

# Bodice Block (Non-Stretch) Fitting Checklist

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

## STEP 1. SHOULDER

		NOTES
a.	HPS at neck base	
b.	SP at bony protrusion	
c.	Bust line horizontal and parallel to the ground	

## STEP 2. NECKLINE

		NOTES
a.	Center front at front neck base between collar bone	
b.	Center back at most prominent bone on base of back neck	
c.	Curve around natural base of neck	
d.	Too loose = gap in fabric	
e.	Too tight = stress lines	

### STEP 3. CHEST

		NOTES
a.	Sit at bust apex	
b.	Room to move and breathe	
c.	Too loose = bagginess	
d.	Too tight = horizontal stress lines	

### STEP 4. WAIST

		NOTES
a.	Sit at natural waist	
b.	Room to move and breathe	
c.	Too loose = bagginess	
d.	Too tight = horizontal stretch lines	

## STEP 5. HIP

		NOTES
a.	Sit at widest part of hip	
b.	Room to move	
c.	Too loose = bagginess	
d.	Too tight = horizontal stretch lines	

## STEP 6. DARTS

		NOTES
a.	Front dart below bust apex	
b.	At (apex to apex) $\div 2$	
c.	Too narrow = excess fabric around dart	
d.	Too wide = tightness at widest part and looseness elsewhere	

## STEP 7. ARMHOLE

		Notes
a.	Rotate arm freely	
b.	Gap above midpoint = excess height at shoulder	
c.	Gap below midpoint: @ front = missing chest dart @ back = side seam issue	
d.	Stress lines below midpoint = lack of ease	

## STEP 8. SIDE CURVE

		Notes
a.	Side curve should follow your natural curve	