

# Circumference & Verticals Measuring Guide

## for creating your custom skirt block

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### Tips for taking **any** measurement:

Before using your flexible measuring tape to record the number data from your body onto your measurement sheet:

- Make sure your elastics are in place (see previous lesson and Guide).
- Stand in front of a mirror in your neutral relaxed posture.
- The nearest 1/2" or cm is perfect. Resist the urge to get more specific.
- Err on the side of too roomy/long over too tight/short.
- Try each measurement a couple of times to double check your best guess.
- Do your best, knowing you'll have future opportunities to review, revise and refine the data.

### Measuring Your Circumferences:

As we've learned, Circumference measurements can often be more deceiving than helpful. While *the Cylinder Circumference is an important measurement*, **the Natural Waist Circumference and the Full Hip Circumference are *not* very important.** These will *not* be used when drafting. We will only reference them if we want to double check some of the other measurements.

*Let's measure them anyway!*

To measure your **Natural Waist Circumference** and your **Full Hip Circumference**, follow each elastic around the body with the measuring tape. Note the nearest 1/2" or 1 cm for each on your measurement sheet.

## Measuring Your Verticals:

Our vertical measurements will help us draft the height and tilt of your natural waistline based on its relationship to the level hipline.

**Front Waist To Hip:** Place the zero end of your measuring tape on the waistline elastic near the center front of the body. Measure straight down to the same plane as your hip elastic. Don't bend the tape to follow underneath anything. Let it hang straight down with gravity off the fullest part of your front.

If there's a space between your body at hipline level and the draped tape, you may want to hold your fingers or hand on the inside to keep it away from your body. You could also add something weighty to the bottom of your tape measure to help it hang straight down.



The nearest 1/2" or 1 cm that corresponds to the level of the hipline in this position can be recorded as your *Front Waist to Hip*.



**Side Waist To Hip:** Place the zero end of your measuring tape on the waistline elastic at the side of your body and allow the tape to drape straight down the body until you reach the hipline elastic.

The nearest 1/2" or 1 cm that corresponds to the length between the waistline elastic and the hipline elastic in this position can be recorded as your *Side Waist to Hip*.

If your body has left/right asymmetry, consider measuring each side of the body.

**Back Waist to Hip:** Place the zero end of the measuring tape on the waistline elastic in the back. Optimally, record this measurement at/near your spine, though anywhere across the cheek will do.

Allow the tape to drape straight down along the body and note the nearest 1/2" or 1 cm that corresponds to your hip elastic as your *Back Waist to Hip*. This can be a tricky one. You'll likely have to look in the mirror for the number and/or reach around to check with your fingers.



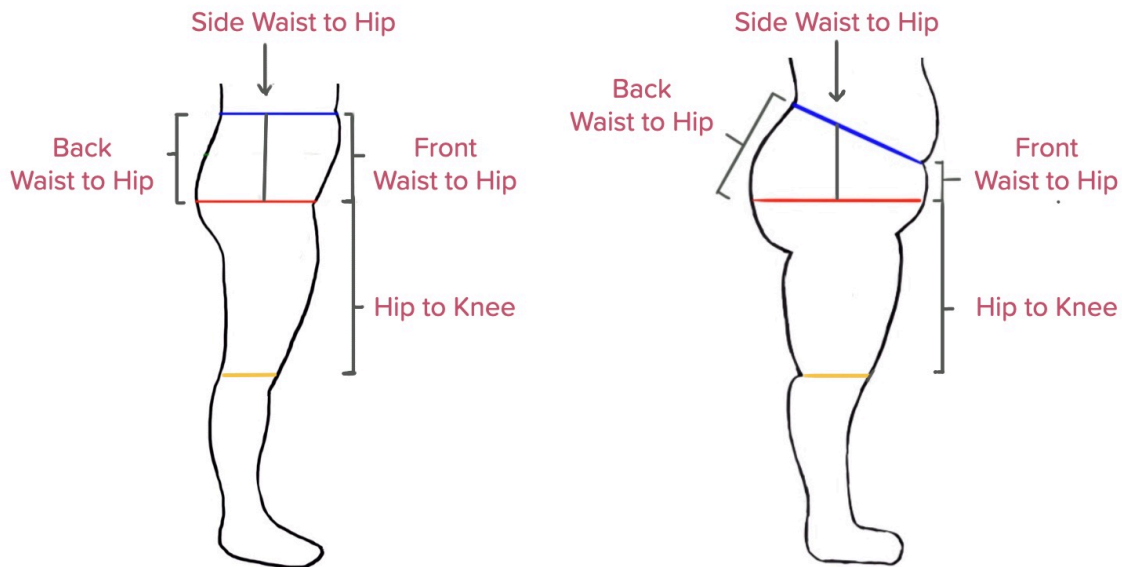
**Hip to Knee:** Place the zero end of your tape at the hipline elastic and let it fall to the floor. Looking in the mirror note the nearest 1/2" or 1 cm that hangs nearest to the middle of your knee cap as your *Hip to Knee*.

I think this can be easiest on the side of the body. But since our reference line is level, anywhere along the hipline elastic should, in theory, offer the same measurement. *Even if you have left/right asymmetry*, your Hip to Knee will measure the same all around the body.

*Heads up:* A common mis-measure is to place the end of the measuring tape on the *waistline* elastic. Make sure you are measuring from *Hip to Knee*, not *Waist to Knee*.

**Hip to Floor:** Same idea, just all the way to the floor. Our blocks will map from the waistline to the knee. We will not use the *Hip to Floor* number when drafting our blocks. *Feel free to skip it.*

## Vertical Measurement Examples:



**If your waistline is fairly straight,** your Front, Back, and Side Waist to Hip measurements will be fairly similar.

**If your waistline is tilted,** expect your Back Waist to Hip to be the longest, your Front Waist to Hip to be the shortest, and your Side Waist to Hip to measure somewhere squarely in between the Front and Back.

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Hope this helps you gather the number data for your Circumferences and Verticals. Reach out if you have questions or puzzles to solve. *There's more measuring and number data gathering to come!*