

# Sew Me Something

## Pattern Cutting Series - One Piece Sleeve Block

### The Basic One Piece Sleeve Block Instructions

**The sleeve block is drafted to fit an individual bodice block. So make sure you have refined the armhole of the bodice you want to draft the sleeve for.**

The measurements you will need for this block:

Front Armscye .....  
Back Armscye .....  
Bicep measurement .....  
Elbow girth .....  
Cap height .....  
Sleeve length .....  
Cap to elbow .....

To draft the sleeve block we will first use the Bicep and Armhole measurements to work out the ideal Cap Height.

Draw a horizontal line about a quarter of the way down you paper.

1.  $A - B =$  Your bicep measurement ..... + 15cm = ..... Making it around number will make it easier. This horizontal line is the Bicep line.

2. Mark the half-way point of this line and label it C. Draw a guide line up from C, at right angles to the A-B line. Make this about 20cm high. This vertical line is the Cap Height line.

3.  $E - F =$  Your bicep measurement ..... + 5cm - 10cm\* = .....  
Make C the centre of the measurement.

\* 5cm ease is the standard. Some people may need more. If you often have problems with the sleeves of high street clothing being either too tight in the bicep or being constrictive when moving your arms forward, you may need up to 10cm ease.

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4.  $G = \text{Front armhole} \dots\dots\dots + \text{back armhole} \dots\dots\dots + 1.2\text{cm Sleeve Cap Ease}^{**} = \dots\dots\dots \text{divided by } 2 = \dots\dots\dots$

Swing the ruler up from E on the Bicep line so this measurement hits the line C-D. Mark point G.

*\*\*The amount of ease added for the sleeve cap curve can increase with size, see the table below for details of how much sleeve cap ease to add to the armhole measurements. This is still only a guide and a much better fit will come at the toile fitting stage.*

| Bicep Measurement | Add to Armhole |
|-------------------|----------------|
| 28cm              | 1.2cm          |
| 30cm              | 1.2cm          |
| 32cm              | 1.5cm          |
| 34cm              | 1.5cm          |
| 36cm              | 1.75cm         |
| 38cm              | 1.75cm         |
| 40cm              | 2cm            |
| 42cm              | 2cm            |
| 44cm              | 2.5cm          |

## Checking the Bicep Measurement

Now we are going to move the bicep line to reflect the actual back and front armhole measurements in relation to the shoulder point G. At the moment the shoulder point is exactly in the middle of the sleeve, whereas the front and back armhole measurements **may be** significantly different. (In this example they are very similar but working with individual measurements will make a difference).

5.  $H = \text{Back Armhole measurement} \dots\dots\dots + \text{half sleeve cap ease measurement} \dots\dots\dots = \dots\dots\dots$

Measure down from G towards E, swinging the ruler so this measurements hits the line A - D, and label the point H.

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6. Front Armhole measurement ..... + half (sleeve cap) ease measurement..... = .....

Measure down from G towards F, swinging the ruler so this measurement hit the line A - D and label the point I. H-I now equals the Bicep Measurement. This may be slightly less than the original E - F line by a few millimetres.

## Checking the Cap Height

We are now going to mark the actual (body measurement) Cap Height and compare it to the Ideal Cap Height that we calculated from the Bicep and Armhole measurements in the previous steps.

7. J = Your Cap Height measurement..... Measure up from C towards G. Label the point J.

## Note the following:

- If you have a standard figure, *and you have **used 5cm ease*** G and J should be very close. Use the higher of the two as your Cap Height and mark this.
- If you **used 10cm** ease for your bicep, the difference between G & J may be significant. Using G as your cap height will give you minimum ease in the cap but your sleeve will have a bit of flare.

8. C2 = The half-way point of the Bicep Line (halfway between points H and I) This may be very close to C in more standard figures. But if you have more rounded upper back or forward sloping shoulder the distance may be greater as the back armhole measurement will be larger than the front to cater for this.

9. C2 - K = Your Sleeve Length ..... minus your Cap Height measurement ..... = .....

K is the wrist line so square out horizontally from point K.

10. C2 - L = Your Cap to Elbow measurement..... minus your Cap Height..... = ..... Measure down from C2 on the C2 to K line, and label point L. This is the elbow line so square a horizontal line out from L.

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11.  $M - N =$  Your Elbow girth..... + elbow ease (Add 3cm if you used 5cm ease in the bicep. Add 5cm ease if you used 10cm ease in your bicep).....  
= ..... Measure M - N along the elbow line with L as the centre point.

12.  $H - O =$  Draw a line from H to point M on the elbow line. Extend this line until it touches the wrist line out from K. Mark this post O

13.  $I - P =$  Draw a line from I to point N on the elbow line. Extend this line until it touches the wrist line out from K. Mark this post P.



**Optional elbow dart** - you can leave out this section if you do not want such a close fitting sleeve

- Extend the line N-M beyond M for 4mm and label the point Q.
- Measure down 2cm from M on the M-O line, and label the end point R. This is the dart width.
- Measure in 1cm from O on the O-P line, mark the point S.
- Mark the dart point mid way between point M and Point L
- Measure from the dart point to point Q
- Using the same measurement (both dart legs have to be the same length), measure from the dart point through point R and mark the end point T.
- Draw a line from H to Q.
- Measure from N to P.
- Draw a line from T through point S to be the same value as N-P. Mark the end point U.



## Drawing in the Sleeve Head

14. Divide the Line H - G into 4. Mark each point R, S, T.  
15. Divide the Line I - G into 4 and mark the points U, V, W.

