

# Elastics Placement Guide

for creating your custom skirt block



**The waistline and hipline elastics placements provide the foundation for measuring and drafting.** We'll use them to gather the number data and the visual data needed to map your custom shape.

So since your elastics placements are kinda important, consider taking your time and having fun with these lessons.

## Hipline and Waistline Elastic Goals:

**The goal of the hipline elastic is to illustrate the level of the floor on the body.** This will allow you to draft your block based on gravity.

**The goal of the waistline elastic is to match your body's natural waistline.** This will allow you to shape the block's cylinder based on its relation to the level hipline.

## Posture Goals:

Assess your elastics placements while **standing in a neutral relaxed position.** This will allow the future fit of your clothing to be based on your most comfortable stance.

## Placing your Hipline Elastic:

In the “*Preparing for Measurements*” video, I started with the waistline. But feel free to explore your hipline first. It’s the most straight forward.

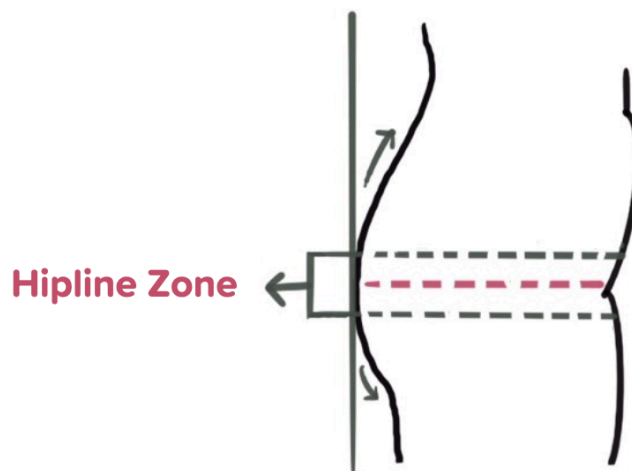
**The main job of the hipline elastic is to be *level with the floor* while you are standing with a relaxed neutral posture.**

But we do have to place it *somewhere*.

### The Hipline Zone:

The best place to place your **parallel-to-the-floor hipline elastic** for our purposes is in the “hipline zone”. **The Hipline Zone includes the most protruding point of your backside.**

On some people, the fullest part of the bum is a distinct point. On other people, there’s a relatively flat portion creating a “zone”. **Anywhere in the zone is fine** for our elastic placement purposes.



And (as with the Cylinder) it’s perfectly normal for your sides or belly or thighs to be fuller somewhere higher or lower than where you placed your elastic.

## Hipline Elastic Tips:

- Keep in mind that this might not be the same criteria used in fashion. If you have experience using commercial patterns or other sewing methods, do your best to **forget the past** as you work through this course.
- **Aren't sure about your zone?** Consider backing up to a wall. The area of your bum that touches the wall (when standing relaxed) likely includes your optimal zone.
- **Not sure if your elastic is level?** Measure from the floor up to your elastic. Your goal is for the elastic to measure *the same distance from the floor all the way around the body* when you are standing relaxed.
- It's okay if the line feels forced or unnatural. The hipline is **not an anatomical line**. It's a line that tells us the level of the floor, regardless of your anatomy.
- **If your body is asymmetrical** in the area of the hipline elastic, you'll want to *force the line level anyway*. Later, we'll take care of any anatomical asymmetry in relation to this level line.
- Observing **your body in photos** can help you locate your "hipline zone" and visualize your goals for your custom hipline. Feel free to practice taking your photos before adding your elastic.
- Once your elastic is level, consider **safety pinning** it to your undies to keep it in place as you work through your measurements.
- Mapping your custom hipline can take some trial and error experimenting. Give it your best guess now- knowing that the custom process allows for future experimenting and improvements. *Close* is likely good enough. **Revisions are possible and to be expected.**

