

Teaching materials

FAS1203 Foundation Sewing

Semester 1 Academic Year 2022

Chapter 5

Measurement

Meaning of body measurement

Body measurement means examining the size of different parts of the body with a dedicated tape measure. to be used in creating a pattern for cutting clothes (Kulnasorn Wisetrojana, 2013, page 296).

Body measurement refers to the use of a tape measure to measure the proportions on the human body. in order to use the size to calculate for creating the next clothing pattern

Accurate body measurements It will provide quality in creating patterns and sewing clothes, saving time. Because you don't have to waste time editing. Loose clothes are less problematic than tight-fitting clothes. Form-fitting clothes that show that proportion need to be very meticulous What is necessary to measure is underwear. Good underwear will enhance the shape and personality of the wearer to look better and another essential thing is shoes to be worn with that dress (Jitrapee). Chavalawan, 2006, page 79)

Preparation before taking measurements

1. The person who is being measured wears a bra that fits the body for the correct measurement result and should wear the bra that was worn when fitting or actually wearing it every time.

2. Don't wear too many pieces of clothing to measure yourself. Or a shoulder-enhanced shirt that is so bulky that its true proportions cannot be predicted. should consider appropriate Taking body measurements to create a tailored dress that fits the shape, emphasizing the fit, such as lingerie, evening gowns, etc.

3. Remove items from pockets. skirt bag

4. The person being measured stood in a comfortable position, not stooping or looking down as he was being measured. because it makes the measured proportions inaccurate

5. The person being measured should gird his waist with a waist tape or elastic to see the waist clearly. While measuring, it is fixed at the top or bottom edge of the waist tape, doing the same thing for that particular body measurement.

6. Inserting the finger to arrange the tape measure while measuring, use the method of inserting the index finger or inserting the index finger and middle finger for holding the tape measure to read the width of the measured parts. Will use one or two finger insertion methods to use either method throughout the measurement at that time.

Measurement

Before sewing clothes into shirts pants or skirt The tailor must first know the proportions of the person who will wear the garment. Measurement is therefore the first step of sewing. which, if able to measure accurately or close to The clothes will then fit the body of the wearer without altering it later. The meter will measure the person in the following steps.

Front length by placing a tape measure on the center button of the front neck. To attach to the front body down.
to the waist

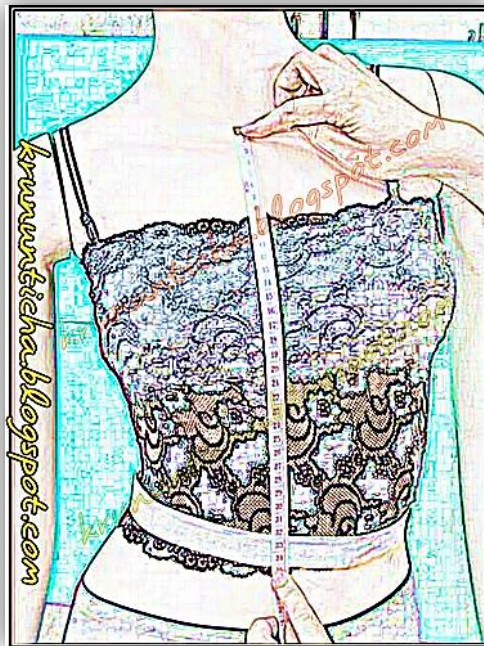


Figure 5.1: Front length

Source : <http://krununticha.blogspot.com>

Back length by placing a tape measure from the middle button of the back of the cervical vertebrae. to attach the body down to the line waist

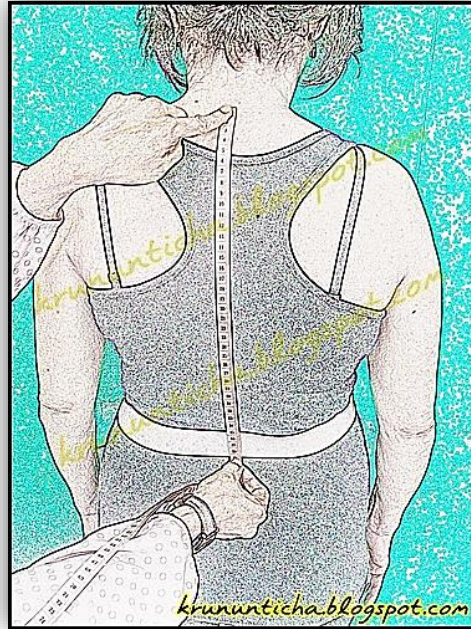


Figure 5.2 : Back length

Source : <http://krununticha.blogspot.com>

Front shoulder is measured from the armpit or armhole folded from one side to the other.