## Drawing in the Back Sleeve head

- Measure outwards at V (at right angles to the A-G or A-J line) for 1.2cm.
- Measure outwards at W (at right angles to the A-G or A-J line) for 0.8cm
- Measure inwards at X (at right angles to A~G or A~J line) for 0.75cm

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## **Drawing in the Sleeve Head Front:**

- Measure outwards at Y (at right angles to the H~G or H~J line) for 2cm.
- Measure outwards at Z (at right angles to the H~G or H~J line) for 0.5cm
- Measure inwards at A2 (at right angles to the H~G or H~J line) for 1cm

Draw the sleeve cap using a French curve or Pattern master touching points H, X, W, V & G, and the front curve touching I, Y, Z, A2 & G.

Measure the final sleeve head curve from H to I. It should be about 2.5cm more than the front and back armhole measurements added together.

## **Add the front and back balance marks to the sleeve head.**

- Put double notches on the Back of the Sleeve-head at the cross-over point between S & T.
- Put a single notch on the front of the Sleeve-head at the crossover point between V & W.

## **Finishing off the underarm seam and wrist line**

- Use a French ruler to draw a smooth curve for the wrist from U to P.

## **You Have Finished the Sleeve Block!**

Make sure to include:

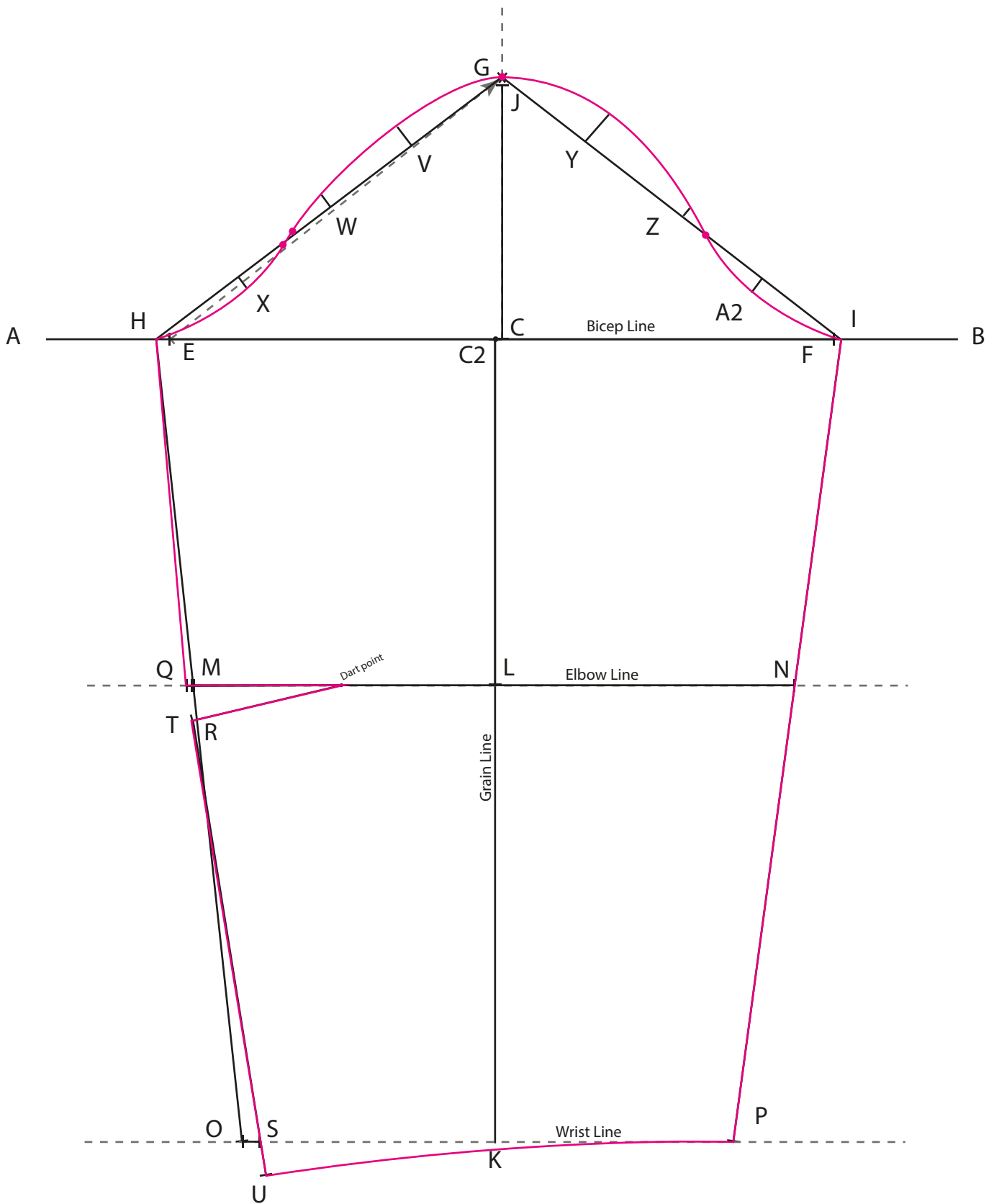
- The grainline - parallel to the line G - K
- Mark the balance points at the elbow line and sleeve-head
- Label the block (e.g. Fitted Sleeve, Size, Name, Date etc..)

## **Now we need to transfer the balance marks from the sleeve head to the front and back armholes.**

To do this lay the sleeve curve over the armhole and all it around until the balance mark on the sleeve sits on the arm hole as in the images below.

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One piece sleeve with a dart



# Sew Me Something

One piece sleeve with NO dart

