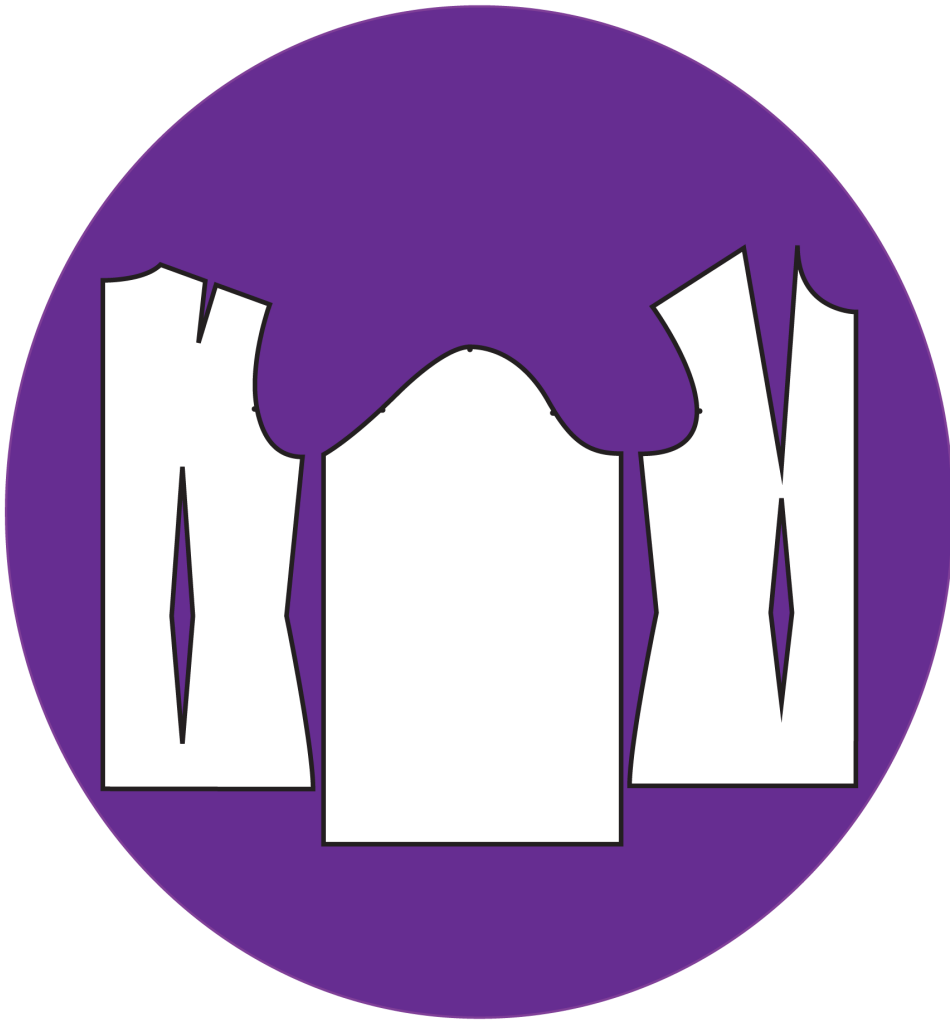


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# BODICE BLOCKS

STYLE 3001

MISSSES SIZES 6-14

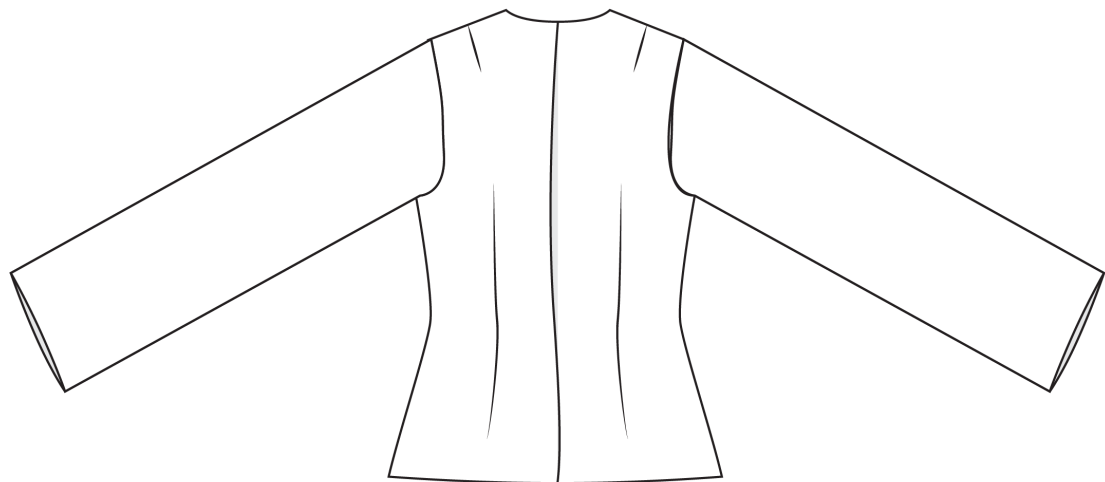
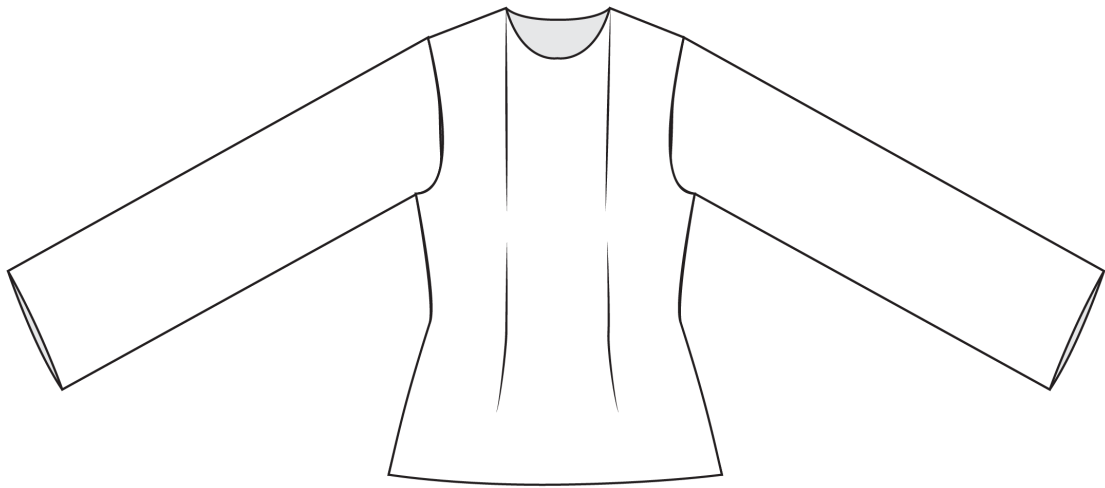
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**B**odice/Torso Block for developing sewing patterns for adult female clothing. It includes the back torso, front torso and a sleeve block to match. Sizes from bust 32 to 40. All blocks available in full scale and quarter scale.