Figure 5.3 : front shoulder measurement

Source : <http://krununticha.blogspot.com>

Back shoulder is measured from the armpit or armpit line from one side to the other side.



Figure 5.4 : back shoulder measurement

Source : <http://krununticha.blogspot.com>

Bust height, measured from the center button of the front neck, crossing the tape measure obliquely to the top of the chest on either side.



Figure 5.5 : chest height measurement

Source : <http://krununticha.blogspot.com>

Chest distance, measured from the apex of one chest to the other.

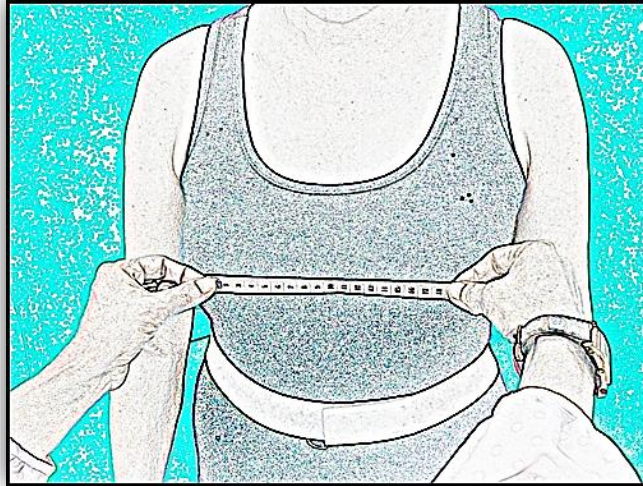


Figure 5.6 : distance measurement

Source : <http://krununticha.blogspot.com>

Shoulder Width Measure from the side of the neck at the shoulder seam line to the shoulder button.



Figure 5.7 : measurement of shoulder width

Source : <http://krununticha.blogspot.com>

Shoulder seam is measured from the neck to the bottom of the shoulder (measured on either side).



Figure 5.8 : shoulder seam measurement

Source : <http://krununticha.blogspot.com>

Around the neck Place the tape measure close to the base of the neck where it meets the shoulder line. Then insert your finger into the tape measure one inch. measure enough to rotate

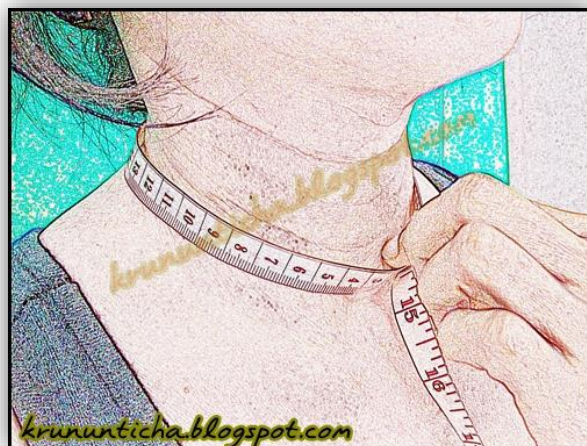


Figure 5.9 : neck circumference

Source : <http://krununticha.blogspot.com>

Bust: Measure through the highest point of your bust, aligning the front and back with the tape measure. Do not allow the tape measure to hang or lift.

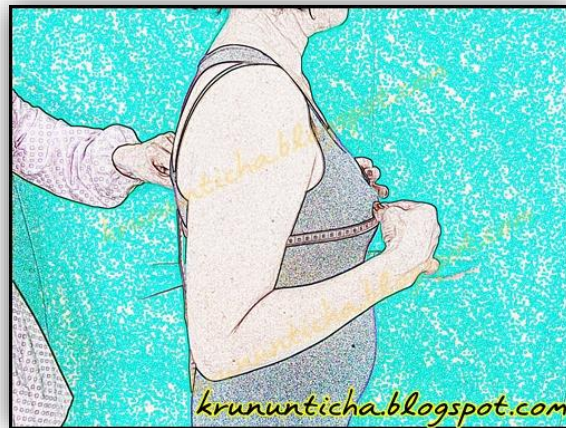


Figure 5.10 : chest measurement

Source : <http://krununticha.blogspot.com>

Waist circumference Wrap the tape measure around the waist. Measure at the narrowest part. in the line where the rope is not fit must be very tight



Figure 5.11 : waist measurement

Source : <http://krununticha.blogspot.com>

The circumference of the upper hip is measured through the area of the tummy. It can be difficult to notice for adolescents or those without a tummy. Because the abdomen is flat, notice from the standard that the upper hip line is about 10-11 centimeters below the waist.

