

MY BODY TEMPLATE

The simple way to make garments that fit your body.



DEBRA LARAMAN

Introduction- Fashion and Making

Contemporary fashion has a relaxed and comfortable style that fits with the modern lifestyle. Advances in fabric technology has enabled fitting issues to be minimised with the stretch fabrics and relaxed style lines. However, Globalisation and off shore production has made standard sizing a thing of the past and consumer choice has been eroded as the same styles appear across the high street and across the world.

Making your own garments allows you to have choice as you can design your own styles in the fabrics of your choice and ensure a perfect fit. Many home sewers buy commercial patterns but find that the styles they want are not available and the fit does not work for them and this can lead to unsuccessful outcomes as the patterns have to be adapted. Patternmaking systems can be difficult to learn, with over complicated process that were designed for a manufacturing environment and to produce consistent sizing.

However, many fashion styles have minimal differences in the front or back of the garments and with relaxed style lines, volume and/or stretch fabrics allowing easy fitting,

About the Author

Debra Laraman, (Master of Art and Design), 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 and is an award-winning designer and author. 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 to make a range of designs or patterns. The body template system allows you work directly onto fabric without the need to make patterns, however you may want to make paper patterns so you have a duplicate of the design for quick use in the future.



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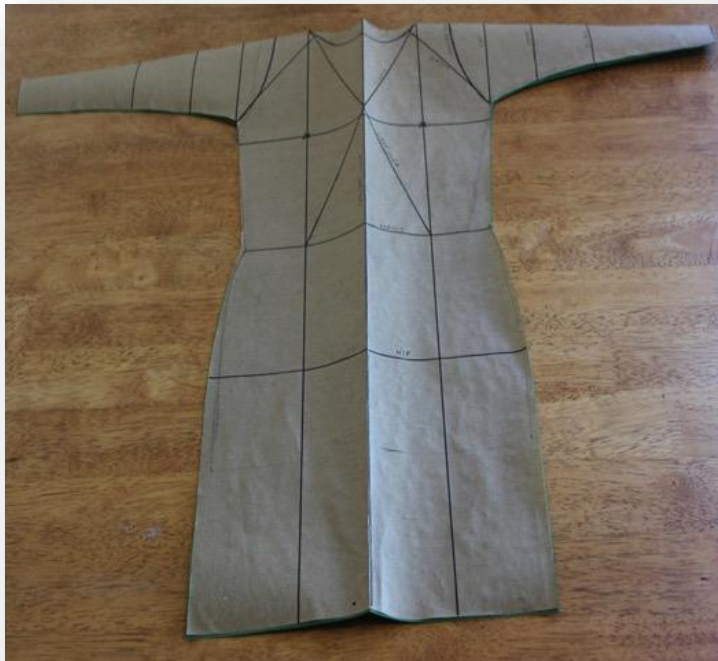
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MY BODY TEMPLATE

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 and then show you how to use it by making some simple designs. Once you understand the concept you will be able to easily make your own patterns.

Before you start I recommend you read the instructions as depending on your learning style you may prefer to follow the step by step instructions at the beginning of the book, or use the simplified version at the end.

When taking your measurements, we 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.



This simple method has been developed to enable home sewers to learn how to make their own patterns in minimal time. The body template is created to your own measurements so you know that any patterns you make will fit.

Creating your body template.

Equipment you need

- Tape measure
- Pencil or pen.
- Long ruler
- Large sheet of paper approx. 1.5 metres long and 2 metres wide.
- Paper to write your measurements on or download the, my body template form

Let's begin!

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 ($\frac{1}{2}$) measurement on to your paper (refer image below)



Step 2 - shoulder to bust-line

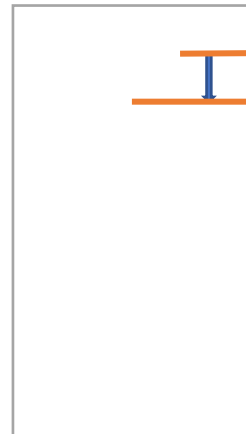


Using your tape, measure from your shoulder line to your bust point. (for example this might be 26cm). Transfer the measurement to your paper by measuring down from the shoulder line (vertically) and mark this position on your paper.



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

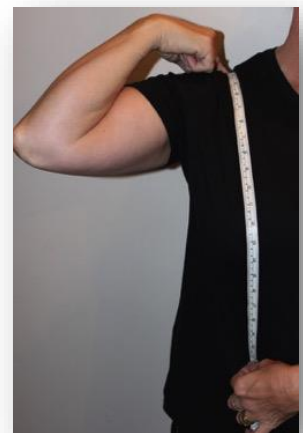
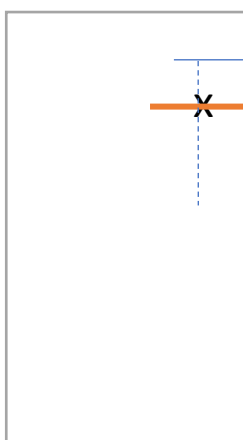
Step 4. Bust point

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.



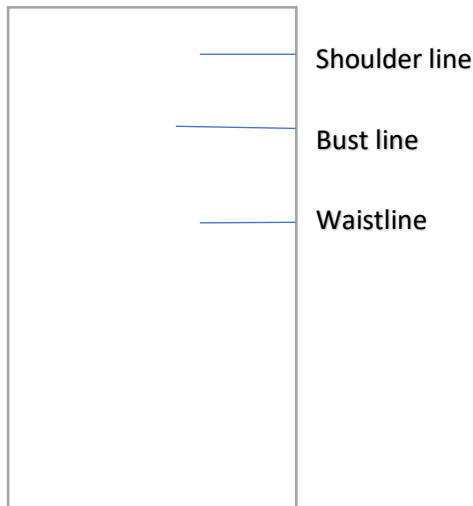
Step 5 locating your Waistline

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.



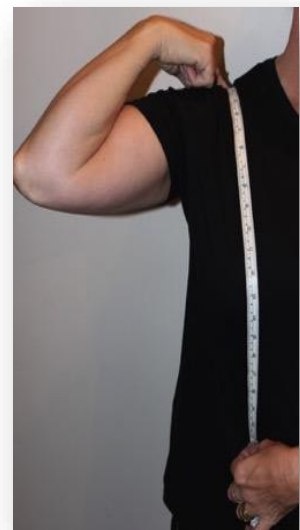
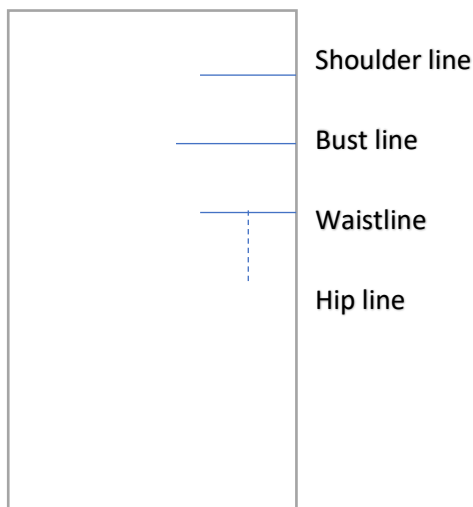
Step 6 – waist

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 ($\frac{1}{4}$) 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

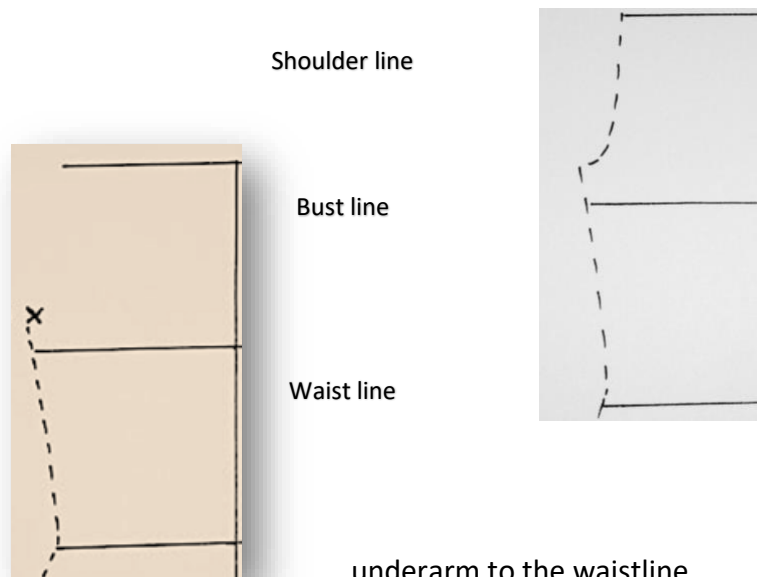
Measure around your hips at the widest position. Ensure the tape is positioned loosely over your hips and buttocks at the widest point. Divide this measurement by 4 ($\frac{1}{4}$) and transfer to your paper by placing a ruler horizontally at the hip line position and measuring out from the fold. Rule 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.