**Body Measurements Chart (inches)**

	Size ⇒	6	8	10	12	14
1	Chest Circ.*			34		
2	Bust Circ.			36		
3	Waist Circ.			30		
4	Hip Circ.			39		
5	Across Shoulders Width			15		
6	HPS** to Back Waist			16 <sup>1/2</sup>		
7	HPS to front Waist			17 <sup>1/4</sup>		
8	Waist to Hip height			8 <sup>1/4</sup>		
9	Bicep Circ.***			12		
10	Sleeve Length			23 <sup>3/8</sup>		

**Body Measurements Chart (cm)**

	Size ⇒	6	8	10	12	14
1	Chest Circ.*			86.4		
2	Bust Circ.			91.4		
3	Waist Circ.			76.2		
4	Hip Circ.			99		
5	Across Shoul-			38.1		
6	HPS** to			41.9		
7	HPS to front			43.8		
8	Waist to Hip			21		
9	Bicep			30.5		
10	Sleeve Length			59.4		

**Incorporated wearing ease**

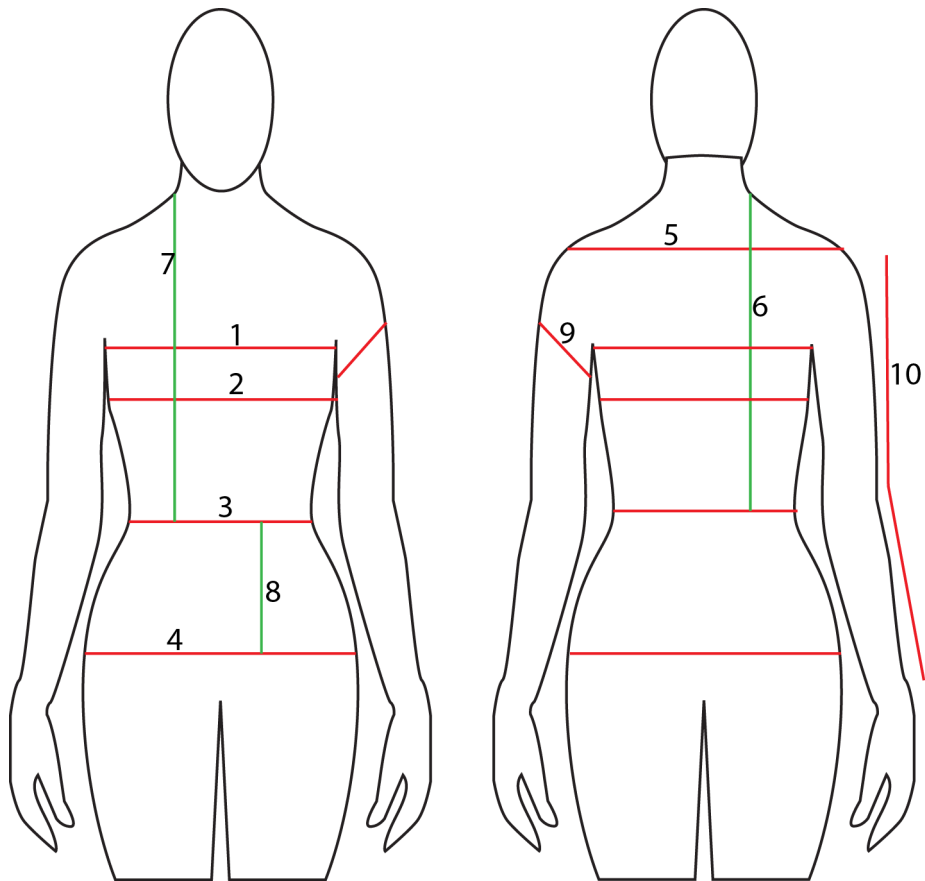
Size ⇒	6 -14
Bust	3"
Waist	2"
Hip	2"
Bicep	2"