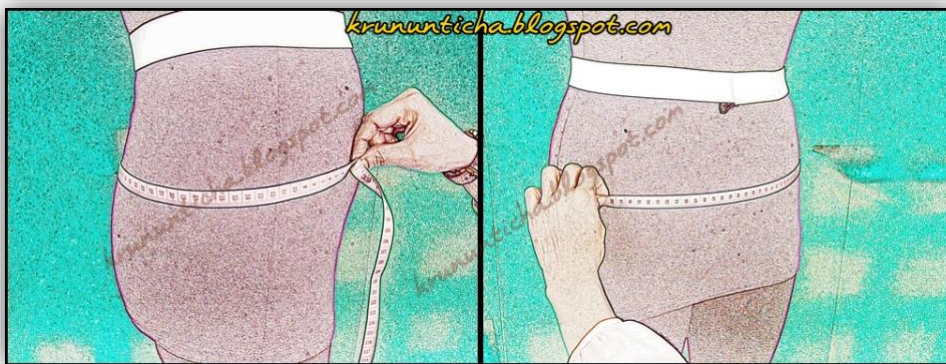


Figure 5.12 : upper hip measurement

Source : <http://krununticha.blogspot.com>

Lower hip circumference Place the tape measure from the waist down about 18-20 centimeters, or at the convex part. The best of the rump and then circle the tape measure around and while measuring, use your fingers to insert two inches into the tape measure. Then try moving the tape measure up and down. As long as the tape measure can pass through the buttocks easily, it is considered usable.



Figure 5.13 : lower hip circumference

Source : <http://krununticha.blogspot.com>

Measure the length of your skirt or pants. by placing a tape measure from the waist line down the front of the leg or side as needed



Figure 5.14 : Measuring the length of a skirt or pants

Source : <http://krununticha.blogspot.com>

How to measure sleeves to create sleeves While measuring, arms should be slightly bent.

Around the upper arm, insert the tape measure into the axillary channel around the folded arm. Should measure the circumference of the upper arm before measurement.

arm circumference

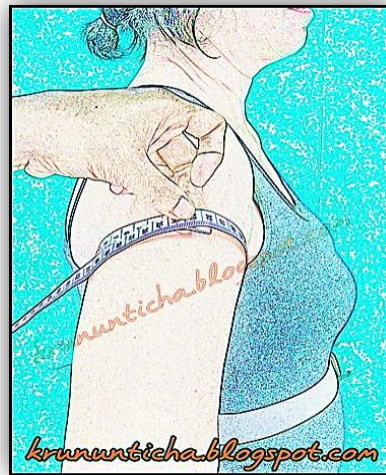


Figure 5.15 : upper arm circumference

Source : <http://krununticha.blogspot.com>

Arm circumference: Insert the tape measure under the armpit up through the shoulder button to observe that the arm circumference usually has

The area is about 9-12 centimeters more than the average upper arm circumference.



Figure 5.16 : arm circumference measurement

Source : <http://krununticha.blogspot.com>

Around the elbow while measuring, bend the arm in such a way that the lower arm (elbow-fingertip) is parallel to the arm

The upper part is a right angle. Then measure around the elbow.

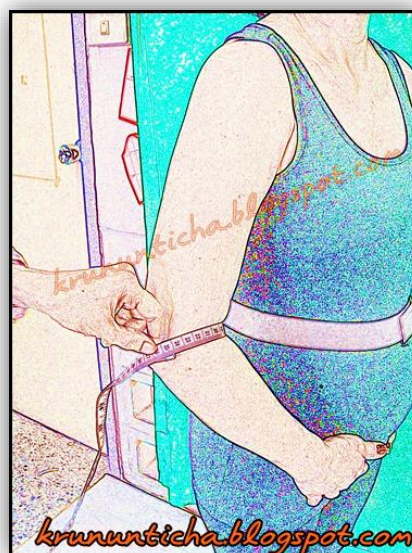


Figure 5.17 : elbow circumference

Source : <http://krununticha.blogspot.com>

Wrist circumference Place the tape measure around the wrist button. and then try to slide it up and down so that it can pass easily through your hand without being too tight or too loose



Figure 5.18 : wrist circumference

Source : <http://krununticha.blogspot.com>

Long sleeves, measured from the point of the shoulder through the elbow to the bottom of the button, the number at the point has 2 ranges, the first is Length from shoulder to elbow The second number is the length from shoulder to wrist.

