



The Plus fit Package

Distance Learning Course 2
Plus Fit Bra Pattern Cutting and Grading
The Programme



Continuing professional development studies

This certifies that

.....
has successfully completed the training
programme for

Plus Fit Bra Pattern Cutting and Grading
.....

Signed

Date



Distance Learning Course 2

Plus Fit Bra Pattern Cutting and Grading

Guide to Course Programme

Introduction

1. Plus fit Bodyshape
2. The engineering of Plus Fit bra shape
3. Drafting the 32F Soft Bra Block
4. Plus fit Fabrics, Wire grading & components
5. Styling Project 1- Drafting and modifying 32F Plus fit Soft Bras
6. Plus fit Soft Bra grading rules
7. Drafting the 32F Wired Bra Block
8. Construction process
9. Styling Project 2 - Drafting and modifying a classic Plus fit Wired Bra
10. Plus fit Wired Bra grading rules
11. Overview of Plus fit styles
12. Construction process
13. Styling Project 3 -Drafting the 34GG Bra
14. Styling Project 3 - Darted 36 GG Bra
15. Fitting Plus Fit Bras
16. Using Adobe illustrator to draft plus fit bra patterns
17. Plus++ fit Bras Drafting a 40E Wired Bra
18. Technical packs, costings and lay planning



Plus Fit Bra Drafting and Grading

Ground Rules

This Distance Learning course focuses on drafting bras for plus - fit sized women.

Band sizes 28 - 42

Cup sizes DD - G

Despite 25 years of commercial activity in this size market the industry have little reliable data or technique to offer to direct their technicians.

There is not a book of rules for any bra draft or grade and every experienced designer has their own process. The best of the brands that trade in this size know that a successful fit brings a loyal customer who will pay a premium price for technically designed comfortable bra.

Market

The saying that you 'cannot be everything to everybody' is the key understanding to this plus fit market.

To successfully enter this product area it is very important to establish exactly who your customer will be and how complex this customer and their lingerie has become.

Construction

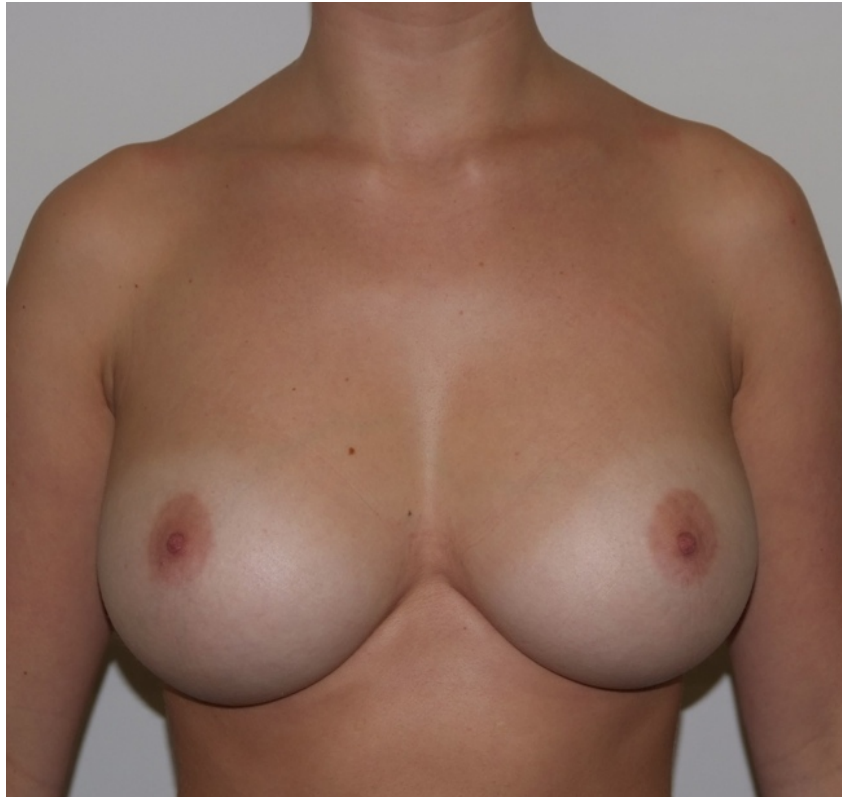
32DD and a 34GG, both considered plus fit sizes but a massive difference in their engineering.

Every component, body fabric, narrow elastics, wires, shoulder straps, hook and eye tape, rings and sliders need a different specification to give a successful outcome.

Plus Fit Bra Drafting and Grading

Bodyshape

Who are you designing for?



Fashion Plus fit



Support Plus fit

The plus bodysize will vary by issues that are in a different order of importance than core size .

Age - Lifestyle - Hormonal activity - Thickness and elasticity of skin - Genetic inheritance

Plus Fit Bra Drafting and Grading

Fitting Methods

1. The variation in size specification amongst this product is complex.
2. The way a commercial fitter decides what size a customer is, varies considerably, and can destroy your carefully tailored bra style.
3. The individual customer's understanding of the product is usually small but plus fit females are usually more knowledgeable than their smaller cousins.