Size ⇒	6 -14
Bust	7.6 cm
Waist	5.1 cm
Hip	5.1 cm
Bicep	5.1 cm

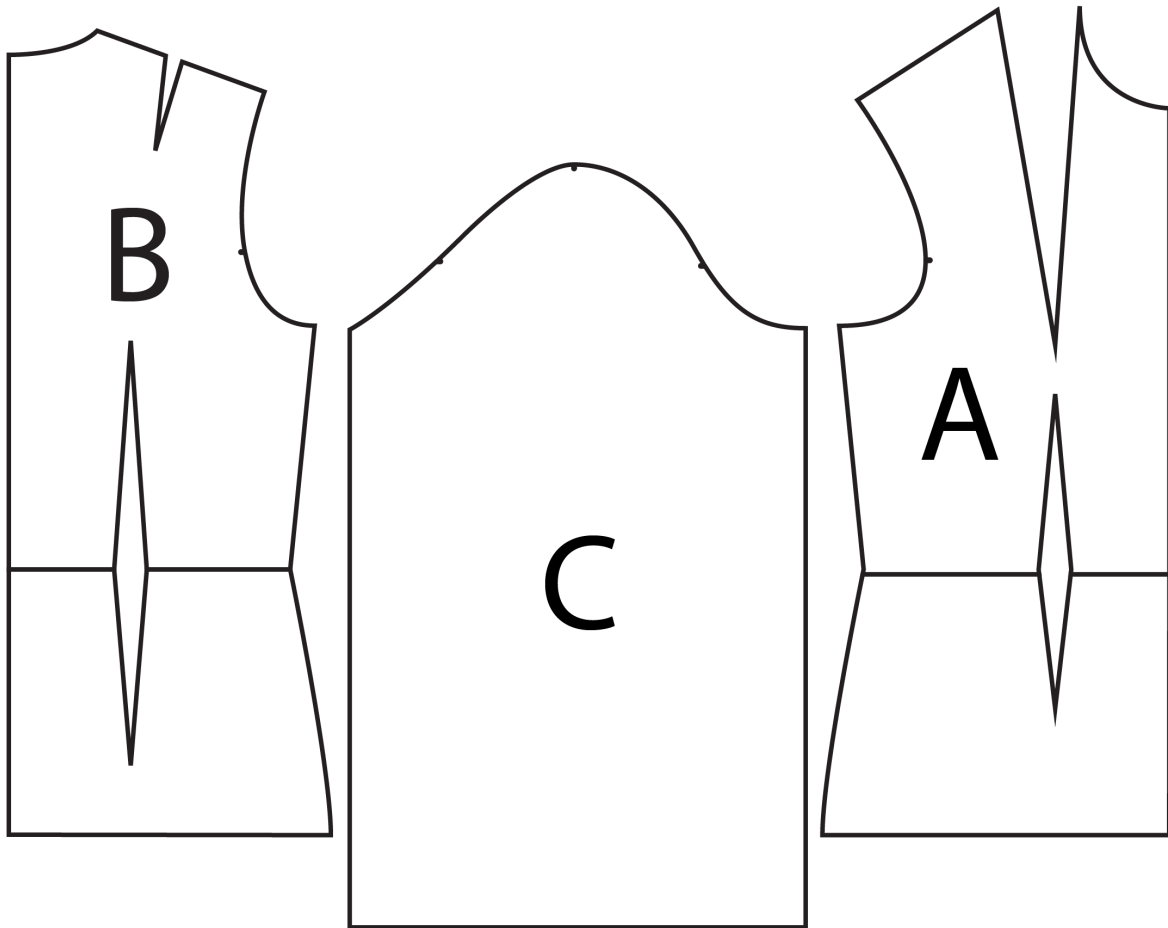
\* Also referred to as the Upper Bust or Above Bust Circumference.

\*\* HPS is Highest Point of Shoulder. It is also the Neck Point. It is the point where shoulder connects to the neck.

\*\*\* Also referred to as the Top Arm.



# *List of Pattern Pieces*



A: Bodice/ Torso Front

B: Bodice/ Torso Back

C: Sleeve

The front and back torso blocks are drafted with 3, 2, and 2 ease at the bust, waist and hip respectively. The bust fitting dart is located at the corner of the neck but can be shifted to any convenient/preferable location. This block is drafted for the average B-cup shape and bigger cup sized shapes may require a full-bust adjustment.

The bodice is drafted to take on a sleeve. To make it a bodice for sleeveless garments, follow the instructions on [page 9](#).

The sleeve block is a straight, unshaped sleeve with minimal ease of less than 1/4" at the sleeve cap. Follow the instructions on [page 10](#) to increase the sleeve cap ease if desired.

It is advised to make a test fit of the block in muslin to adjust and perfect fit on individuals.

The pattern is not inclusive of sewing allowances.

Purchase the full Misses Bodice Block Set (Sizes 6-14) at <http://sewexplicitpatterns.com/shop>