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.

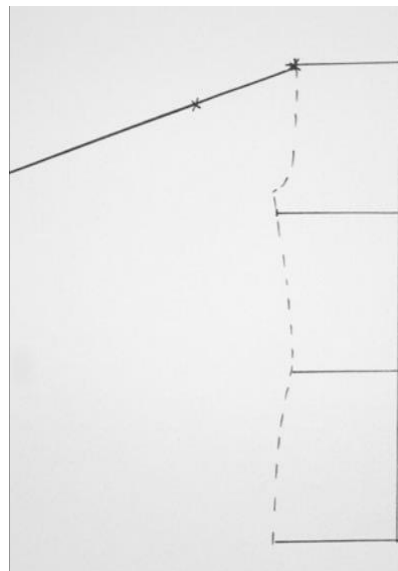
Step 10 arm length

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 -

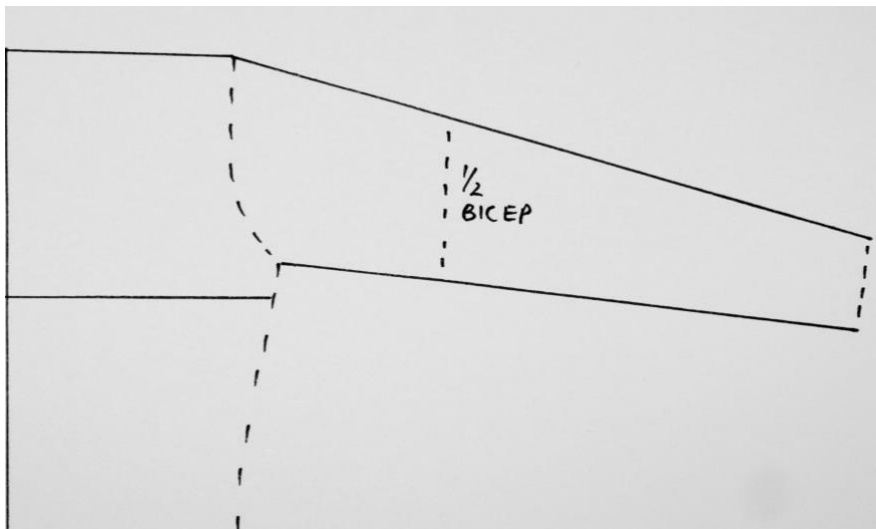


Measure your arm at the widest part (bicep). Divide this measurement by 2, refer to this as B1 (bicep 1).

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)



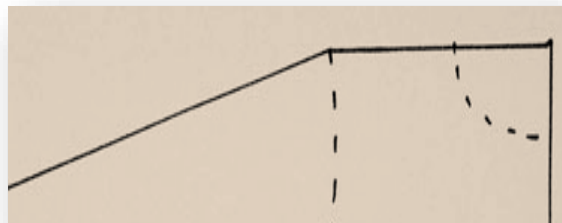
Step 14 neck width

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



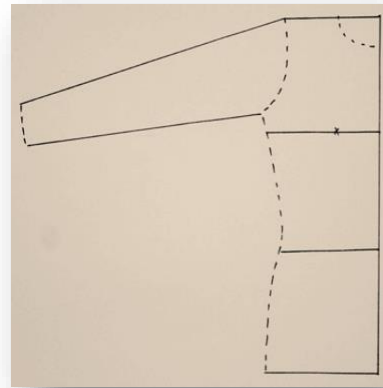
Step 15 neckline depth

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.



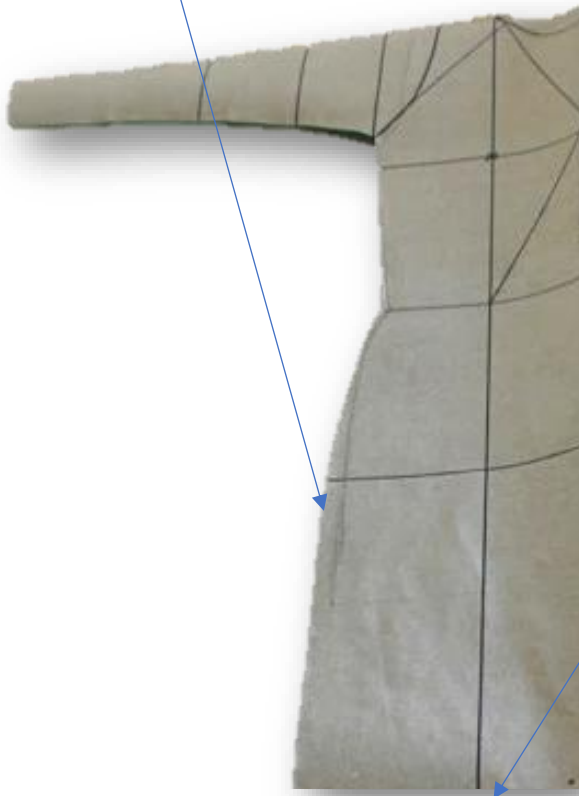
Join the two positions together using a slightly curved line, to indicate the neckline.

Your template should look similar to the image (right).



Step 16 knee length

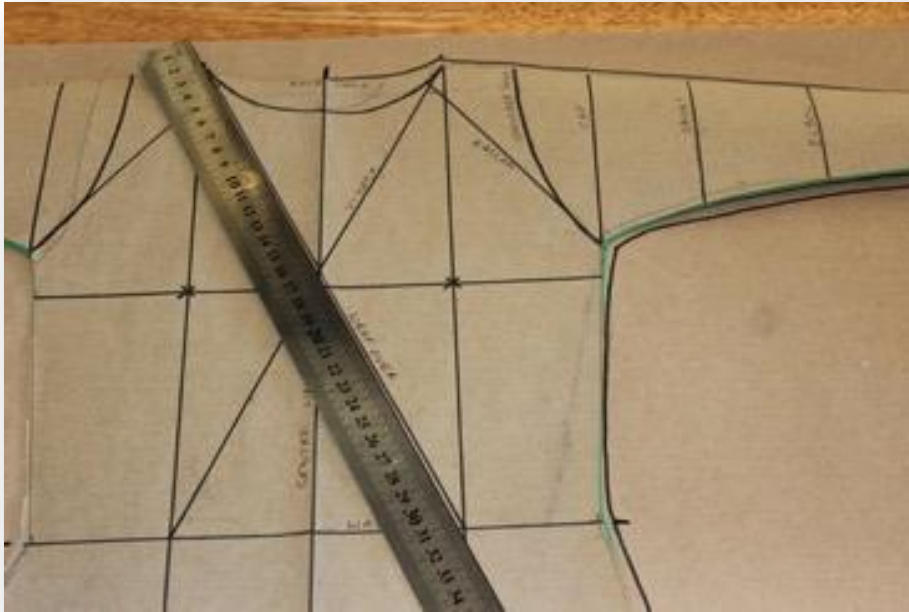
Measure down from your waistline to your knee. Mark this position on your paper and draw a horizontal line from the fold line across your paper. Place your ruler at the lower hip line position and draw a vertical line to connect with the knee line.



Step 17

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. whilst you can add these marks when making a template, I would recommend that you make a toile (fabric sample) of the template first and then mark these positions on the toile, while you are wearing it. These measurements will then be transferred to the template and you can be sure it will be accurate.



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 by making a toile (a fabric version).





Make your toile

To cut your body template out of fabric, select a fabric with stretch, preferably a knit fabric. Lay your template on the fabric and chalk around the shape adding approximately 1 cm all the way around for the seam allowance. Sew the template up and try it on. If it does not fit, you will need to check your measurements and adjust the template accordingly. Once you are happy with it, you may wish to draw other designs lines onto your fabric template, this is best done in a pen, as it will not rub off.