Pattern Engineering

1. It is soon obvious to any technician that most recognised 'tailored' fit bra brands have quite different core pattern shapes.
2. There is little point in starting from scratch to start your basic pattern block / style
3. Establish a bra brand that you feel will represent the fit / shape / style you admire and become technically very aware of its characteristics.

Size Grading.

1. There is not one recognised 'successful' way to grade plus fit patterns.
The grading increments can be varied to achieve different support and shape outcomes
2. Size breaks are recommended by experienced technicians.
Between a 34DD pattern and a 40G some brands will have 3 pattern breaks or change of block shape to achieve a tailored shape.

Plus Fit Bra Drafting and Grading

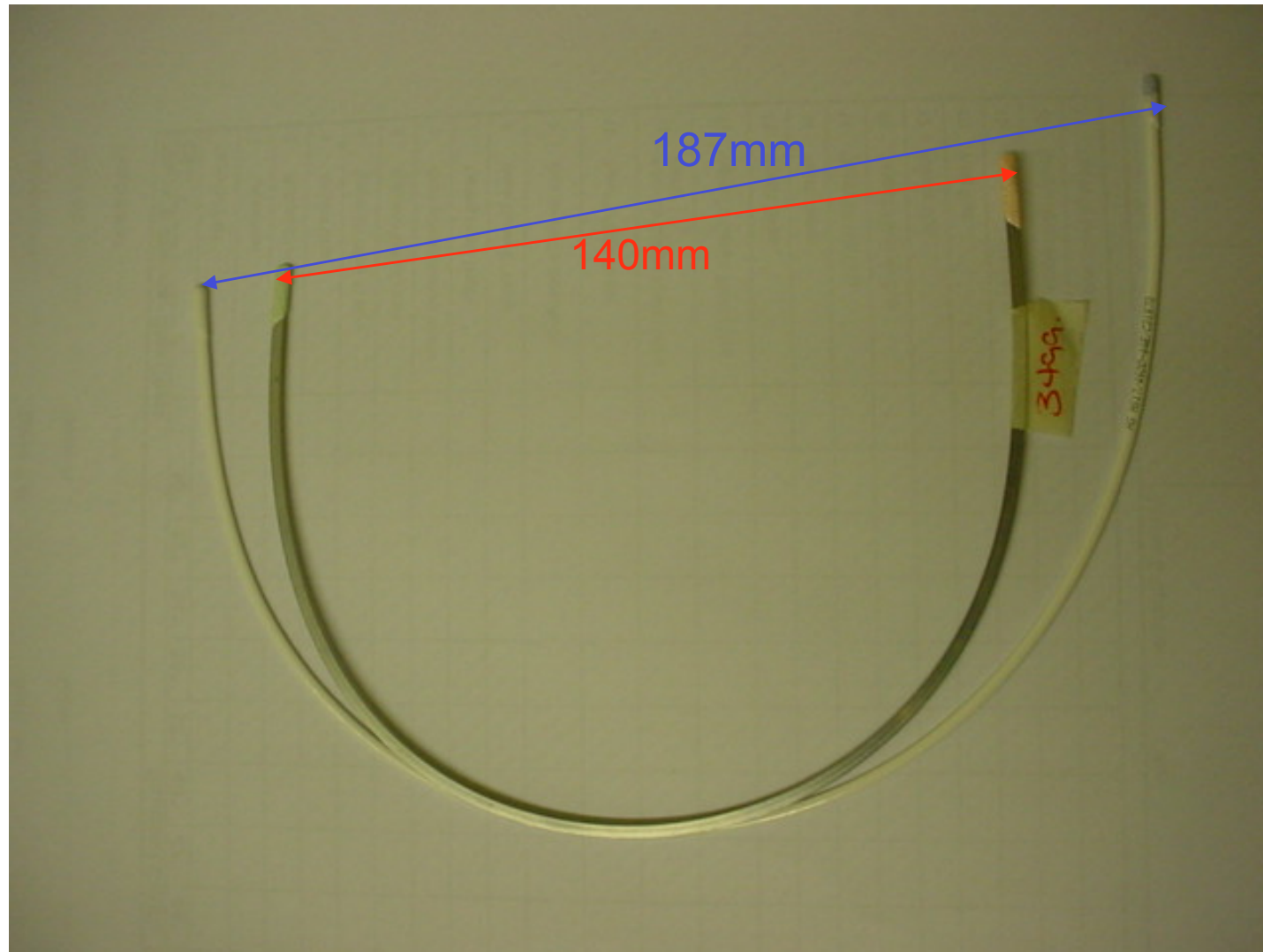


Age is also an underlying factor in body shape. As a woman matures the females body shape changes dramatically. Primarily an increase in breast and waist size, however other parts such as the buttocks and thighs tend to gain weight. As the body ages, breasts tend to sag, this is due to the ligaments in the breasts becoming elongated and the skin loosing its elasticity. Once a women has seen the menopause they tend to gain weight, again this is due to the increase of testosterone in their bodies and weight tends to sit on the buttocks, thighs and hips.