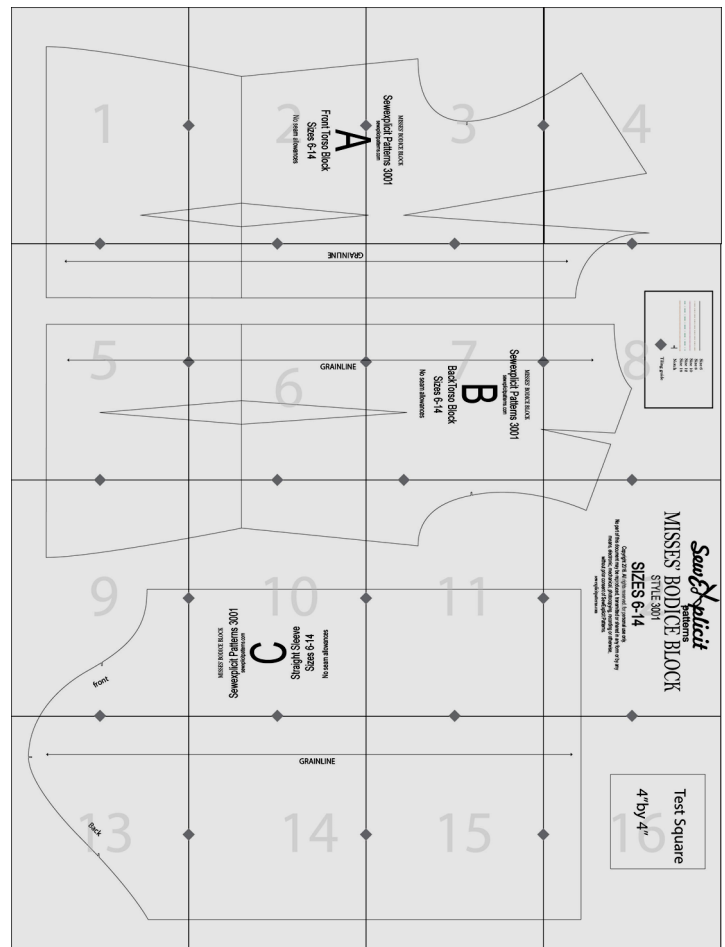
# Getting Started

## Determine your Size

- ◆ Use the body measurement chart to determine your size.

## Print & Assemble

- ◆ Print Instruction pages: 1-12  
Print Pattern tiles: 12-28  
Print Quarter Scale: 29
- ◆ Print out your pattern tiles at 100%, Actual size mode. Measure the 4" by 4" Test Square to ensure your pattern tiles have printed correctly.
- ◆ Trim off the defining rectangles on each page.
- ◆ Tape the tiles together by aligning each triangle on each page to the corresponding triangle on the adjacent page to form a diamond. Match up the tiles as shown in the diagram.
- ◆ Cut out or trace out your pattern pieces.
- ◆ Download the [printing guide](https://dl.orangedox.com/Rj4Yi3C8i1bhnW8gF2) at <https://dl.orangedox.com/Rj4Yi3C8i1bhnW8gF2>



## Trace Out and Cut out your Fabric

- ◆ Trace out your pattern pieces, using pen or tailor's chalk. Mark out the notches as well.
- ◆ Cut your fabric along the outline you have traced with sharp scissors making sure to cut away your pen or chalk lines. Make a 1/8" clip into the notch marks.

## Layout your Pattern Pieces

- ◆ Layout your pattern pieces on to the wrong side of your main fabric as shown on the Cutting Layout diagram.
- ◆ Weigh your patterns down.

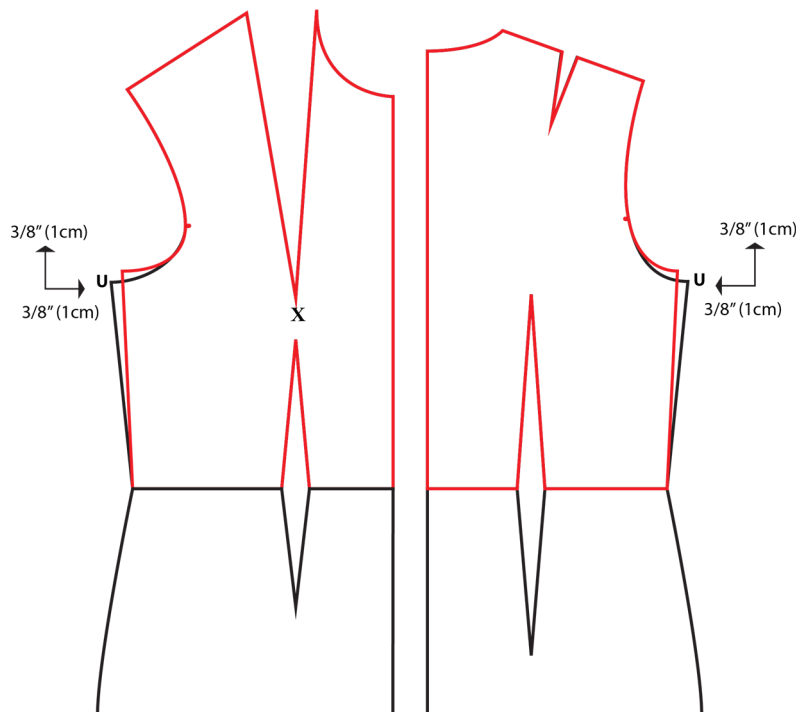
## Sewing Allowances

The pattern is not inclusive of sewing allowances.



## Sleeveless Bodice Adjustments

The bodice block has been drafted to allow take on a sleeve. A sleeveless bodice should be more fitted around the bust and armhole. Follow the steps below to adjust for a sleeveless bodice.