The image below is a toile with a short sleeve, however it is best to check the sleeve length so making a long sleeve version is recommended

*Order a template
ready made to your
personal
measurements*



NOTE:

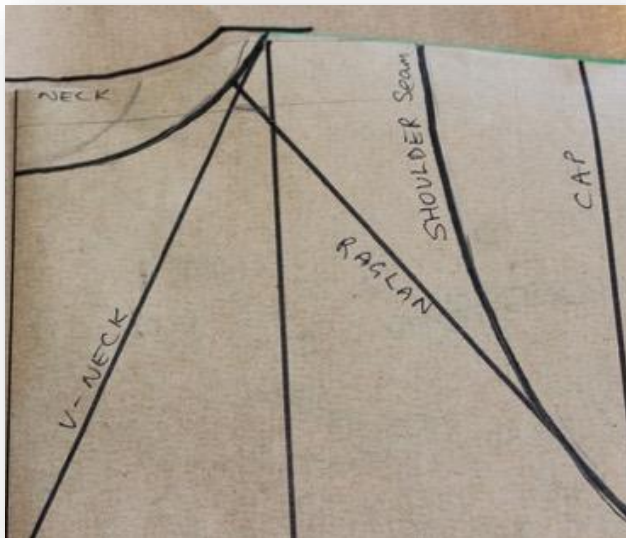
If you want to order a template made for your measurements you can simply send us your measurements and order your personal body template which will be handmade and mailed to you, ready for you to use. Refer website for ordering

Adding guidelines for your template



The garment designs included in the book are a starting point to get you familiar with the system and enable you to quickly develop your own process and patterns, however if you add additional markings to your template it will make it easier to design your own garments. As mentioned in the previous step you can mark your fabric template with the guidelines for sleeve lengths, high waist, low waist etc., and transfer these

marks to your paper template, alternatively follow the instructions below on how to add additional lines and use the template to create new patterns.



To add a raglan sleeve, guideline

draw a line from the underarm to the neckline; you need to decide how deep you want this. Repeat on both sides.



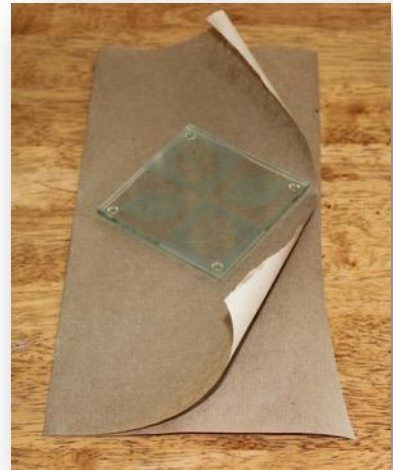
Note: the template shown in these is not meant to be perfect, as it is a working template, which has been hand drawn and as such shows the marks of the creator.

template.
RAGLAN SLEEVE

How to use your

The following example shows how to create the pattern piece for a raglan sleeve.

Fold a piece of paper in half, which is large enough to make a sleeve.



Lay the template on top with the folded paper, with the folded edge aligned with the top of the sleeve. Draw around the template and mark the under arm and the neck edge of the raglan on the paper.



Remove the template and rule the seam line from the neck to the underarm to create the raglan sleeve. Use a weight to keep the paper from moving.



Add a 1cm seam allowance to your pattern.

Cut out the pattern; place weights on your paper to make sure the paper does not move when you cut it.



Open up your pattern piece and you now have a pattern for a raglan sleeve. Trace off the rest of the template and add seam allowance. Write the title and cutting instructions on the pattern piece for example; Title: Raglan sleeve / cut one pair.

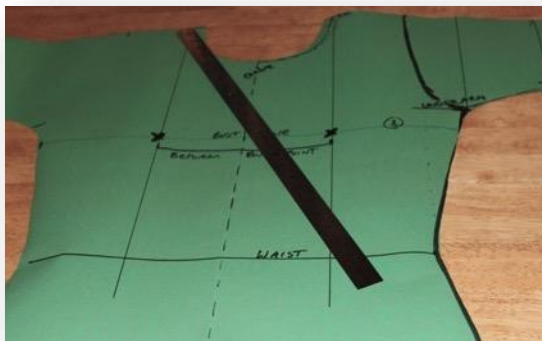


To create the pattern piece for the body of the garment, place your body template on folded paper aligning the centre front along the fold line. Trace around the body template, starting along the hemline, up the side body to the arm hole and then follow the guideline for the raglan sleeve to the neckline, draw in the neckline to the centre front and add 1cm seam allowance. Cut out and title raglan sleeve dress (or top- depending on how long you made it) front/ back cut one pair.

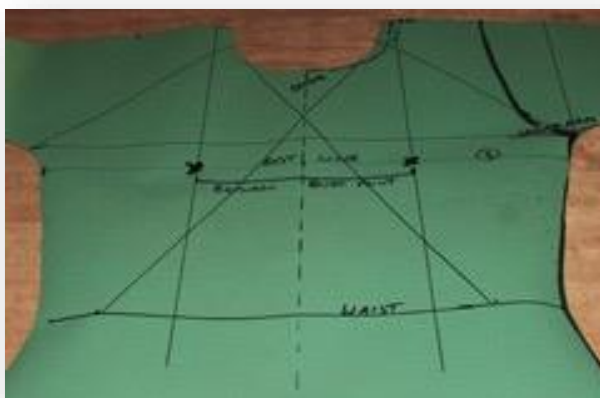
Guideline for a wrap over style, you will need to decide how much wrap you require. Measure in from the side seam to this position. Transfer the measurement to the template and mark the position on the waistline.



Using your ruler draw a line from the neck edge to the mark you have made on the waistline. Repeat on both sides of the front.



Once you have all your measurements transferred to your body template, you may wish to separate it into many styles, such as a skirt, a top and a dress. To do this you will need to



trace each section off separately and cut out of card. If you have made the template out of paper it will be best to stick it onto a firm cardboard to ensure it lasts. I suggest you always keep one copy intact, as a full body template, because this will be the starting point for many designs.

*Refer our other design instructions for information on how to make patterns for the wrap over dress

How to make a pattern for a Slim line (Base) Dress

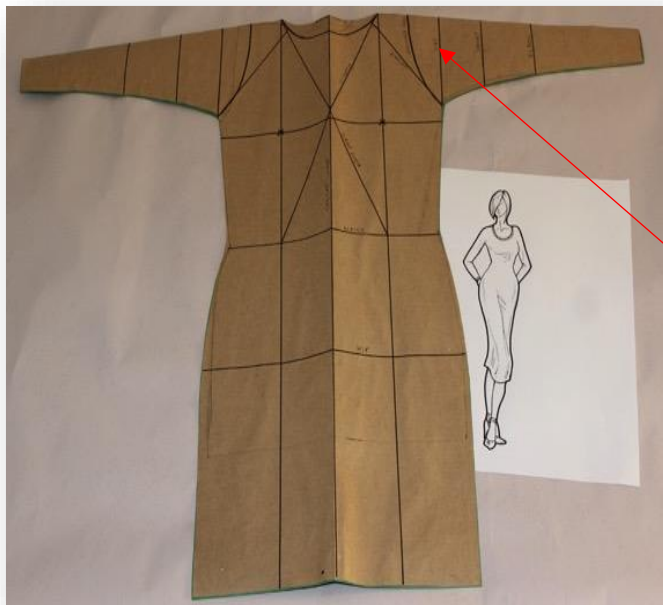
This process enables you to create multiple styles from the one simple method. As you create one pattern you can add and adapt the pattern to create many more options.



Straight long sleeve dress.

Fold newsprint and align the centre front of your template with the fold.

Trace around the template and add a 1 cm seam allowance all the way around, except for the hemline where you should add 2cm. If you want to lower the neckline on the front, mark it on the pattern and when you cut this in fabric cut the back with the high neckline and the front with the lower neckline. Alternatively follow the above process and have a low neckline on the front pattern piece and high neckline on the back-pattern piece.

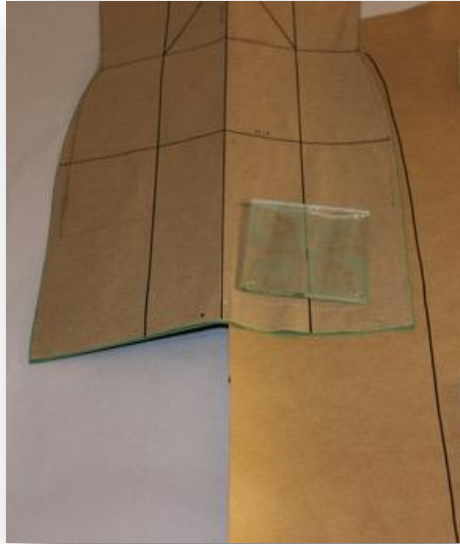


Long sleeve t-shirt top.