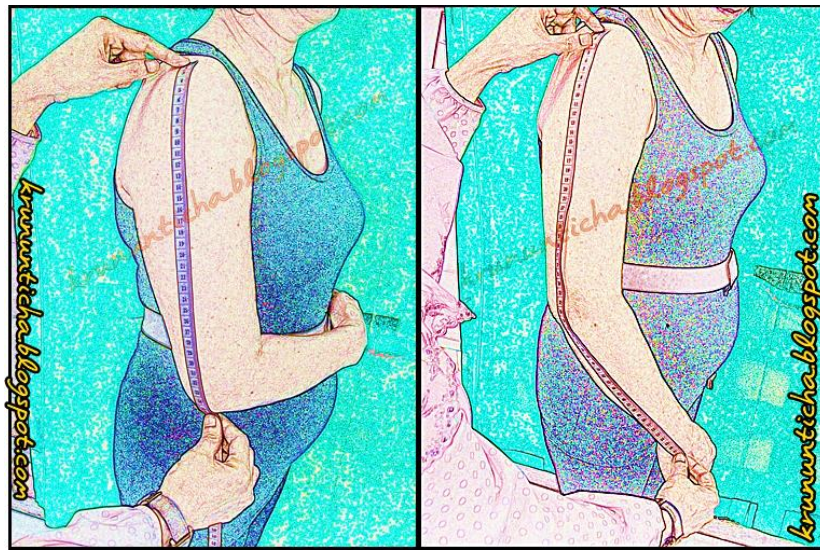


Figure 5.19 : arm length measurement

Source : <http://krununticha.blogspot.com>

Arm length: Have the subject stand on his waist. Then use a tape measure from the tip of the shoulder past the elbow up to the wrist



Figure 5.20 : arm length measurement

Source : <http://krununticha.blogspot.com>

long target, measured in a galloping manner from the middle of the anterior waist through to the middle of the posterior waist



Figure 5.21 : long crotch measurement
Source : <http://krununticha.blogspot.com>

Around the thigh, insert the tape measure into the area of the big thigh. Keep the tape measure on the same parallel level.



Figure 5.22 : thigh circumference
Source : <http://krununticha.blogspot.com>

Knee Circumference Measure the bulge of the knee. Keep the tape measure on the same parallel level.



Figure 5.23 : measurement around the knee

Source : <http://krununticha.blogspot.com>

Around the ankle, place a tape measure around the ankle. Keep the tape measure on the same parallel level.



Figure 5.24 : measurement around the ankle

Source : <http://krununticha.blogspot.com>

Thai standard size

Thai standard (Size Thai) is a size chart (Size Chart) that is a standard for the body shape of Thai people in particular. derived from doing Explore body measurements with modern '3D Body Scanning' technology with 13,442 male and female subjects of various ages.

across the country, ready to analyze and process data with computers It is operated by the National Electronics and Computer Technology Center (NECTEC) under the National Science and Technology Development Agency (NSTDA), Ministry of Science and Technology. (<http://www.sizethailand.org>)

The standard 'SizeThai' for each size. For men, there are 9 sizes, determined by bust and waist circumferences. For women, there are 10 sizes, determined by bust, waist and hip circumferences. (<http://www.sizethailand.org>)

- There are 9 sizes for men: size 32, 34, 36, 38, 40, 42, 44, 46 and 48, determined from chest and waist

Thai Men's Standard Size Chart

ไซส์	รอบอก		รอบเอว	
	กว้าง	เข้มนิดเมตร	กว้าง	เข้มนิดเมตร
32	31.0-33.0	79.0-84.0	25.0-27.0	64.0-69.0
34	33.0-35.0	84.0-89.0	27.0-29.0	69.0-74.0
36	35.0-37.0	89.0-94.0	29.0-31.0	74.0-79.0
38	37.0-39.0	94.0-99.0	31.0-33.0	79.0-84.0
40	39.0-41.0	99.0-104.0	33.0-35.5	84.0-90.0
42	41.0-43.0	104.0-109.0	35.5-38.0	90.0-96.0
44	43.0-45.0	109.0-114.0	38.0-40.0	96.0-102.0
46	45.0-47.0	114.0-119.0	40.0-42.5	102.0-108.0
48	47.0-49.0	119.0-124.0	42.5-45.0	108.0-114.0