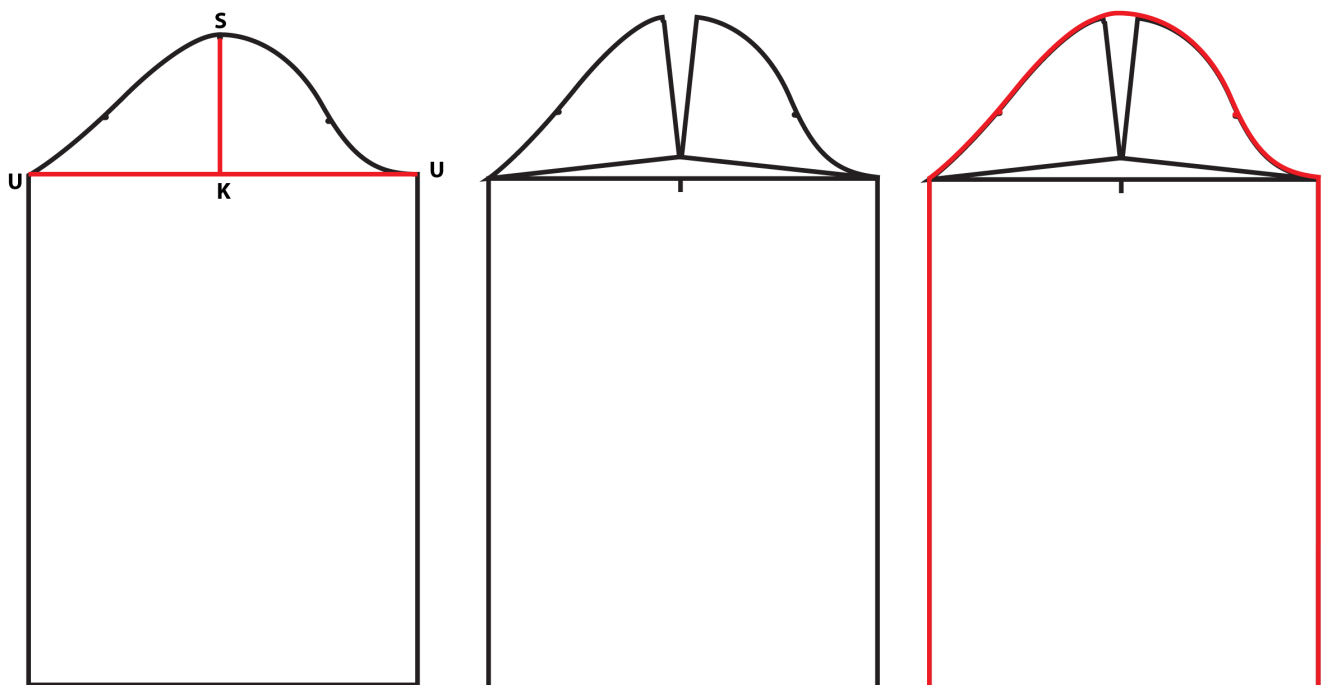


Shift Point U (underarm point) inwards by  $\frac{3}{8}$ " (1cm) and upwards by  $\frac{3}{8}$ " (1cm). These will reduce the ease at the bust by a total of 1.5" and raise the underarm point thereby making the armhole smaller and more fitted; Blend the resulting armhole to the former as shown above. The red bodice represent the sleeveless bodice.

Note: Point X is the Bust Apex. The bust fitting dart is usually not sewn to the bust Apex but stopped about 1 to 2" before point X.

## Adding Sleeve Cap Ease

- ♦ S is marked exactly where the notch that matches up to the bodice shoulder is.
- ♦ Draw a horizontal line from point U to U
- ♦ Draw a vertically perpendicular line from point S to reach the horizontal line.
- ♦ Label the point where the vertical line above meets the horizontal line like as K.
- ♦ Slash the vertical line up to Point K
- ♦ Slash From Point K to point U on the left; and another slash from point K to point U on the right.
- ♦ Note that slash doesn't cut through point U so we have hinges to pivot the resulting sections.
- ♦ Spread at the top the required/preferred ease amount.
- ♦ Trace around the new sleeve cap.



## *Get to know us more*

Now you can start using the blocks to develop your sewing patterns. Ta dah! To have access to bodice blocks in more sizes, purchase the full (sizes 6-14) Misses' Basic Block set [here](#). The paid version also include A large format paper (A0) copy.

Remember to subscribe to our newsletter if you haven't, by visiting our website [sewexplicitpatterns.com](http://sewexplicitpatterns.com) so as to be the first to get updates on our pattern releases and discount offers.

If you still have questions, you can contact us on [info@sewexplicitpatterns.com](mailto:info@sewexplicitpatterns.com). Have a pleasant sewing experience.

Like and follow on [Facebook](#), [Instagram](#), [Twitter](#) and [Pinterest](#) @sewexplicit.