Fold the newsprint and align the centre front template on the fold line. Trace around the template starting at the required hemline (suggest lower hip) adding 1cm seam allowance all the way around, which a 2cm hem. This will give you a pattern for a dolman sleeve top, however if you want a separate sleeve, decide either use a raglan sleeve or a drop sleeve line as shown left.

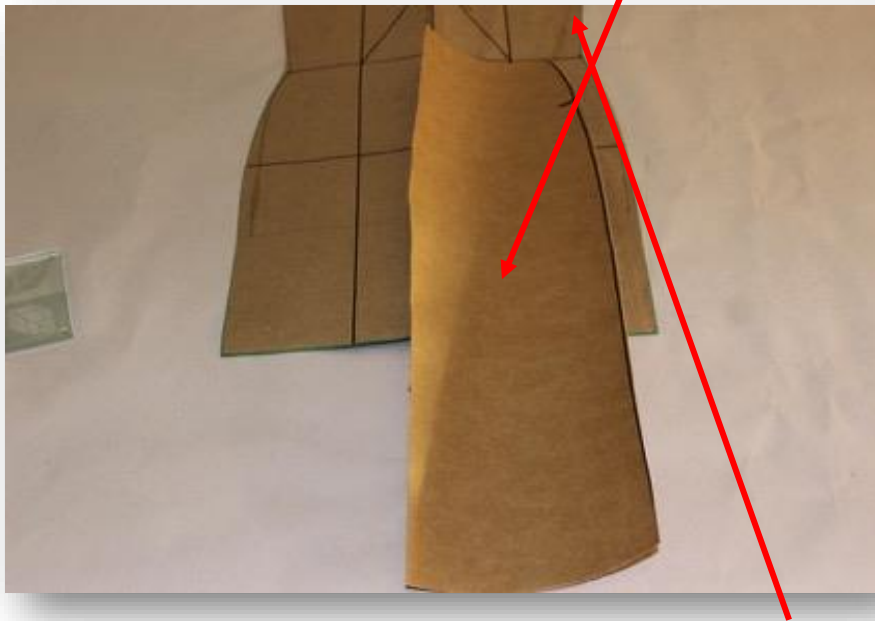
Flared long sleeve dress.

Trace around the body template starting at the waist on the left side, continue under the arm, along the sleeve and shoulder, along neckline and down the other side to the waistline on the other side, marking the centre front line at the top and bottom.



To add flare, you can either make a flare template by tracing one side of the skirt or you can simply draw the amount of flare directly onto the newsprint, however you will need to make sure both sides are symmetrical, by adding the same amount of flare to both sides.

Making the Flare Template; draw around one side of the template from the waist to the hemline. Cut this section out.

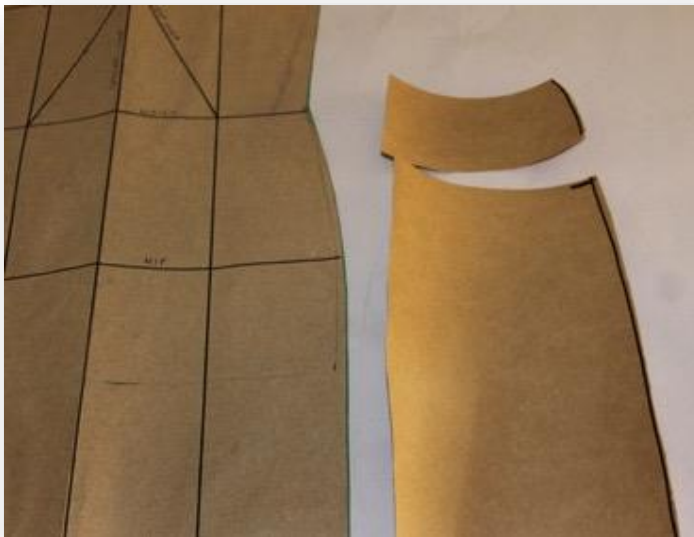


Mark the high hip line and transfer the mark to the body template for future reference. Note this is approx. half way between the hip and waist.

The image below, shows the high hip line position.



Cut off the top section of the flare template.



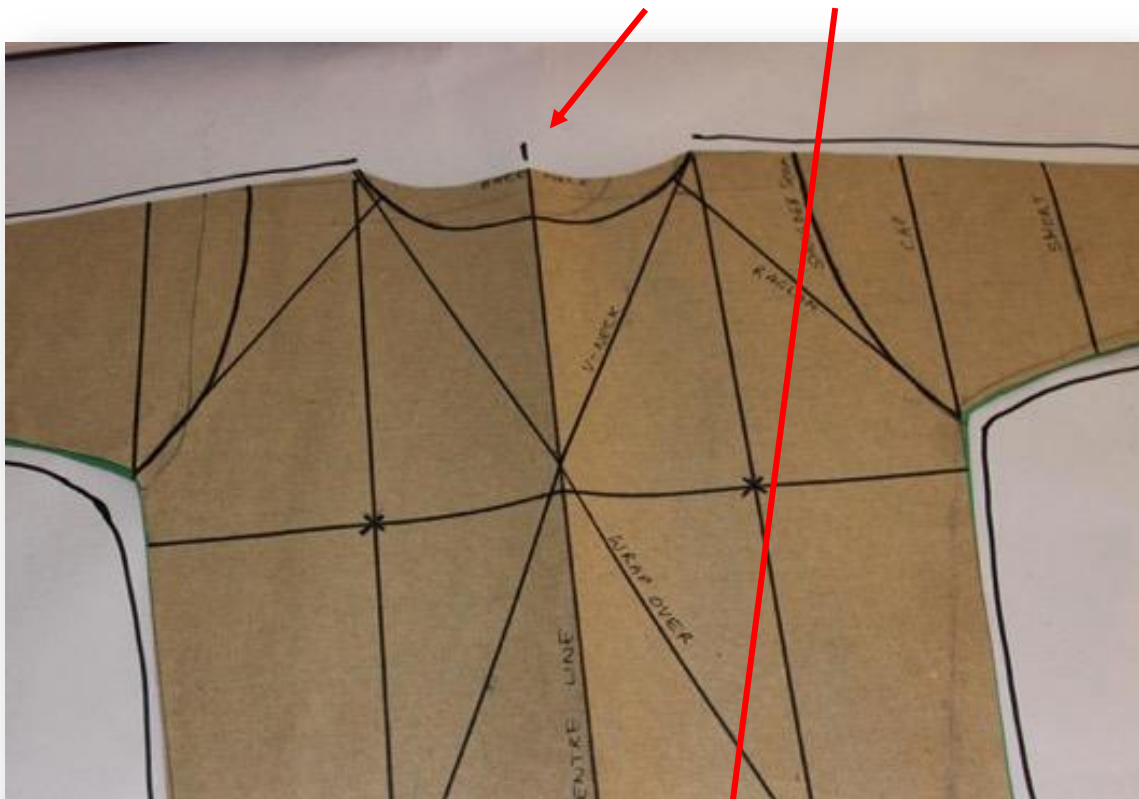
Match the high hip lines and pivot the hemline to the desired amount of flare (see below). Draw around the template from the waist to the desired hemline.



Mark the centre front position on the paper at the bottom and top of the template.

Fold the newsprint along the centre line, then transfer the pattern markings for the side seam to the other side, alternatively you can leave it until later when you cut the pattern out as it will automatically be symmetrical (see following images).

