

## WHAT TO MEASURE

I know this instruction is pretty long, but please be patient and bear with me. Your input and effort will result in beautifully made, well fit robes. I promise!

### ***Tools you will need***

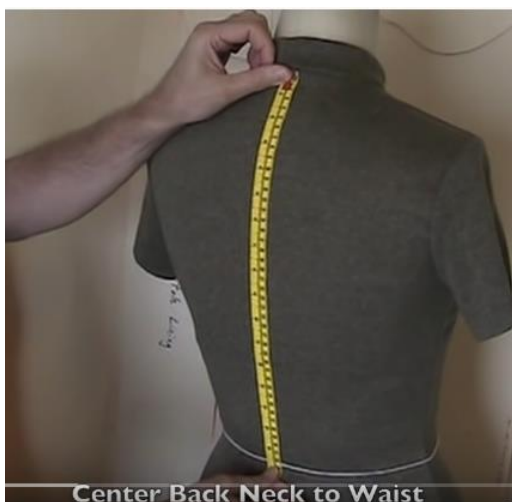
1. An accurate measuring tape.
2. A long ruler of approximately 30cm long, or a piece of cardboard of the same length. Will be used as a guiding line.
3. A piece of rope/string long enough to tie around your waist or hip.
4. Your best sangha friend to measure for you.

### ***Preparation***

1. Wear your fit and comfortable undergarment, thin t-shirt and thin pants/underskirt.
2. Stand in a relaxed posture, like how you would do naturally during meditation but standing. No need to stretch your shoulder or back to stand super straight.
3. No need to adjust the measurement yourself. For example, taking a deep breath when measuring bust is not necessary. I am going to add ease to cater for room to breathe and move.

### ***Definition of point/ line***

1. **NECK:** The point at the centre back where neck meets shoulder. If you touch and feel, there is a small round bone at that point. That is the point where I need you to measure from, and is going to come up a few times during measuring process. So please bear in mind. Imagine when you wear a simple t shirt that has no collar, **NECK** is at the back of neck where the t shirt starts. The picture below shows where you should measure from, the bottom of collar, not from the top of collar. Of course, when you are measuring actual body, follow your own judgement, not the t shirt you are wearing.



2. **BACK HIGH POINT SHOULDER**: The point where neck meets shoulder. You have the left and right one. Measure from either side is fine. This measurement determines where the shoulder starts.



3. **BUST**: Widest circumference at chest area. No need to enlarge your chest to make room for beathing/moving. I am going to add ease to your top garment.
4. **WAIST**: The **widest** circumference around your belly.
5. **HIP**: The widest circumference around your hip area.
6. **CENTRE BACK NECK TO WAIST**: First tie a rope/string around your waist to locate your waistline. Follow the natural contour of your body, measure from **NECK**, down along the centre back to the rope at waist. Avoid measuring straight from **NECK** and skipping the gap at back of waist, resulting in shortening measurement. This measurement determines where the yellow front piece of donka ends. The yellow front piece should sit below the waist line, so that when you wear the donka and tuck under the shamtab, only the yellow shows, not red. If you do not understand what I mean, it doesn't matter. Do make sure you tie a rope around your slimmest belly to locate your waistline.



7. ***CENTRE BACK NECK TO HIP***: First tie a rope/string around your hip to locate your hipline. Follow the natural contour of your body, measure from **NECK**, down along the centre back, to waist then to the rope at the hip. Avoid measuring straight from **NECK** and skipping the gap at back of waist, resulting in shortening measurement. This measurement determines how long your undershirt/donka is going to be. If it is made too short, the top will often come off but not tuck in nicely under the shamtab when you move/walk.

***Actually measuring, are you ready?***

**1. FOR CHOGU**

If you are going to take ordination, just tell me your height

- ♥ Your Height or
- ♥ Desired size

**2. FOR TSEN**

If you are going to take ordination, just tell me your height. The size is going to be made slightly smaller to match Chogu.

- ♥ Your Height or
- ♥ Size of Chogu or
- ♥ Desired size

**3. FOR DONKA, UNDERSHIRT & UNDERDRESS**

- ♥ What is Your usual top size?
  
- ♥ Bust- measure both the front half and back half across the chest
- ♥ Waist (**widest** circumference)
- ♥ Hip
  
- ♥ Forehead circumference
- ♥ Collar circumference
- ♥ Upper arm circumference
  
- ♥ Waist to mid-calf (for underdress only)

- ♥ Centre back neck to waist  
\*Follow the natural contour of your body, instead of measuring straight from neck and skipping the gap at back of waist



- ♥ Centre back neck to hip  
\*Follow the natural contour of your body, instead of measuring straight from neck and skipping the gap at back of waist
- ♥ Back high point shoulder to waist  
\*Follow the natural contour of your body, instead of skipping the gap at back of waist



♥ Across shoulder (back)

\*Follow the natural contour of your back, measure from one shoulder tip to the other



♥ Shoulder seam- left & right

\*Straight line from high point shoulder (where neck meets shoulder) to shoulder tip at the top of shoulder



- ♥ Shoulder slope

\*First place the longer ruler/cardboard from **neck** (where neck meets shoulder) horizontally to just above the shoulder. Shoulder slope is the vertical distance between the ruler and shoulder tip, as shown in the picture.



#### 4. FOR SHAMTHAB

If you are going to take ordination, just measure your Waist and Waist to Ankle.

- ♥ Waist
- ♥ Waist to Ankle or
- ♥ Desired size

#### 5. FOR UNDERSKIRT

- ♥ Hip
- ♥ Waist to mid-calf

#### 6. FOR DINGWA

If you don't have any preference, I will go for standard.

- ♥ For Teacher- Throne or desired size
- ♥ For Sangha- Standard (75cm x 75cm) or desired size

#### ***All done, What next?***

Well done! Now you can send me your measurement and quantity you need through an online form below. I will start making your robes right away if I can! You can also find the form link on my website!

<https://form.jotform.com/220966078143055>

## Reference

Pictures are screenshot from Youtube video 'Drafting a Fit Bodice Sloper- Professional Method, Part 1' by Christopher Sartorial

<https://www.youtube.com/watch?v=Ck2EhdeheLk>

Checklist of what to measure:

**1. FOR CHOGU**

|              |  |
|--------------|--|
| Height       |  |
| Desired size |  |

**2. FOR TSEN**

|                               |  |
|-------------------------------|--|
| Size of Chogu or desired size |  |
|-------------------------------|--|

**3. FOR DONKA, UNDERSHIRT & UNDERDRESS**

|   |             |            |
|---|-------------|------------|
| Usual top size                          |             |            |
| Bust                                    | Front half: | Back half: |
| Wasit (widest circumference)            |             |            |
| Hip                                     |             |            |
| Forehead                                |             |            |
| Collar                                  |             |            |
| Arm                                     |             |            |
| Waist to mid-calf (for underdress only) |             |            |
| Centre back neck to waist               |             |            |
| Centre back neck to hip                 |             |            |
| Back high point shoulder to waist       |             |            |
| Across shoulder                         |             |            |
| Shoulder seam                           | Left:       | Right:     |
| Shoulder slope                          |             |            |

**4. FOR SHAMTHAB**

|                |  |
|----------------|--|
| Waist          |  |
| Waist to ankle |  |
| Desired size   |  |

**5. FOR UNDERSKIRT**

|                   |  |
|-------------------|--|
| Waist             |  |
| Waist to mid-calf |  |

**6. FOR DINGWA**

|                        |  |
|------------------------|--|
| Throne or desired size |  |
|------------------------|--|