measure your wrist and divide this by two then add 2cm for ease; refer to this as W1 (wrist 1)

Transfer these measurements to your paper by measuring down these amounts, and then ruling a line from wrist to the underarm position, you marked on your paper in step 9 (note image below is flipped with the fold line on the left)



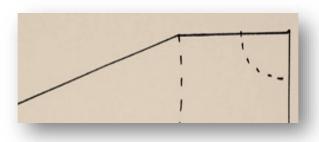
Measure the width of your neck by positioning the tape either across the front of your neck. Divide this measurement by two ( $\frac{1}{2}$ ). Mark this position with an "x" on your shoulder line, by measuring from the fold line. Refer to this as measurement as N1



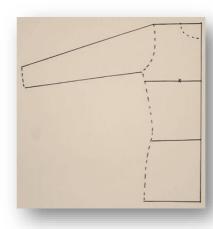
Step 15 neckline depth

Measure down from the shoulder line to just below your collar bone, or where you usually like a high neckline to be. Transfer this measurement to the paper, by measuring down from the shoulder line along the fold line and then mark this position on the paper.





Join the two positions together using a slightly curved line, to indicate the neckline. Your template should look similar to the image (right).



#### Step 16 knee length

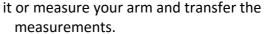
Measure down from your waistline to your knee. Mark this position on your paper and draw a horizontal line from the fold line across your paper. Place your ruler at the lower hip line position and draw a vertical line to connect with the knee line.

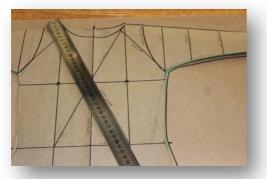
#### Complete your template.

Join all lines on your body template and reinstate in black pen, transfer the lines to the other side and then cut out. Your body template should look similar to the below. Note that you may wish to add a range of necklines and sleeve lengths and hemlines to your template.

#### Step 16

Open up your paper and transfer any markings to both sides. You can also add the V-neck and wrap over lines as indicated below or add a range of sleeve lengths such as singlet, elbow and short sleeve. You can place a garment on top of your template and draw around







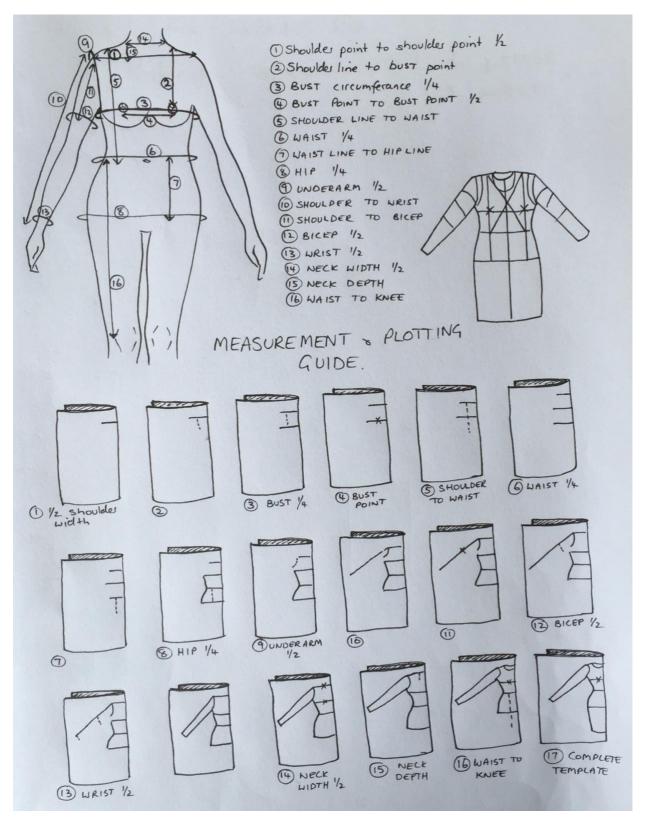


Congratulations, you now have a template of your body, which will enable you to make unlimited designs. However, you will first need to ensure the template fits, so I recommend you draw around your template onto a knit fabric adding 1 cm all the way around, sew up using an over locker or plain sewer and try it on. Mark any changes that are needed directly on your fabric toile and then adjust your template as and if required. You are now ready to start creating designs using your personal body template. Check out the instructions for a range of designs, or try your hand with the free down loads available on the website. Happy sewing!

## My body template measurements Record your measurements here

Bust1/4
Shoulder to waist
Shoulder to bust line
Bust point to bust point1/2
Waist1/4
Shoulder to bicep
Bicep (BC11/2
Wrist (W1) <sup>1</sup> / <sub>2</sub> plus 2cm
Shoulder to hip
Shoulder to wrist
Neck width1/2
Shoulder width1/2.
Shoulder line to collar bone

#### **QUICK GUIDE**



This simple one page document is a quick guide to the process, which may be a useful reference.