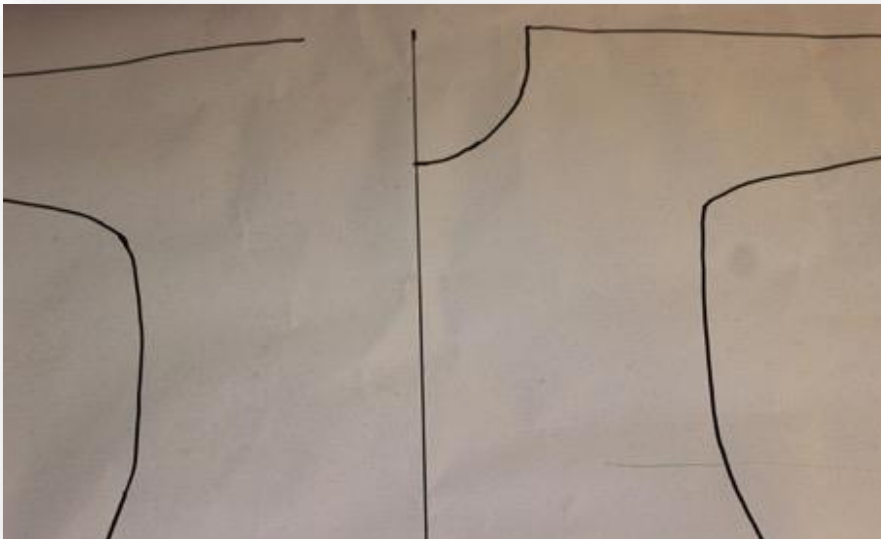
Image below - showing centre front, marked at the neckline and hemline



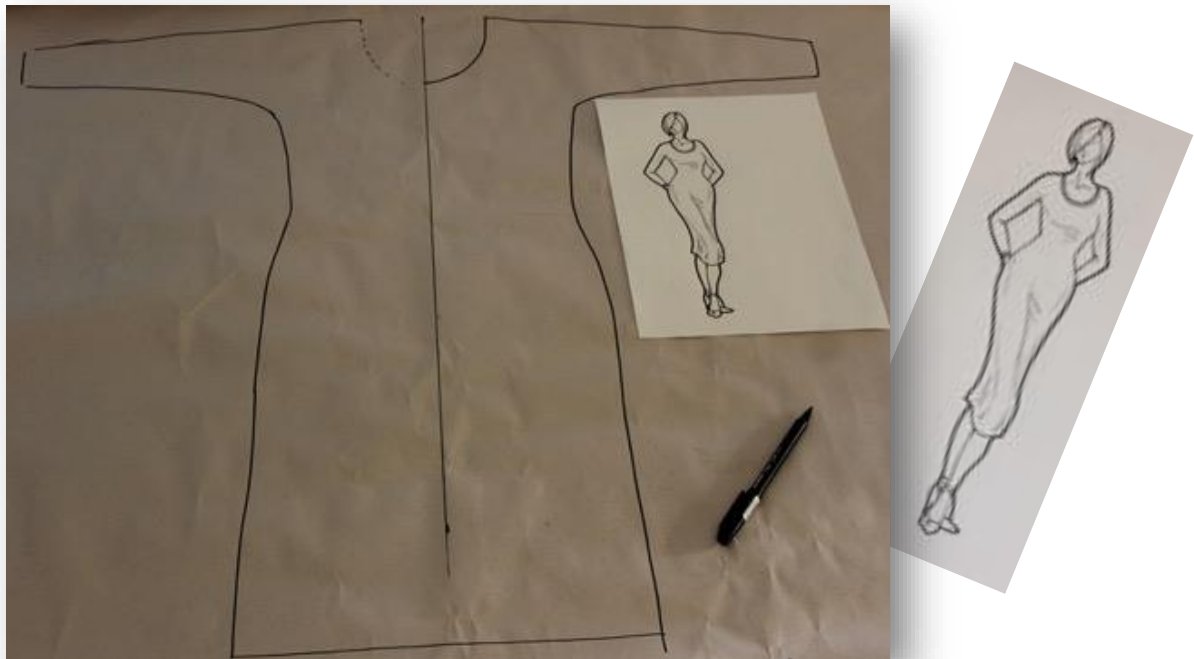
Remove the template and Rule in the centre line



Draw in the desired neckline on one side.



Fold your pattern along the centre front and cut it out. This is your completed pattern for the basic dress. Note the front and back will be the same.



The above pattern is for a straight dress.

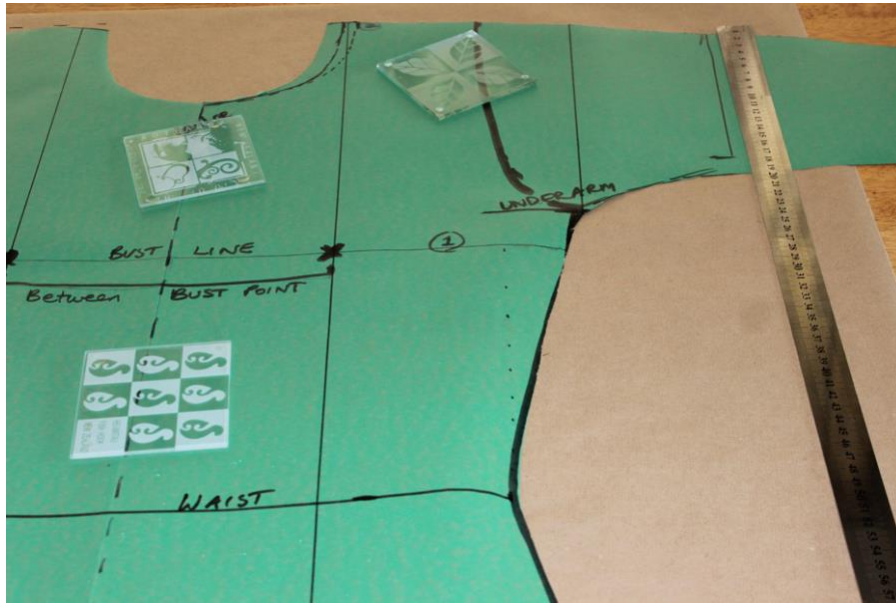
If you wish to make the neck higher at the back, simply mark the back neckline on your pattern and cut along this line. When you cut your fabric out, you will need to cut the back neck first and then cut the lower neckline on the front piece only.

If you want to add darts, pockets or other detailing – first cut the garment in the fabric of your choice (knit will be the best fit) pin the seams and try it on, then mark the position of these design lines while the garment is on your body using chalk or pins. Sew the darts and pockets on to the garment, prior to sewing the side seams. You can also add flounces, remove the sleeves and print or dye the fabric to make an individual and unique style.

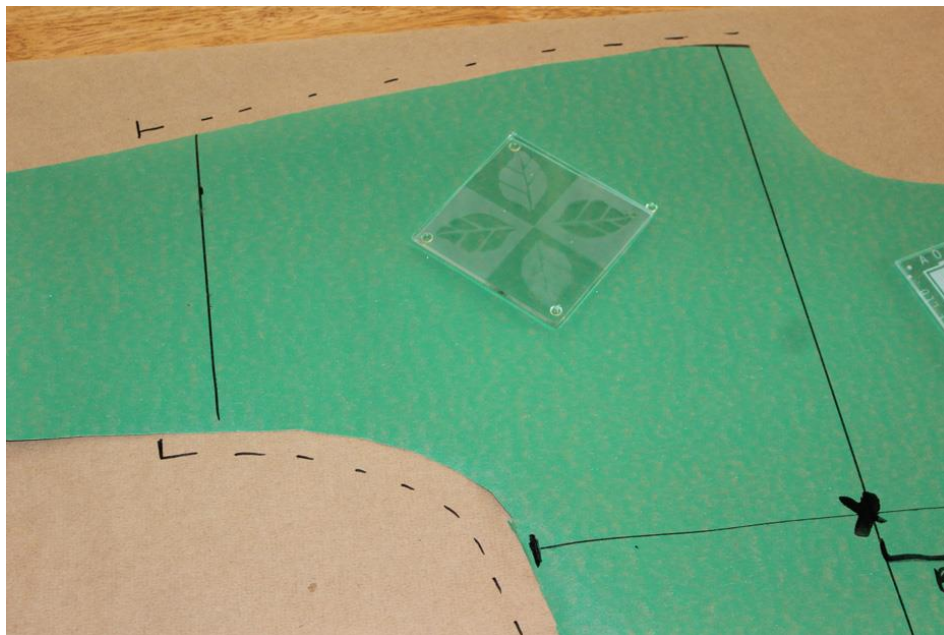
Minimalist Dress.



