

Fitting Steps & Tips Guide

for your custom skirt block

Since this block will be your reusable custom patternmaking and fitting tool for years into the future, *consider taking your time and having fun with this lesson.*

Before beginning your fitting, GET IN THE RIGHT MINDSET:

- Lower your expectations for perfection
- The work you put in now *will pay off later*
- Fitting is a process of trial *and error*.
- Learning your fit takes *practice*
- Take your time. Play around. Have fun.
- Make *a mess*. Learn a lot.
- Approach all puzzles with *curiosity*, instead of frustration.
- If you feel discouraged or overwhelmed, *take a break*.
- With custom sewing, *slow and steady* wins the race!

And GATHER YOUR SUPPLIES. A list of tools needed is shared below the videos.

But here's a reminder about some **very helpful, but often forgotten tools:**

- Your waist elastic (*shows your goals and offers another "set of hands"*)
- Your Photo Tool Illustration
- Any Evaluations I've shared with you
- Your paper draft
- a plumbob
- your camera
- *The Fitting Checklist!*
- The "Intro to Block Mockup Fitting" video
- All of the previous lessons - Each builds upon the one before it. Everything that led you here will be something to revisit and investigate.
- All of the Bonus content - If you skipped those Guides or the bonus video earlier, you might really dig them now.



Fitting Steps:

Mockup fitting is an experimental dance between 2D and 3D. The 2D paper draft offers a hand to the 3D mockup draft- through some delicate back and forth.

Mockup fitting is also an experimental dance between mental and physical engagement. You'll be employing *your full body* and *your full brain* for a Whole Person workout! Have fun. *Take breaks.* Learn a lot.

Step 1: PUT YOUR MOCKUP ON over neutral undergarments.

You will want to get your mockup on your body *where you intended*, So, for example, if your mockup's waistline is way too roomy and falling down below your waistline, use your waistline elastic to *hold it up* where you intended it to sit. Also, make sure any opening is *completely closed*.

Step 2: RELAX. LOOK IN THE MIRROR.

Remember, we fit for our *relaxed body* and we relax out expectations of fit as we change our body shape and posture. You will want to try sitting and moving around (and, as you fit your body, you will need to move your hands and twist etc,) but *each time you visually evaluate your work*, you'll want to have your shoulders relaxed, your elbows down, and to find your most neutral relaxed posture.

Step 3: TAKE PHOTOS.

I recommend taking 'before' photos before you start your first edit, as a visual baseline of what your paper block looks like on your body with no corrections. These photos will also be helpful *for me* if you reach out for help. And every time you observe the results of a new theory you are testing, consider taking more photos. Photos are very helpful fitting tools!

Step 4: MAKE AN OBSERVATION

Don't know where to start? The Fitting Checklist is designed to be checked off in order, one step at a time. Start by observing Checklist Step #1! Until the earlier step can be more or less checked off, wait to make observations about later steps.

Step 5: COME UP WITH A THEORY

What could you change about the area you observed to make it reach your goals a little better? Ask yourself questions. Maybe do some research. Come up with an experimental plan.

Step 6: ROUGHLY TEST YOUR THEORY ON THE BODY by ripping through stitches and/or pinning and/or shifting and/or marking on the mockup.

Step 7: TRANSFER THE TEST FROM THE FABRIC TO THE PAPER DRAFT

Start roughly by using "Measure & Estimate" or "Flatten & Retrace", then clean up the lines and edges.

Step 8: TRANSFER THE NEW LINES BACK TO THE FABRIC

Use the edited paper block draft to trace your new lines back onto the inside of your fabric. Consider using a different color pencil or a different line pattern to keep your edits organized.

Step 9: PIN, BASTE, AND PRESS

Use your new lines to get your "new" mockup stitched, pressed, and fitting-ready.

Step 10: START OVER WITH STEP 1

Repeat until your block has reached all of your goals!

Random Skirt Block Fitting Tips:

I'll list random tips here! Feel free to add your own...

- **Review everything you've learned so far.** There are likely bits from previous lessons that weren't ready to really sink in until now. Going back and giving *everything that got you here* another look-see, could be your best fitting education yet!
- This is a *trial and error* process. **Errors are inevitable and to be expected** - NOT a sign of failure. Revise your mindset as you revise your mockup.
- Having crude fitting corrections is to be expected. **When something is uneven or unclear**, give your best guess a test by picking your favorite or splitting the difference.
- **Testing only one side is only doing half of a test.** If your sides are more or less symmetrical, test each edit similarly on the right and left of the body. If are fitting for asymmetry, some areas might need be adjusted differently left and right.
- **Consider refining the waist LAST.** Though the waist is the closest bit of the mockup to your eyes and your hands and is often where we naturally fiddle with bad fitting clothes, it will be important to pay close attention to the fit and hang of the grid and the blocky bottom *before* fine tuning your waistline anchors.
- **When revising intakes, let your body's shaping be your guide.** A common mistake is to focus on the front darts (the easiest for our eyes to see and our fingers to adjust), but most often the front darts are NOT the areas that actually needs additional fabric shaping. **I highly recommend using your Photo Tool and your paper draft** to help you decide *where* to add or subtract from your darts.

- **Keep in mind that you only have to learn your one body.** Find the fun in making new discoveries and testing your theories! Fitting can be really challenging- but in a good way! It is so stimulating mentally and physically. And, as a reward at the end, you'll get knockout new looks!
- **Take your time and enjoy the journey.** You do not have to figure everything all out at once. Sleep on it! Give it a few days. Lightbulb moments often happen when you are doing something else, like taking a shower or out on a walk, and not as often when staring too long the mirror. Stepping away can be a helpful part of the process. Enjoy it!
- **If you ever feel truly lost about a certain step, go back and do some research.** Double check whatever is puzzling you in the fabric and the paper. Look at your photos. Retrace your steps. Reread your notes. Rewatch the videos on the subject. Check out any Bonus Guides or the "Draft Double Checking" video. **Practice being a Sewing Detective, sleuthing for clues to solve the case!**
- **Reach out for help.** This is my favorite topic! Reach out to me with your puzzles and questions. I'll be delighted to experiment with you. If we haven't worked together yet, we can get started at Checkpoint 1!

And I'll keep adding more tips, as they come up! *Enjoy!*

"Success consists of going from failure to failure without loss of enthusiasm."

- Winston Churchill



Feel free to add your own fitting notes here:



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