Table 4 Men's Size Chart Standard Table

Source : <http://www.sizethailand.org>

Thai Women's Standard Size Chart

ไซส์	รอบอก		รอบเอว		รอบสะโพก	
	นิ้ว	เซนติเมตร	นิ้ว	เซนติเมตร	นิ้ว	เซนติเมตร
28	27.0-29.0	69.0-74.0	22.5-24.5	57.0-62.0	29.5-31.5	75.0-80.0
30	29.0-31.0	74.0-79.0	24.5-26.5	62.0-67.0	31.5-33.5	80.0-85.0
32	31.0-33.0	79.0-84.0	26.5-28.5	67.0-72.0	33.5-35.5	85.0-90.0
34	33.0-35.0	84.0-89.0	28.5-30.5	72.0-77.0	35.5-37.5	90.0-95.0
36	35.0-37.0	89.0-94.0	30.5-33.0	77.0-83.0	37.5-40.0	95.0-101.0
38	37.0-39.0	94.0-99.0	33.0-35.0	83.0-89.0	40.0-42.0	101.0-107.0
40	39.0-41.0	99.0-104.0	35.0-37.5	89.0-95.0	42.0-44.5	107.0-113.0
42	41.0-43.0	104.0-109.0	37.5-40.0	95.0-102.0	44.5-47.0	113.0-120.0
44	43.0-45.0	109.0-114.0	40.0-43.0	102.0-109.0	47.0-50.0	120.0-127.0
46	45.0-47.0	114.0-119.0	43.0-46.0	109.0-116.0	50.0-53.0	127.0-134.0

Table 5 Women's Size Chart Standard Table

Source : <http://www.sizethailand.org>

The proportioning measurements performed in this procedure are the most basic measurements. But if you want to cut clothes with more details, such as long sleeve shirts, you need to measure around the armpits more. in order to be loose enough to be able to move in various postures with ease, etc.