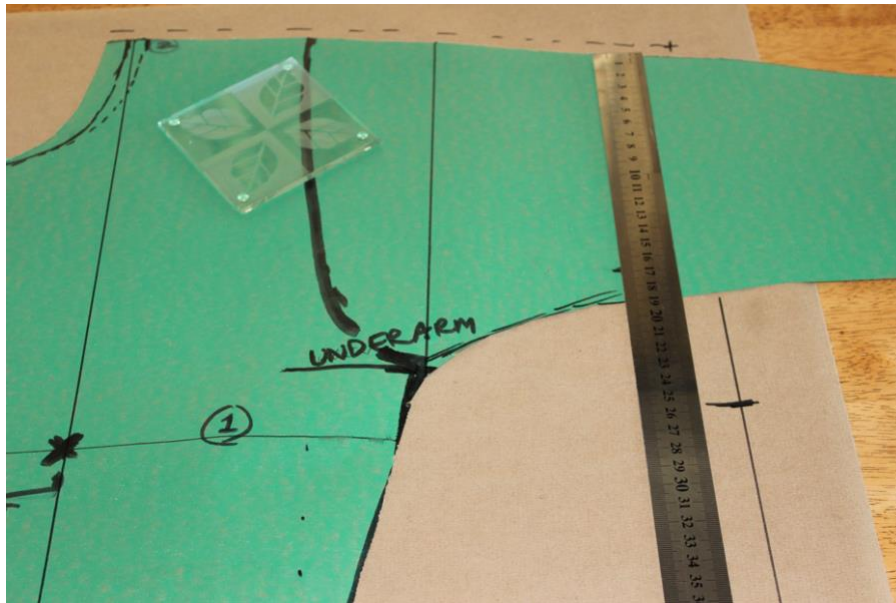
This garment design is a great basic that you can change easily. Try adding a long sleeve on the other side and making it in a merino knit for winter, or shorten it into a tunic and cut an asymmetrical or angled hem. This design lends itself to knit fabrics, which will drape beautifully and can be worn layered, making it a trans-seasonal garment. The garment pictured (left) has been made from a 100% silk (woven) and eco dyed using assorted leaves. You can make this garment in lots of fabrics and colours and by shortening the hem or adding a sleeve, you will have a garment that can be dressed up or dressed down, perhaps consider dyeing or printing your own unique patterns.



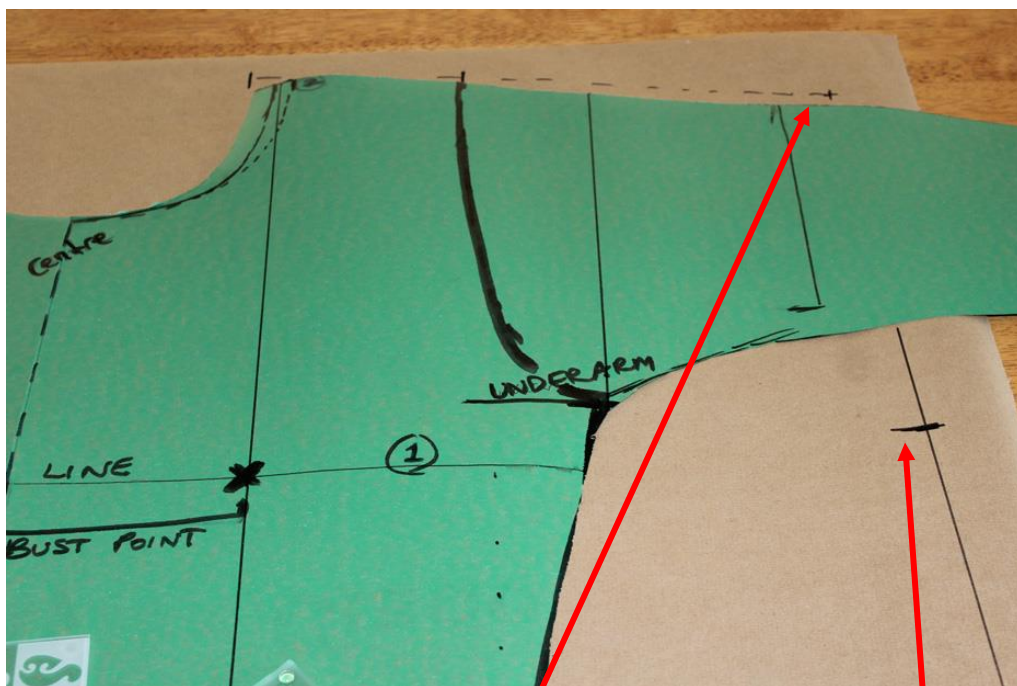
Step one. Place your template on a large piece of paper.



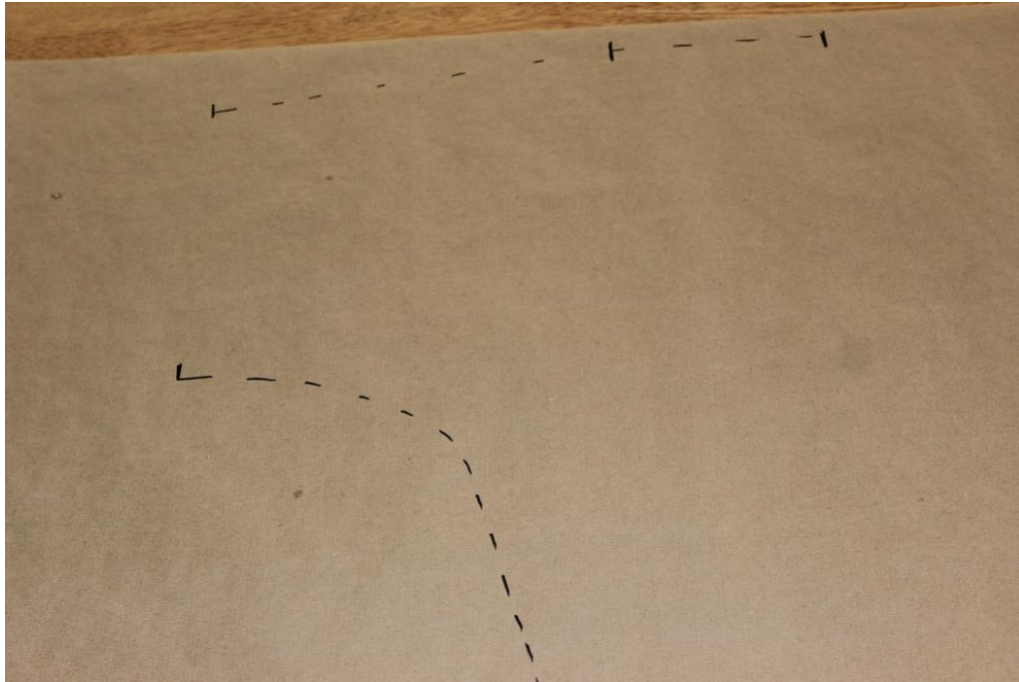
Draw around the left side of the template adding approximately 1cm to the edge, start drawing at the neck edge across the shoulder, across the arm, and under the arm following the contour of the body shape, down to the knee, or any length you prefer (shorter or longer). For the sleeve length, we recommend adding 3cm beyond the bicep line on your body form, however this can be any length you wish.



Place your ruler on the right side of the garment to create a vertical line from the outside of the arm to the full length of the garment. Rule this line.



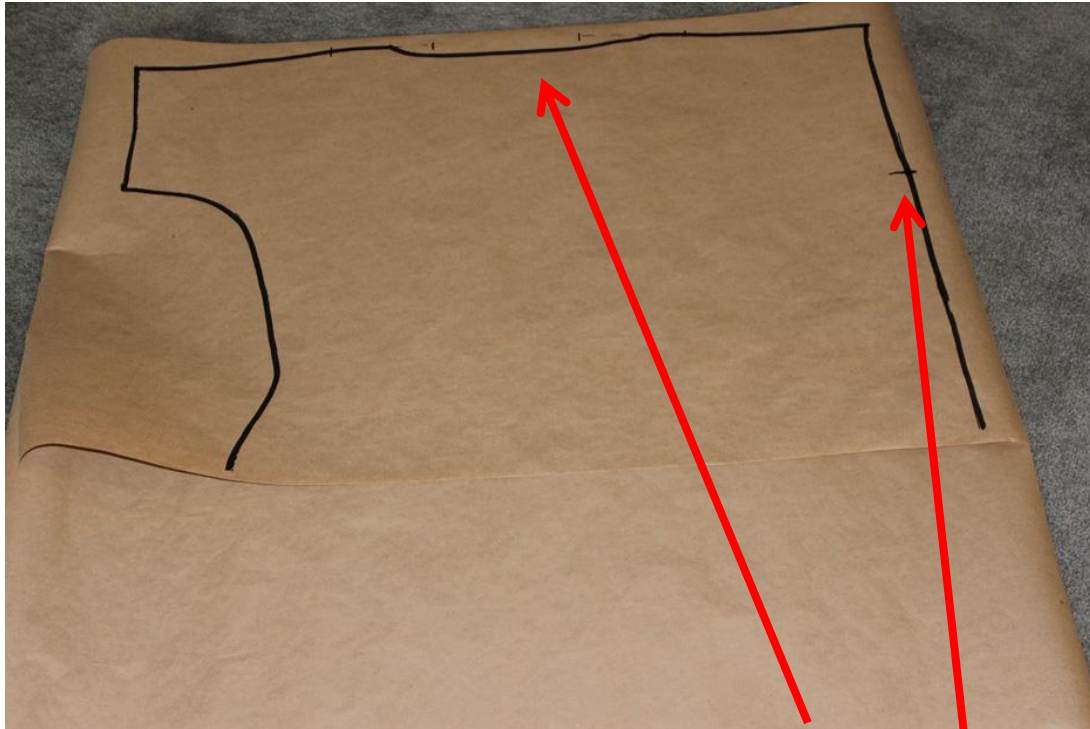
rule a straight line along the shoulder line to the vertical line you have just made. Place a mark to indicate the sleeve width (on the vertical line), this mark is important when sewing your garment.



