

Bodice Block Measurements

The printable companion guide to my drafting [YouTube video](#).

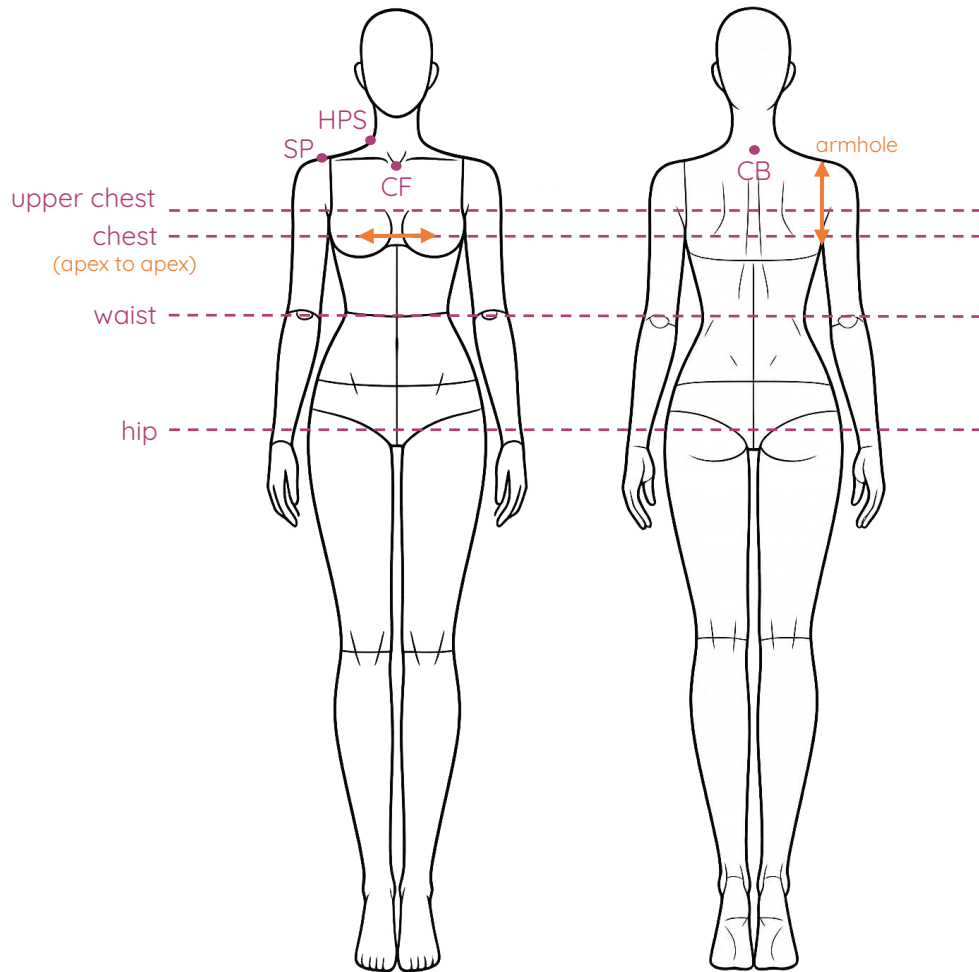
PREP

1. Take a ribbon / string and tie it around your upper chest, chest, waist, and hip
2. Take a colored tape and place it at your center front, high point shoulder, shoulder point, and center back

MEASUREMENTS

		NOTES
1.	Hip circumference	
2.	Waist to hip	
3.	Waist circumference	
4.	Waist to chest	
5.	Chest circumference (through bust apex)	
6.	Center front to waist	
7.	Center back to waist	
8.	Neck circumference (base of neck)	
9.	High point shoulder (base of neck) to shoulder point (bony protrusion at end of shoulder)	
10.	Slope of shoulder (trace onto paper) – <i>refer to “Shoulder Height” diagram for how to calculate the shoulder height</i>	
11.	Circumference of armhole	
12.	Upper chest to chest	
13.	Bust apex to apex	

BODY REFERENCES



SHOULDER HEIGHT