measurement proportion

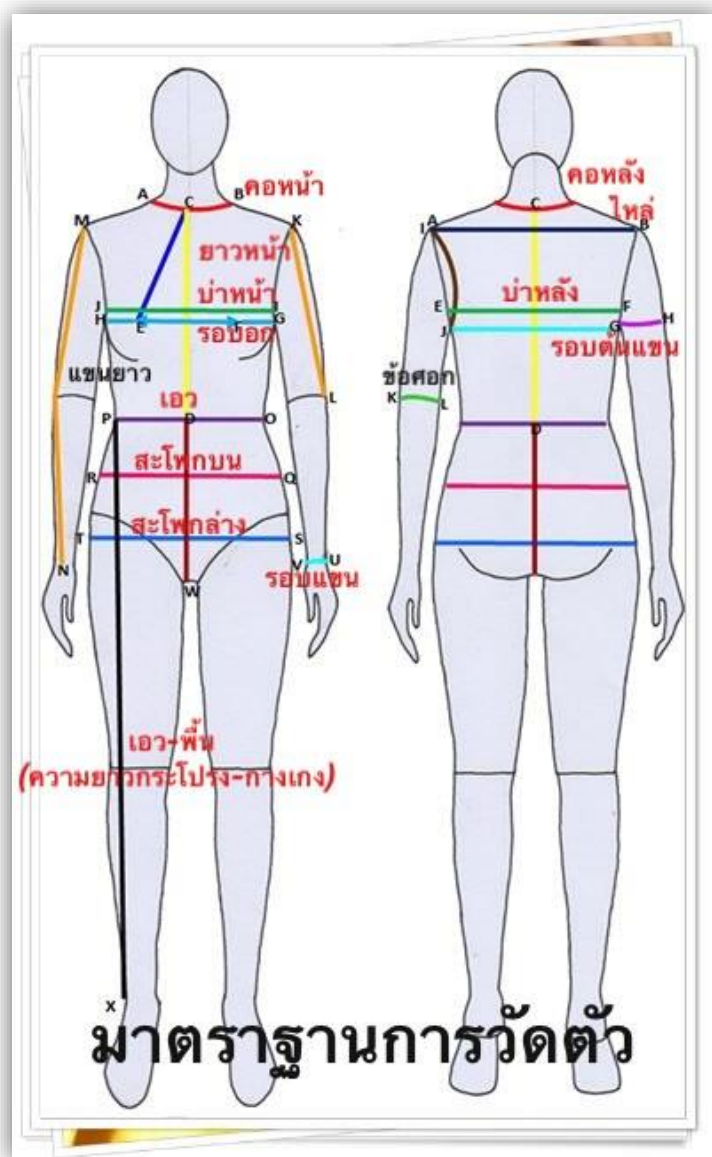


Figure 5.25 : measurement proportion

Source : <http://benyapabride.lnwshop.com>

Standard size chart for women

รายการวัดตัว		ขนาดมาตรฐาน				ขนาดตัวเอง
		ขนาดตัวเบอร์				
		S	M	L	XL	
1	long face	34	35	36	38	
2	long back	39	40	41	43	
3	shoulder	32	33	34	35	
4	back shoulder	33	34	35	37	
5	high chest	19	20	20	21	
6	apart	17	18	18	19	
7	shoulder seams	12	13	13	14	
8	around the neck	33	34	35	36	
9	Chest	80	84	88	92	
10	waistline	60	64	68	72	
11	upper hip circumference	82	86	90	92	
12	lower hip circumference	86	90	94	98	
13	upper arm circumference	26	27	28	29	
14	arm circumference	36	40	42	44	
15	around the elbow	23	24	25	26	
16	around the wrist	14	15	16	18	
17	long sleeve	29-50	32-52	31-53	32-54	

Table 6 Standard size chart for women

Source : <http://www.sizethailand.org>

Proportions needed to create a skirt pattern

list of measurements		standard size				self size
		number size				
		S	M	L	XL	
1	waistline	60	64	68	72	
2	upper hip circumference	82	86	90	92	
3	lower hip circumference	86	90	94	98	
4	skirt length	50	52	53	54	

Table 7 Table of proportions needed to create a skirt pattern.

Source: <http://www.sizethailand.org>

Proportions needed to create a trouser pattern

list of measurements		standard size				self size
		number size				
		S	M	L	XL	
1	waistline	60	64	68	72	
2	upper hip circumference	82	86	90	92	
3	lower hip circumference	86	90	94	98	
4	around the crotch	26.5	27.3	28	29	
5	Waist to upper hip length	18	19	20	21	
6	waist to knee length	45	46	47	48	
7	pants length	96	97	98	99	
8	knee circumference	23	24	25	26	
9	around the bottom of the pants leg					

Table 8 Table of proportions needed to create a trouser pattern.

Source : <http://www.sizethailand.org>

Proportions needed to create a shirt pattern

list of measurements		standard size				self size
		number size				
		S	M	L	XL	
1	long face	34	35	36	38	
2	long back	39	40	41	43	
3	shoulder	32	33	34	35	
4	back shoulder	33	34	35	37	
5	high chest	19	20	20	21	
6	apart	17	18	18	19	
7	shoulder seams	12	13	13	14	
8	around the neck	33	34	35	36	
9	Chest	80	84	88	92	
10	waistline	60	64	68	72	
11	upper hip circumference	82	86	90	92	
12	lower hip circumference	86	90	94	98	
13	upper arm circumference	26	27	28	29	
14	arm circumference	36	40	42	44	
15	around the elbow	23	24	25	26	
16	around the wrist	14	15	16	18	
17	long sleeve	29-50	32-52	31-53	32-54	

Table 9 Table of proportions needed to create a shirt pattern.

Source : <http://www.sizethailand.org>

Summary at the end of the chapter

Measurements are at the heart of all clothing pattern creation. It is a process that results in making clothing patterns that come out of quality and beauty. Therefore, when measuring, the male being measured must stand straight, not turn around or turn around. because it will cause the measurement process to be inaccurate The resulting proportion will be an error from reality. As a result, it is used to create a pattern and it does not come out well and has no quality. Including the clothes that are sewn out will not fit properly. Size disproportionate to the wearer discomfort in wearing There may be twisting, pulling, bracing or maybe too loose can happen.

In buying ready-to-wear clothing is the same. Buyers should know the proportions or their own body size first. In order to be able to choose to buy ready-to-wear clothes that are closest in size to your own proportions as possible. When wearing it will be comfortable, not too tight or too loose.

Review questions

1. Describe the method of preparation before measurement in detail.
2. Where should the measurer stand while measuring others?
3. To gird with What are you doing this for?
4. What type of equipment should be used to measure body?
5. Explain the neck circumference measurement.
6. Describe the page length measurement.
7. Explain the chest measurement.
8. Explain the measurement of arm circumference.
9. Describe the height measurement.
10. When measuring any denominator, 2 strokes must be stopped.
11. How many points are there in proportion to create a skirt pattern?
12. How many points are there in proportion to create pants pattern?

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