Remove the body template. Your pattern should look similar to the above.
This is the left side of the pattern.



This is the right side of the garment.



Reinstate your lines with a solid pen-line. Note the neckline has been slightly lowered. On the right side of the garment a mark indicates the width of the sleeve.



Neckline: close up view



Extend the length of the pattern to the required hem length.
If your paper is not long enough tape another sheet to the bottom. If you want an asymmetrical hemline, draw the required angle.

Cut out the pattern.


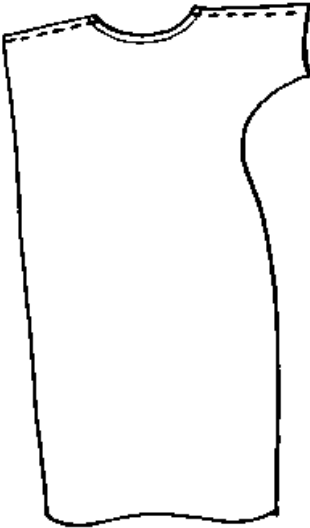
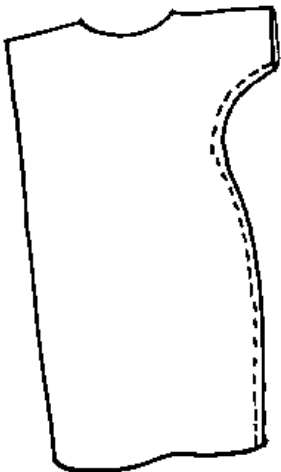
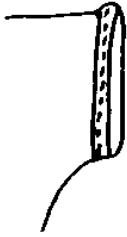
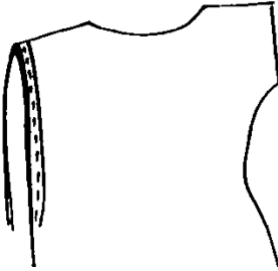
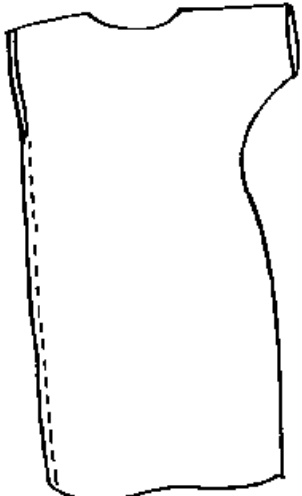


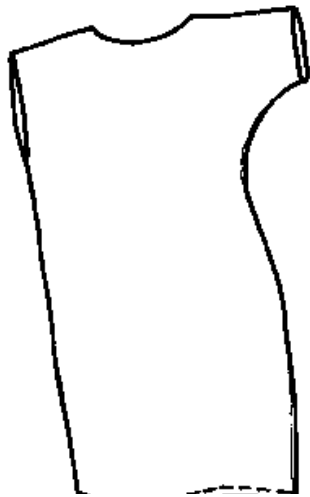
The pattern is the same for both the front and the back, however if you prefer you may wish to lower the neckline at the front.

To make the garment follow the instructions on the next page.

Assembly Guide.

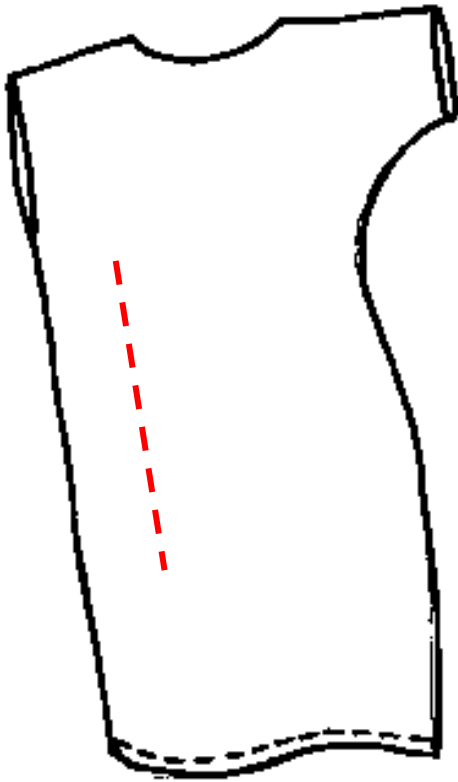
Cut your pattern out of your chosen fabric. Mark with chalk, the opening of the sleeve width. If you are using a knit fabric you may wish to make the entire garment on a 4 thread over locker or stitch it on your sewing machine. The following instructions are a guide to the assembly process only, as this is not a sewing book.

 <p>Turn Neckline 2 stitch</p>		
<p>Step one: sew the neckline Fold the neckline in 0.5cm and stitch in place. If your fabric frays you may want to overlock all edges first, repeat on the front and back.</p>	<p>Step two: Position the front and back together, with the right side of the fabric facing each other. Pin the shoulder seams and stitch both sides of the shoulder.</p>	<p>Step three: Sew from the sleeve opening to the hemline.</p>
<p>Step four</p> 	<p>Step five</p> 	<p>Step six:</p> 
<p>Hem the sleeve with a 1.5 cm hem. Overlock first if your fabric frays.</p>	<p>Hem the (other) sleeve (arm opening) by turning the hem in 1 cm and continue stitching down to the depth of the armhole opening.</p>	<p>Sew from the arm opening to the hemline. Hem the garment if required.</p>



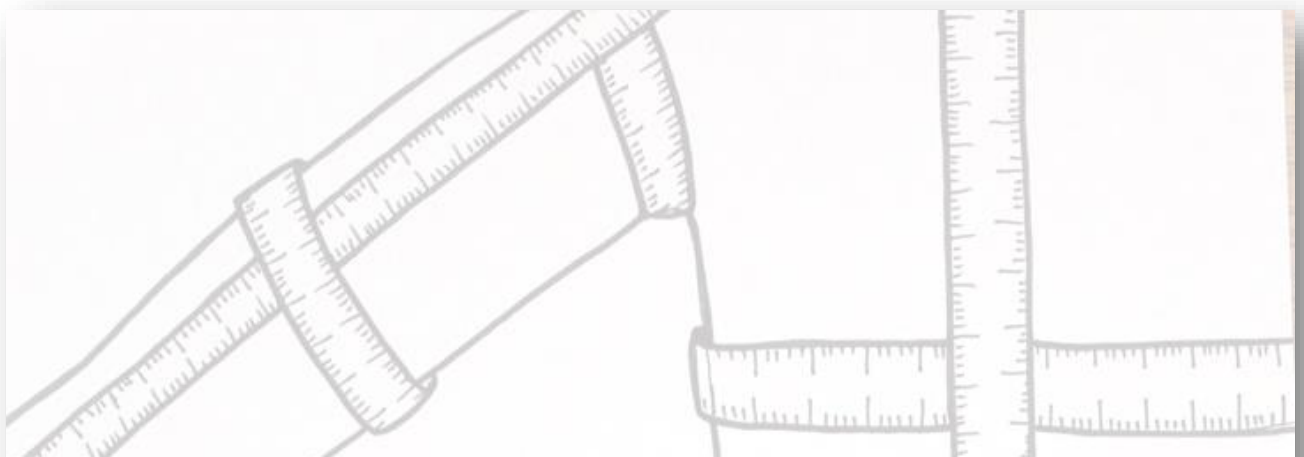
Turn the garment through and try it on.

Try making this garment in a variety of fabrics and adjusting the hem and sleeve length or adding an asymmetrical hemline. Making this item in merino knit and making it into a tunic length with long slim sleeve will create a versatile and stylish garment that will be perfect for the cooler months.



