

10 week course

Syllabus: Grading to Fit

Course emphasis is on fit above the waist, and on how to adapt a sizing system to individual fit using industrial grading techniques.

Please note: This is a graduate-level course. Most students also need to take its sequel, *Grading and Sewing a Blouse*, to fully understand the work in this course. The two courses share a sample book.

Most students will need to complete the work in *Grading to Fit* during the first several weeks of *Grading and Sewing a Blouse*.

Grading to Fit's sequel, ***Grading & Sewing a Blouse* presents how to test the grading coordinates** developed in *Grading to Fit*, by showing how to grade a blouse pattern to fit, **then how to produce an exquisitely beautiful blouse** using high-end industrial design room sewing.

Grading to Fit is the first of two hands-on courses that will enable you to customize home sewing patterns to your and others' perfect fit. You will be developing a custom-fitted sloper. *Slopers* are basic fitted patterns from which pattern styles are developed.

1. The course begins with determining your true pattern size by your bone size.
Note: Do NOT have your size sloper printed until after your correct pattern size has been determined in class.
2. Next you are shown how to customize a standard-size sloper in your true pattern size to your personal fit, including bust adjustments if they are needed.
3. Then you are taught how to test your sloper's fit with a bodice muslin, and how to transfer your bodice muslin's fit corrections to your bodice sloper.
4. Charts are provided in the textbook to help you record and use this information to draft the corrections you need into your sleeve and skirt shell slopers before testing them in muslin.
5. After you have developed your custom-fitted slopers you will be shown how to determine your grading coordinates by comparing your custom-fitted slopers with the original printed slopers from which they were developed. Your coordinates will enable you to grade commercial (home sewing) patterns, in your chosen size, to your fit.

Your new knowledge will enable you to cut and sew many garments without any fittings whatsoever. You will also have a set of slopers that you can use to draft patterns that fit you. All you will need is some tracing paper and a few simple drafting tools such as a transparent ruler.

All work is demonstrated. You will need a basic, inexpensive sewing machine at home to finish some of the sewing demonstrated in class. Some sewing experience is necessary.

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Course Overview:

First, as the instructor demonstrates, you will learn how to take measurements. Then you will determine the alterations your bodice sloper needs and draft them into your bodice sloper. The instructor then shows you how to fit a bodice muslin and how to correct your sloper. Your next step is to correct your sleeve and skirt slopers. You will learn how to determine the amount of ease in a sleeve cap by *walking* your sloper's sleeve head around its armhole. Once the bodice and sleeve are fitted, the hips are measured to give the fit below the waist needed for grading, eliminating the need to cut a skirt muslin.

Classroom discussions will address not only the class material, but also the sewing and designing problems unique to you and the other students in your class.

As the course progresses you will begin to understand how the fashion industry designs garments, makes patterns, and sews professional clothing; and how to use these industrial skills to make more professional clothing at home.

Procedure:

You will be shown examples and demonstrations of pattern drafting. You will learn how to use standard sizing to determine the corrections needed to fit a home sewing or other grade-rule patterns, and how to draft those corrections into your sloper. You will learn how to make a muslin and how to use it to fit the body. You will be shown how drafting techniques are used by designers to enhance their work. You will be encouraged to use these drafting techniques to correct your slopers. You will learn how to determine, think through, and solve problems.

All class work will be reviewed the next class day.

Objectives:

Each student will choose a set of slopers, based on the model's chest measurement, from the standard-size file of slopers provided with this course, then have it printed at a stationery store or other business that prints large files. The student will then trace the printed slopers from which she will develop a set of slopers to fit following the classroom and *Grading to Fit* instructions. All drafting procedures will be demonstrated.

The students will be shown how to correctly fit their traced printed slopers, including how to correct the bust darting. Each student will make a fitting shell in muslin, how to fit it, and how to transfer those corrections to her sloper.

Demonstrations of drafting and sewing will be given in class. Students will do the work as demonstrated, in class and for homework.

Certificate requirements:

Attendance: Students must attend 80 % of the classes.

Portfolio: Corrected bodice, sleeve, and skirt shell slopers, muslin shell.

Sample book: bodice length corrections, sbk¹ pgs 1-2; bust dart correction, sbk pg 3; Fit corrections written in Appendix A: Measurements' Reference; grading written in Chapter 16 of *Grading to Fit*.

NOTE: Portfolio can be submitted after the course has ended.

Supplies: See attached list at the end of this syllabus.

IMPORTANT: BRING ALL OF YOUR PATTERNS AND MUSLIN(S) TO EVERY CLASS.

Suggestions:

1. Ask the instructor to check your measurements.
2. Watch as the instructor helps the other students.
3. If you are buying a sewing machine, please discuss that with the instructor first.
4. Observe as many fittings as you can, so that you can learn how to better draft and drape clothing for a variety of individuals.

1. sbk - sample book

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Course Schedule

First Week

Explanation of American home sewing patterns' sizing

Determining Your Correct Standard Size

Correcting the Front Bodice

Correcting the Armscye/Bust Dart Insertion

Welcome. In this course you will learn how to fit and modify home sewing patterns to both speed your sewing and enable you to produce more professional garments. We will be working with the slopers, downloaded from <https://CFashionEdu.com>, when you purchased your textbook, *Grading to Fit*.