# *Notes*

1

# A

## Front Torso Block Sizes 6-14

No seam allowances

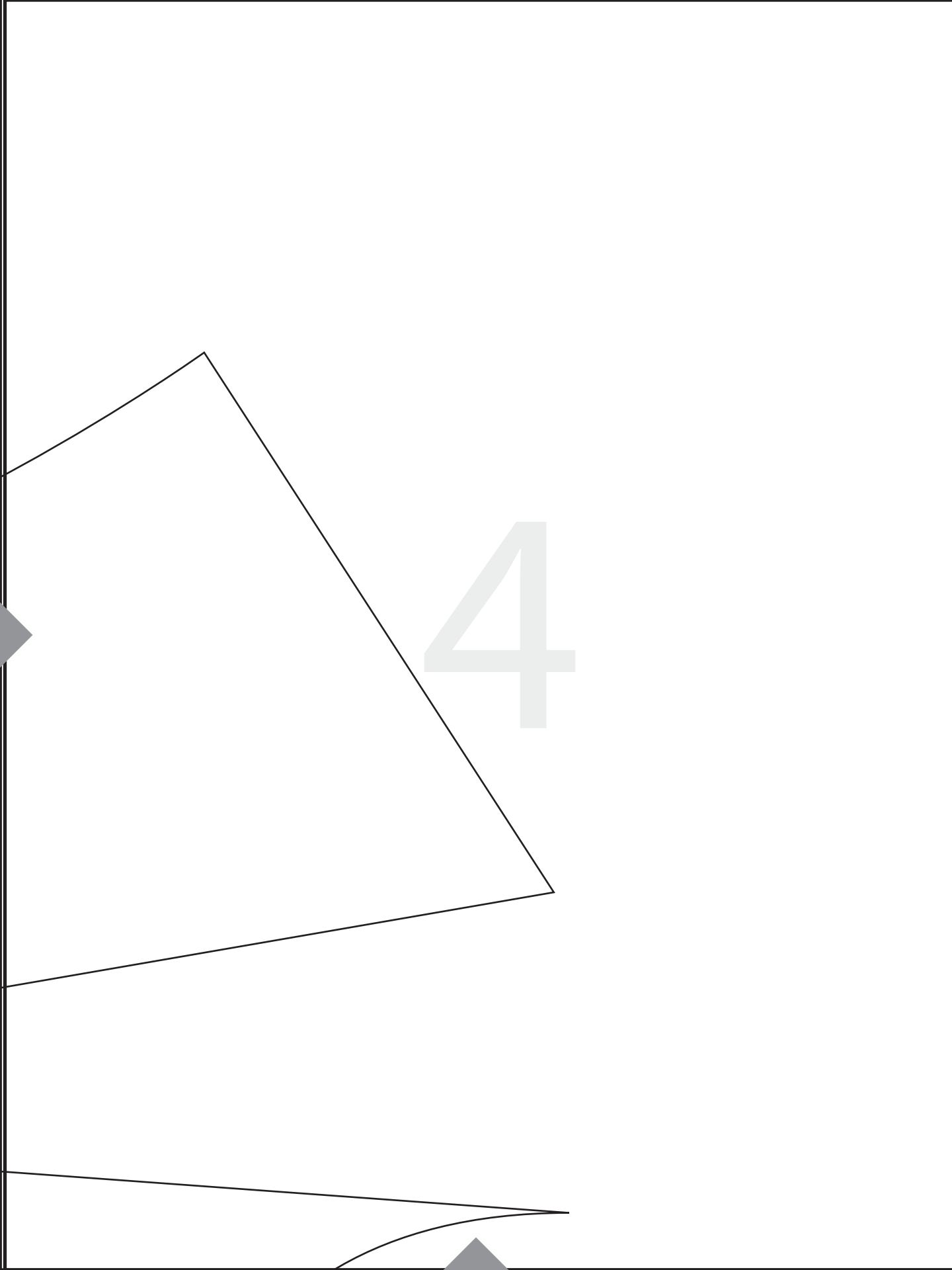
# 2

3

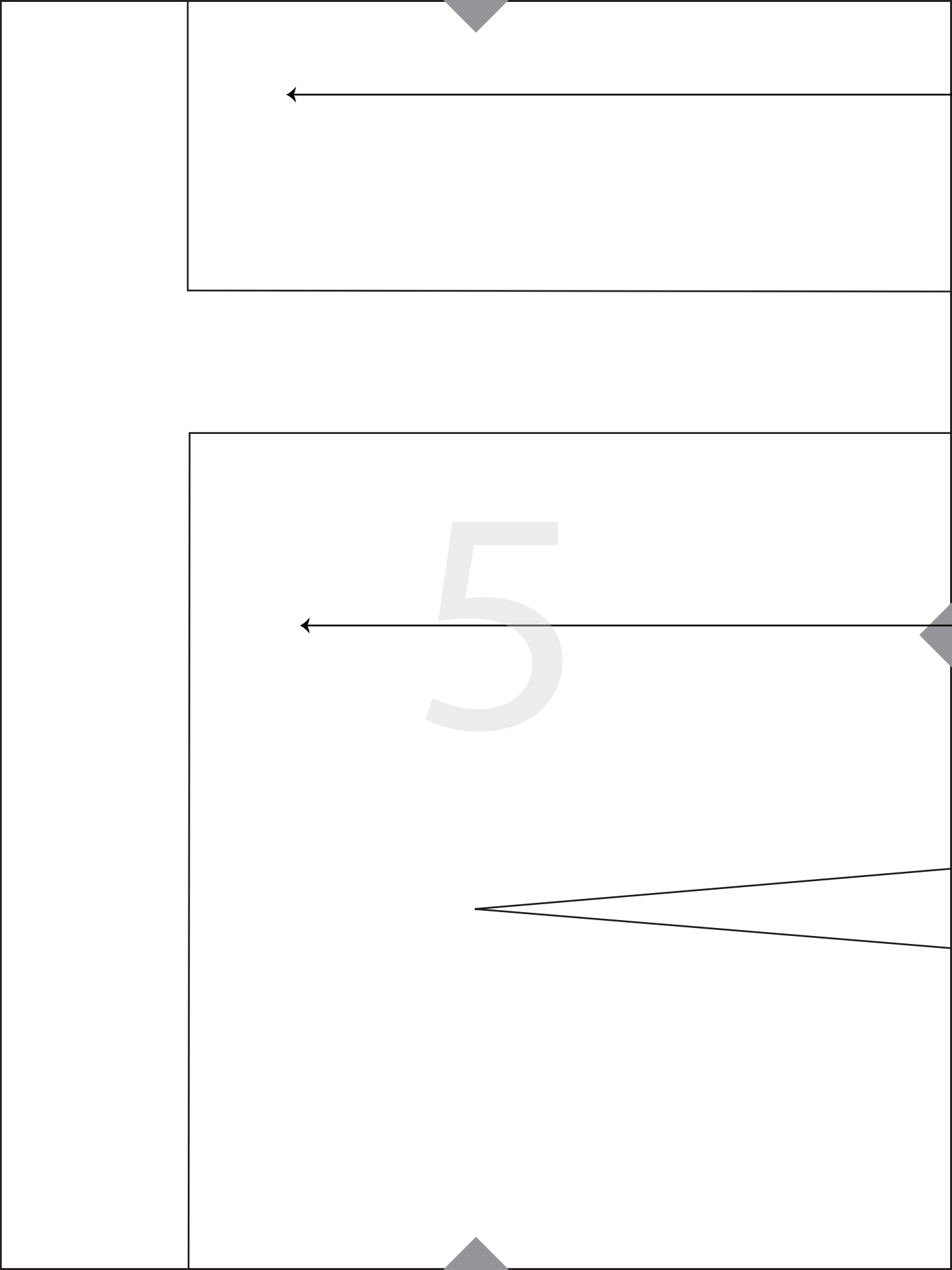
MISSES' BODICE BLOCK

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GRAINLINE

GRAINLINE

6

MISSES' BODICE BLOCK

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# B