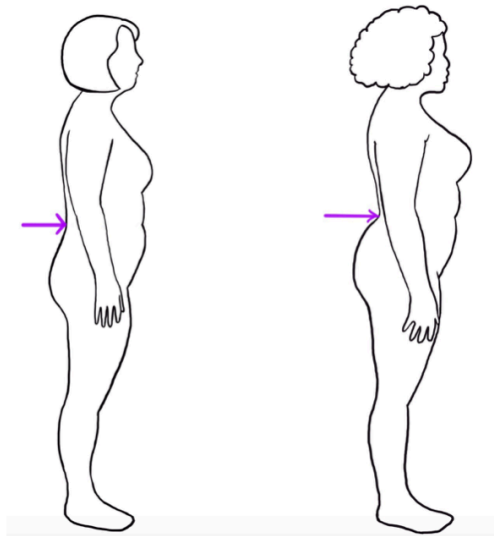
## Placing your Waistline Elastic:

Locating and mapping your natural waistline can be a personal journey. First and foremost, I encourage you to **explore and find what feels ‘natural’ to you**. Challenge any preconceived notions about yourself, but also trust your instincts.

The Natural Waistline is the anatomical dividing line between your upper body and your lower body. It likely falls **somewhere in the soft bits between the top of your pelvis and the bottom of your ribcage**. It is where your pants and skirts will often naturally find their anchors.

### First, locate “the small of your back”.

Due to the nature of spines, most lower backs curve inward. The “small of your back” is **the most inward part of that lower back curve**. On some people it is distinct, on others it’s more subtle.



The “small of the back” is most often the **#1 indicator of where skirts (and pants) will naturally want to anchor**. I recommend starting your waist-finding journey here.

### Next, consider the Front:

With the back of your waistline elastic matching the “small of your back”, adjust the front to be straight across. Does this feel “natural” to you? If not, try the front somewhere lower than the back...

The front of your natural waistline most often falls somewhere **in the soft bits above the pelvis and below the ribcage**. Try to find **an indent or softer spot** in the middle of the front your body (which could be pronounced or teeny tiny). You may be able to feel it, but not see it. *Squish around!* A smidge above the belly button is a common front anchor. *Give that a test...*

**Gave some ideas a try and still don't know?** Default to placing your front waist elastic parallel to the small of your back, or to 1/2” (1 cm) above your belly button. Or share your photos with me and we'll sort it out together!

**If you feel like your front waistline is higher than the small of your back,** consider experimenting with lower options. Nearly every student who has originally drafted for a waistline that tilts up in front, ended up discovering later that their natural waistline was actually straight across or tilting downward in front.

### Find the Sides last:

Once you've found the Back and the Front, the Sides will likely naturally settle **somewhere along the same level- or in between the tilt.**

With your palm forward, **the inside of your elbows can sometimes point to** the sides of your natural waistline.

### Sometimes helpful, but often unreliable waist-finding techniques:

The “*I'm a little teapot*” test

Searching for the visually “*smallest*” part of your Front or Sides

## Waist Finding Tips:

- First and above all else, explore and **find what feels ‘natural’ to you.**
- Keep in mind that what I’m sharing might not be the same criteria used in fashion. If you have experience using commercial patterns or other sewing methods, do your best to **forget the past** as you work through this course.
- **If considering a few waistline options**, your best choice is likely one that corresponds most closely with the small of your back.
- **If you are wearing clothes**, double check that they don't distort your shape. That said, the waist of your clothes may naturally be anchoring where your future clothes might naturally want to anchor. Take a moment to investigate.
- Your optimal waist elastic placement may be quite a bit higher or lower than where you like to wear the waistline of your skirts. For our blocks, **we are looking for our anatomical waistline**, not the waistline of style preferences.
- **Any asymmetry** of your waistline *will* be mapped with your waistline elastic (unlike with the hipline). You may discover that parts of your natural waistline are higher than others when standing relaxed. *You do you!*
- Observing **your body in photos** can help you visually locate natural waistline options. Feel free to practice taking your photos before adding your elastic.
- Mapping your custom waistline can take trial and error experimenting. Give it your best guess now- knowing that the custom process allows for future experimenting and improvements. **Revisions are possible and to be expected.**
- Safety pins can help hold your elastic in place through your measuring sessions.

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And **don't forget to have fun!** If you are not having fun, *pause for as long as you need.* Come back whenever you are feeling fresh and inquisitive.

And/or reach out to me for help! *(I love this stuff.)*