Option – for a more fitted version. Adding a line of stitching through the front and back will help keep the garment in place while wearing it and make the garment appear more fitted.

If you want to add a stitched line you will need to mark the appropriate placement while wearing the garment, then simply sew a running stitch, working on the right side of the garment and stitching through both the front and back of the garment at the one time .




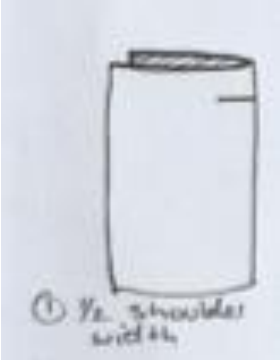
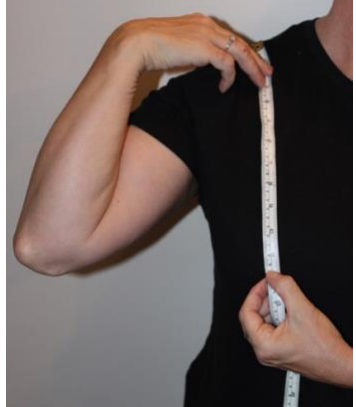


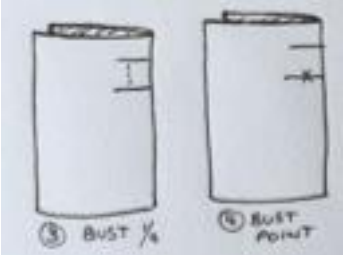
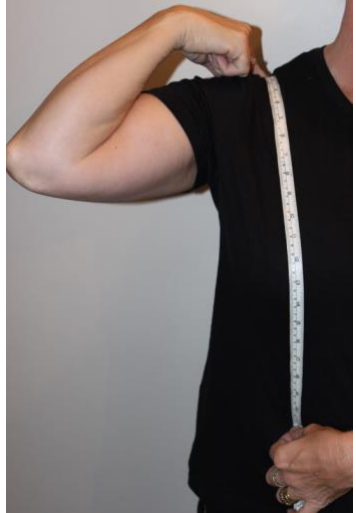
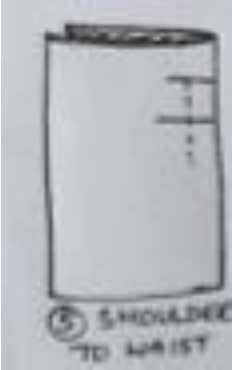
My body template measurements
Record your measurements here

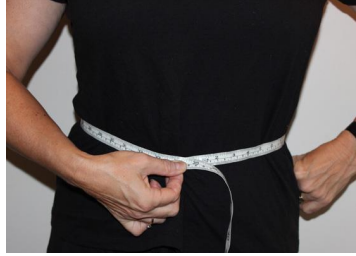

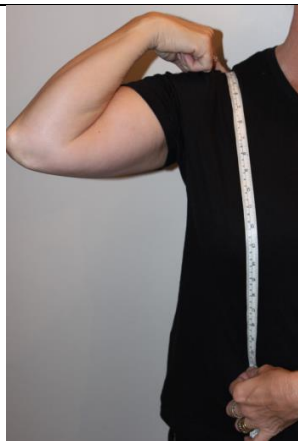
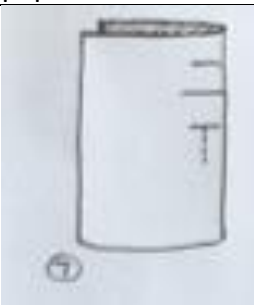
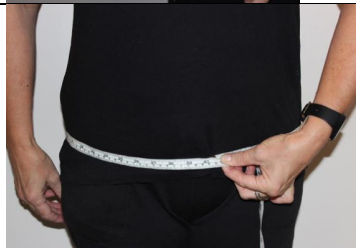
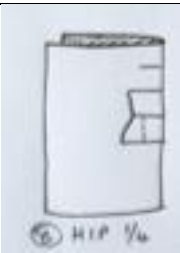




Bust.....1/4.....
Shoulder to waist.....
Shoulder to bust line.....
Bust point to bust point.....1/2.....
Waist.....1/4.....
Shoulder to bicep.....
Bicep (BC1)1/2.....
Wrist (W1)1/2 plus 2cm...
Shoulder to hip.....
Shoulder to wrist.....
Neck width.....1/2.....
Shoulder width.....1/2
Shoulder line to collar bone.....





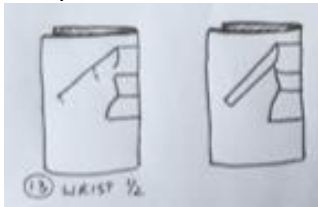

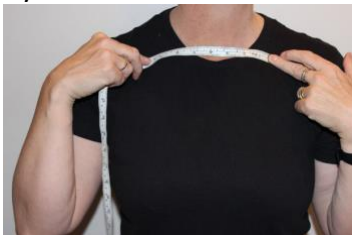

QUICK GUIDE TO MAKING A PERSONAL BODY TEMPLATE.

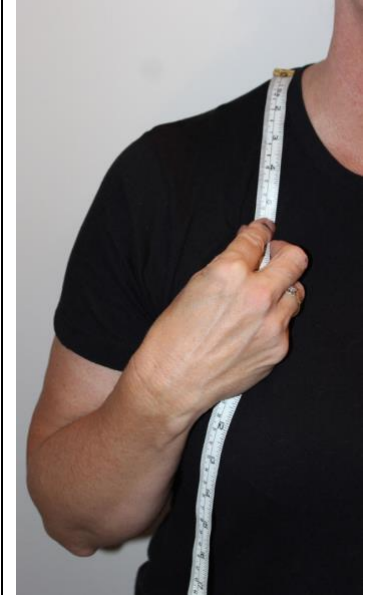

This is a quick guide to the process, which may be a useful reference.

Measure		Plot on paper
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	<p>Measure your shoulder width from shoulder point to shoulder point. Divide by 2</p>	<p>Fold paper in half and draw horizontal line.</p> 
	<p>Measure down to bust point. Measure from shoulder line to bust point.</p>	 <p>Mark this point</p>
	<p>Measure the width of your bust and divide by 4. Measure between bust point and bust point and divide by 2.</p>	 <p>Rule in bustline. Mark the bust point position on the bustline</p>
	<p>Measure from shoulder line to waistline, letting the tape travel loosely over the bust.</p>	 <p>mark this point</p>

	<p>Measure waist and divide by 4</p>	 <p>rule the waistline on the paper</p>
	<p>Measure from shoulder line to hip. Alternatively, you can measure from waist line to hip (you must ensure you measure to the widest part of your hips).</p>	 <p>mark the position on the paper</p>
	<p>Measure hips and divide by 4</p>	 <p>rule in the hipline</p>
	<p>Measure armhole, make sure you measure this loosely and add 2cm for ease</p>	 <p>Using your tape as a guide, lay it in a slight curve from shoulder point to under arm, draw in this line in pen.</p>
	<p>Measure the length of your arm, from shoulder point to wrist - sleeve length</p>	 <p>Rule this line starting from shoulder point,</p>

		pivoting the ruler out on an angle.
	Measure from shoulder point to bicep (make this to the widest part of your upper arm)	 <p>Mark this point on your sleeve line</p>
	<p>Measure the circumference of your bicep and divide by 2</p> <p>Measure wrist circumference and divide by 2</p>	 <p>Draw in the bicep width.</p>  <p>Mark in wrist width and then join wrist to underarm</p>
	<p>Measure from neck to shoulder point and plot this point, alternatively you can measure your preferred neckline width and divide by two</p> 	<p>Mark this position on the shoulderline</p> 

	<p>Measure down to the position you would wear a high neckline (just below collar bone)</p>	<div data-bbox="986 194 1158 461">  </div> <p>Mark this position on the paper and curve to the centre front position. Cut out from your paper and transfer all markings to both sides of the template.</p> <p>Well done!</p>
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Thank you for downloading this book.

I do hope that this system really helps you to build the confidence and ability to make your own patterns. I have used a template for 20 years which I use to make dresses, jackets, skirts and singlets etc. I know it fits me and therefore I can work directly on fabric without the need to make a pattern.

I would love to see how you use the system and the garments you make, so please feel free to share your results with the community of makers so we can support each other and help grow knowledge our collective knowledge. . Please join our blog or Facebook page.

Kindest regards and best of luck with whatever you are making!

Deb