## BackTorso Block

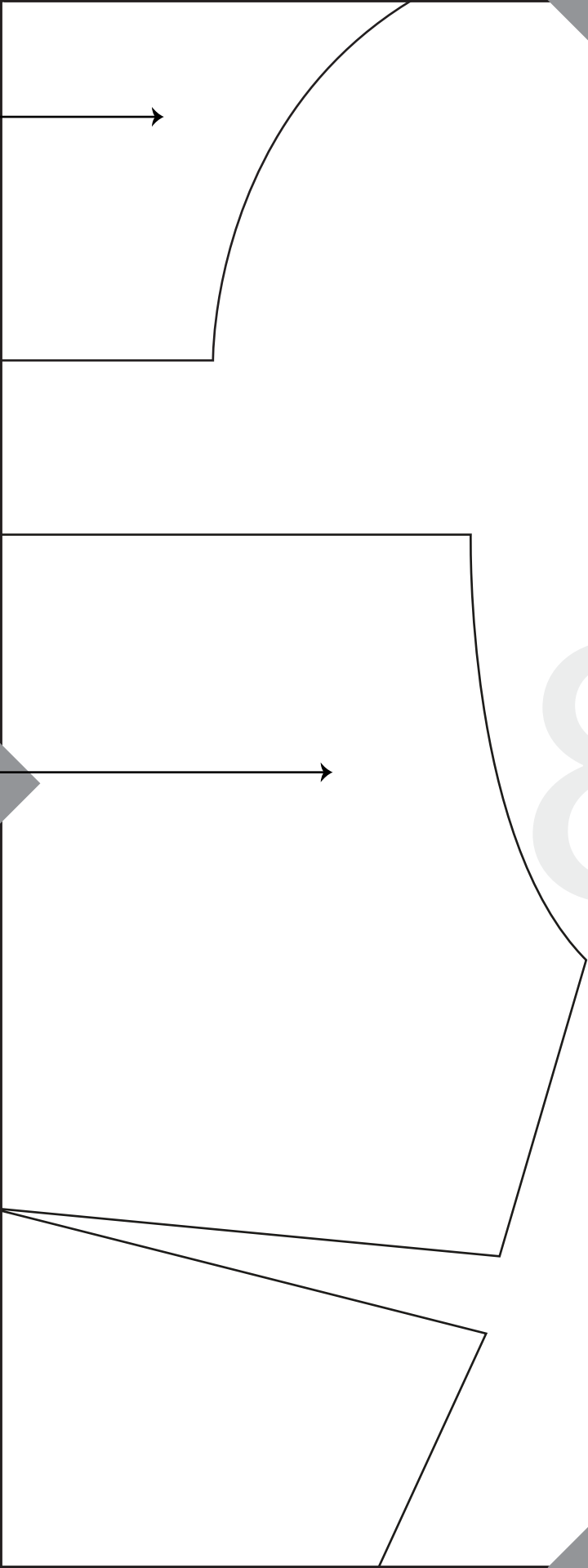
### Sizes 6-14

No seam allowances

Size 6  
Size 8  
Size 10  
Size 12  
Size 14

Notch

Tiling guide



9

front

MISSES' BODICE BLOCK

# Sewexplicit Patterns 3001

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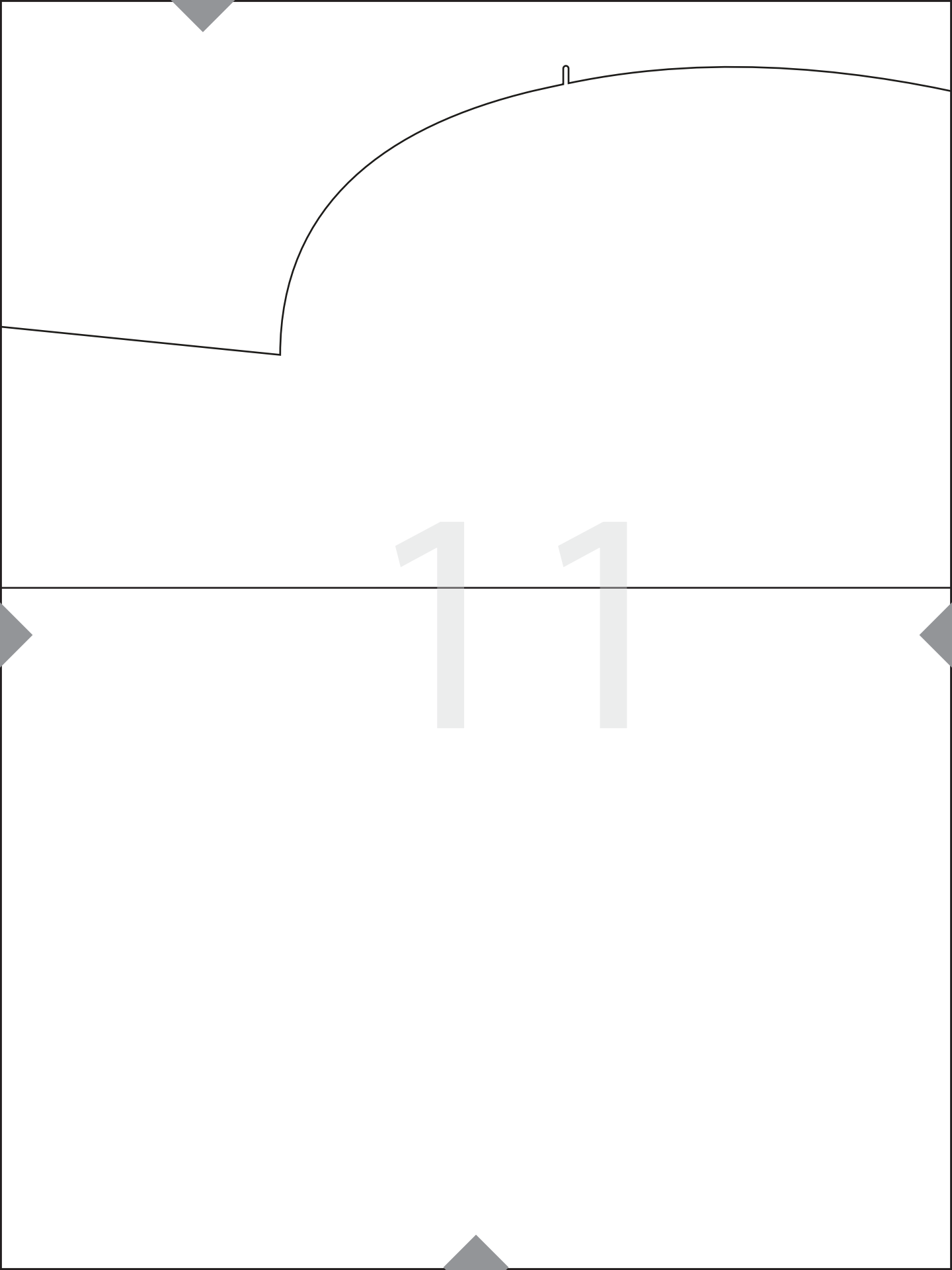
# C

