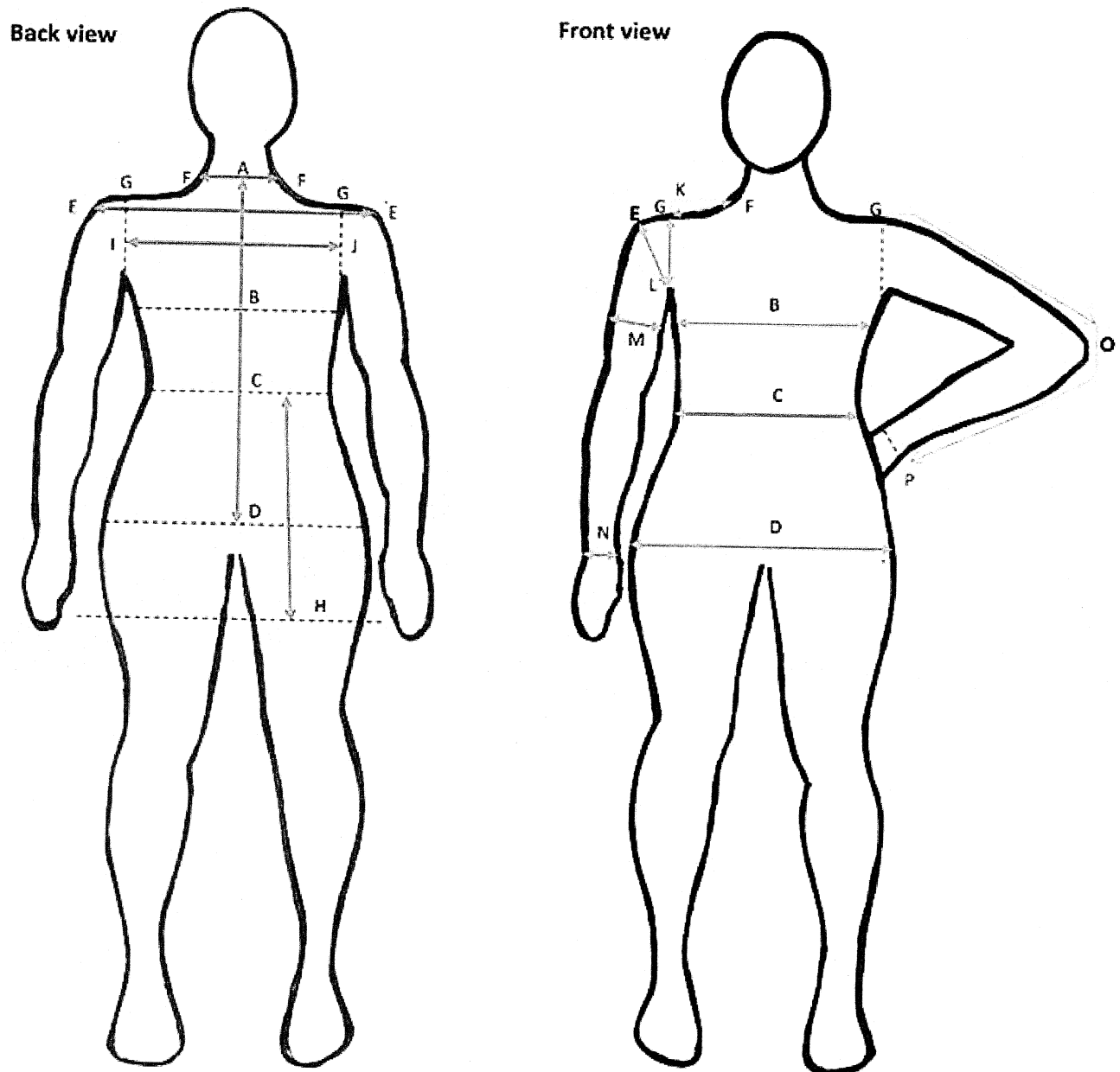


# Knitting & Crochet Guild

Take your own measurements for a perfect fit

Measure for a perfect fit



To start, take the measurements so that they are a **close fit but not tight**. You will decide the **amount of ease** (the extra looseness) you want when you choose which shape to make. We have included some basic **garments blocks and standard sizes** to get you started.

# Knitting & Crochet Guild

Table of body measurements					
Back view					
Key	Measurement without ease for exact fit	Actual cms/ins	Plus ease	Planned cms/ins	
A	Point at nape of neck				
B	Bust/chest line				
C	Waist line				
D	Hip line				
E	Point on outside of shoulder ball				
EE	Back shoulder width				
FAF	Back neck width				
G	Point where shoulder joins body				
I and J	Points in line with G				
IJ	Back width				
CH	Desired length form waist to hem, including welt				
	Circumference at desired length				
Front view					
Key	Measurement without ease for exact fit	Actual cms/ins	Plus ease	Planned cms/ins	
B	Bust/chest measurement around body				
C	Waist measurement around body				
D	Hip measurement around body				
F	Start of back neck measurement				
G	Point where shoulder joins body				
FG	Shoulder slope- third side of triangle FKG				
FKG	This triangle calculates the drop from F to G				
GL	Armpit depth with no ease				
M	Upper arm measurement				
N	Wrist measurement				
GOP	Length of sleeve - measured with arm bent including welt				
GL+ease	Armhole depth				
EL	Armhole - measured from armpit over outside of shoulder ball and back				