Important: Do NOT have your size sloper printed until after your correct pattern size has been determined in class.

Discussion: Explanation of American home sewing patterns' sizing, and how to use it, tbk pgs 15-17. Benefits of making a sloper that fits you from your standard size sloper. Understanding basic pattern fit concepts: bust fit, fit lines, seam allowances, notches, length and width fit lines, multi-sizing. Overview of how to grade a pattern down/up to a size that is not available in that pattern style, pg 448.

Demos: Taking the measurements to determine your correct standard size, pg 16.

Demos using miniature slopers: **1.** Changing the length, tbk² pgs 65-67, pbk³ pgs 3-4. **2.** Correcting the bust fit, tbk pgs 123-125, pbk pgs

Students work with miniature slopers to learn the bust fit concepts.

Reminder: Put your finished miniature slopers into your sample book on pgs 1-3, as they are portfolio requirements for the certificate.

Note: You will need your printed sloper next week.

Second - Third Week

Correcting the Front Bodice

Narrowing the Front and Back Bodices if needed

Lengthening/Shortening the Front and Back Bodices Simultaneously

Inserting Bust Darts

Review of first week's material.

Discuss selvage, grain, cutting on grain, cutting on the open/fold, armscye depth.

Demos: **1.** Reducing the bodice circumference, if needed, Chap. 5, pgs 69-82. **2.**

Measuring the armscye depth, tbk pg 42. **3.** Drafting in additional armscye depth/or marking in the armscye depth fit line, tbk pgs 40-41. **4.** Preparing the tracing paper.

5. Tracing the front and back bodice. **6.** Tracing and moving the sloper's bust darting, tbk pgs 86-89. **7.** Drafting in additional darting, Chap. 6. **7.** *Truing* the back and front bodice sloper's side seams, tbk pgs 136-138.

2. tbk - textbook

3. pbk - pattern book

Fourth Week

Drafting the Bust Area Corrections, Fitting the Bodice Muslins

Review of last week's material.

Demos: **1.** Cutting the bodice muslin, Chap 8. **2.** Pinning the bodice muslin, tbk pg 159. **3.** Machine work: How to thread and run a sewing machine; how to change a machine needle; how to put a seam gauge on the machine, tbk pg 4; how to align a waist dart with the true bust point, tbk pg 122; how to sew the muslin on gauge, tbk pg 4.

Fifth Week

1. First bodice muslin fittings, Chap 9. **2** Correcting the bodice sloper from the fitted muslin, Chap 9.

Instructor checks students' work, fits bodice muslins and demonstrates how students should correct their slopers.

Students put into modular units of no more than four, to fit each other's muslins. Students are encouraged to fit each other, but if they are concerned about doing so, the instructor will demonstrate how to make the corrections.

Sixth Week - Sleeves

Review of previous work.

Discussion and Demos: Difference between a blouse sleeve and a shirtsleeve. How a sleeve cap fits into an armhole. Making the sleeve corrections. How to draft a sleeve from the printed sleeve sloper if it needs many corrections Chaps 11 and 12. Walking a sleeve cap around an armhole, Chap 13.

Students prepare their sleeve slopers, cut them in muslin, and sew them into their bodice muslins. Sleeve fittings begin.

Seventh – Tenth Week

Fittings - Sleeve to the Bodice, Review of Grading Procedures Determining the Hip Grading Coordinates

Demo: Determining the hip coordinates, tbk. Chapter 21.

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SEWING SUPPLIES

PLEASE PUT YOUR NAME on everything you own, including your muslin.

24 by 14 inch metal L-square
5H pencils and pencil sharpener, or lead pointer, sharpener, and 5H leads.
Armseye curve [shaped like a 6]
Vary Form [skirt] Curve Rule
18-inch, 2-inch wide, B-85 red transparent ruler
White vinyl pencil eraser
Red and blue pencils
Magic tape
Roll of drafting tape
Muslin – approximately 5 yards
36 inches x 50 yards yellow canary tracing paper.
Ice tube to carry patterns in.
Cardboard doweling left from wrapping paper or tracing paper to roll patterns up on.
Pencils for note taking
Sewing box or container for supplies
Shears or scissors to cut fabric
Scissors to cut paper
Small scissors with sharp points to trim threads and fabric
Stitch ripper
Goo-Gone to clean tools and machinery - optional.
Pins - large quilting pins suggested - box or magnetic pincushion to hold pins
Hand needles, tape measure
Grid paper

GRADING TO FIT by Laurel Hoffmann - 494 page book especially compiled for this course. The book is described at <https://cfashionedu.com/product/grading-to-fit/>
Call Laurel at 215 884 7065 to order at the student price, 80% of retail. Books will be in three-ring binders and handed out the first class day.

A set of slopers in your size. A full-sized sheet with front and back bodice, front and back skirt, and sleeve slopers. After registering for the course, call Laurel at 215 884 7065 so your size can be determined. It may be different than the size you are currently using. Laurel will have it printed at Staples for you. Cost is \$5.00

Sewing machine recommended. Do NOT buy a machine until you have discussed it with the instructor.