## Straight Sleeve

## Sizes 6-14

No seam allowances

# 10



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# MISSES' BODICE BLOCK

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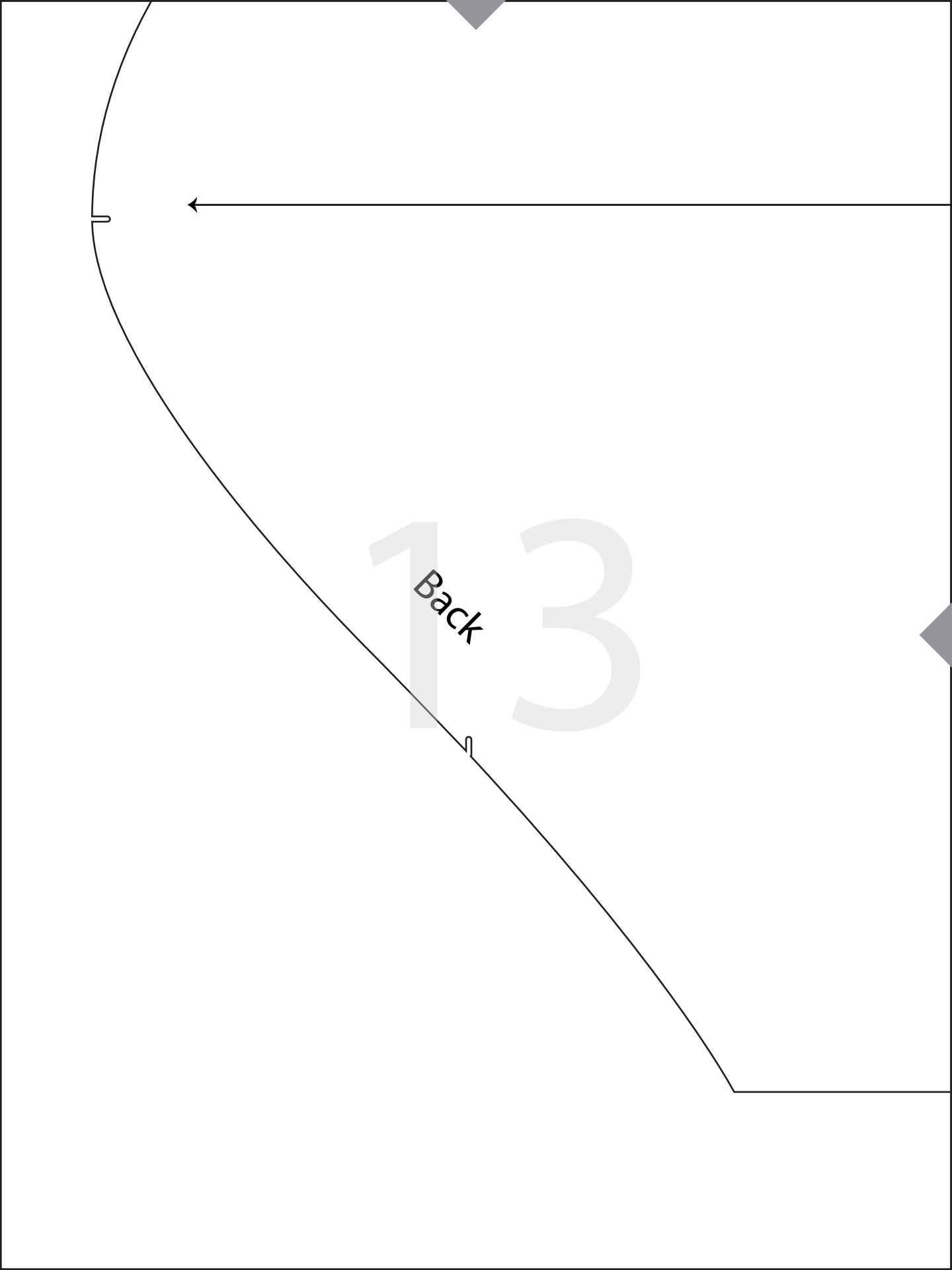
SIZES 6-14

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Back

13

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14

15

Test Square

4" by 4"

16



# MISSSES' BODICE BLOCK

STYLE 3001

**SIZE 10**

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Test Square  
1" by 1"

Quarter Scale  
Front Bodice Block  
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Sleeve Block  
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patterns

GRAINLINE

front

Back