Plus Fit Bra Drafting and Grading

Design Techniques for Plus Fit bras.

The choice of wire is one the most important factors that ensure a successful outcome. The wire for a large fit needs to be tailored in the width and slightly deeper in the height. This prevents the breast from spreading over the rib cage and spilling over the underarm

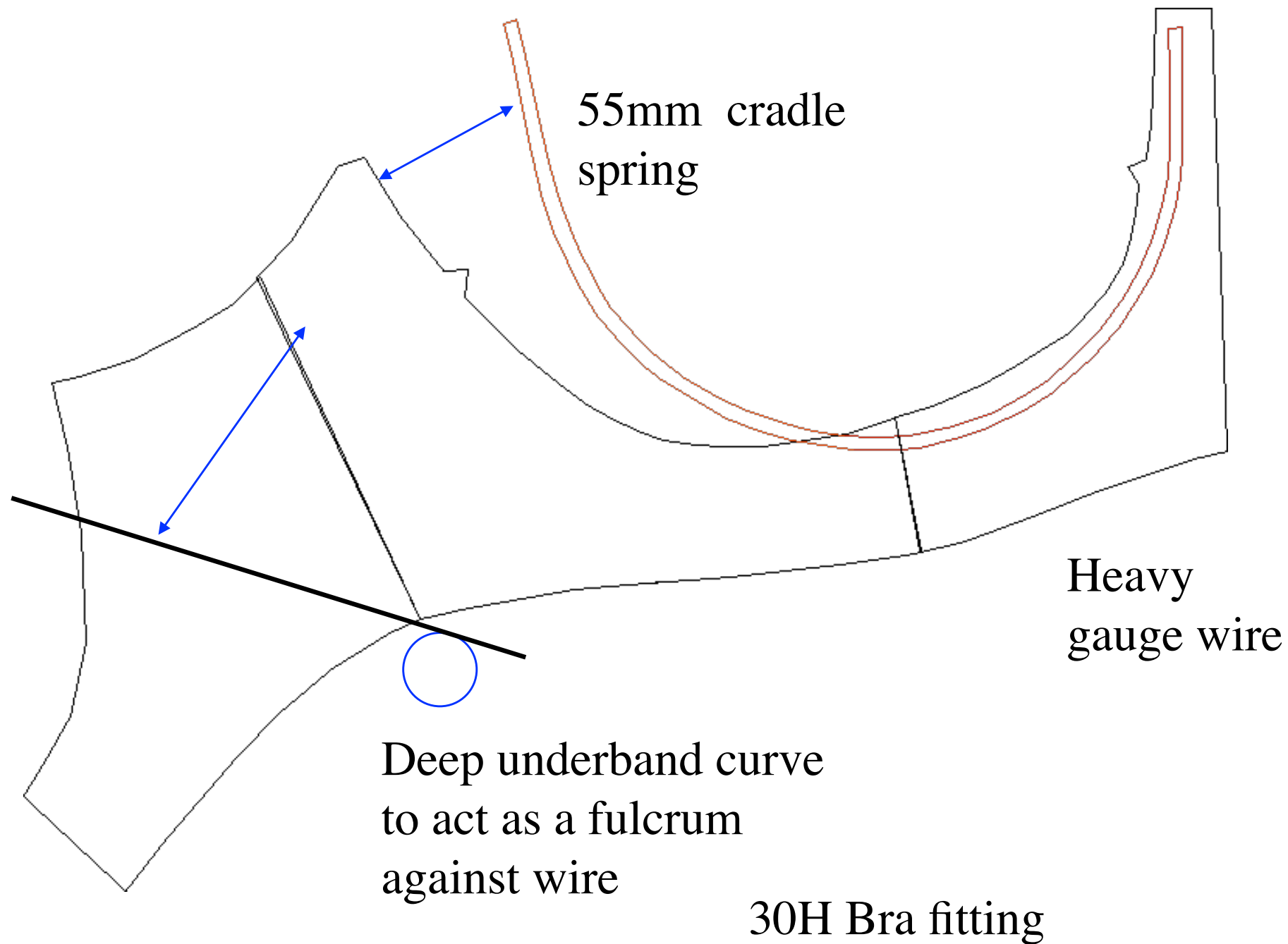


Good quality wires are important

Comparison between **specialist brand 34GG cup wire** and a **retail store 34GG cup wire**. It would be fair to say that neither wire profile is wrong for the customer profile each represents. The most common wire specifications for plus fit bras are 16 - 17mm. It is important that the growth in the wire width is restricted to ensure it controls the spread of the breast on the chest wall

Plus Fit Bra Drafting and Grading

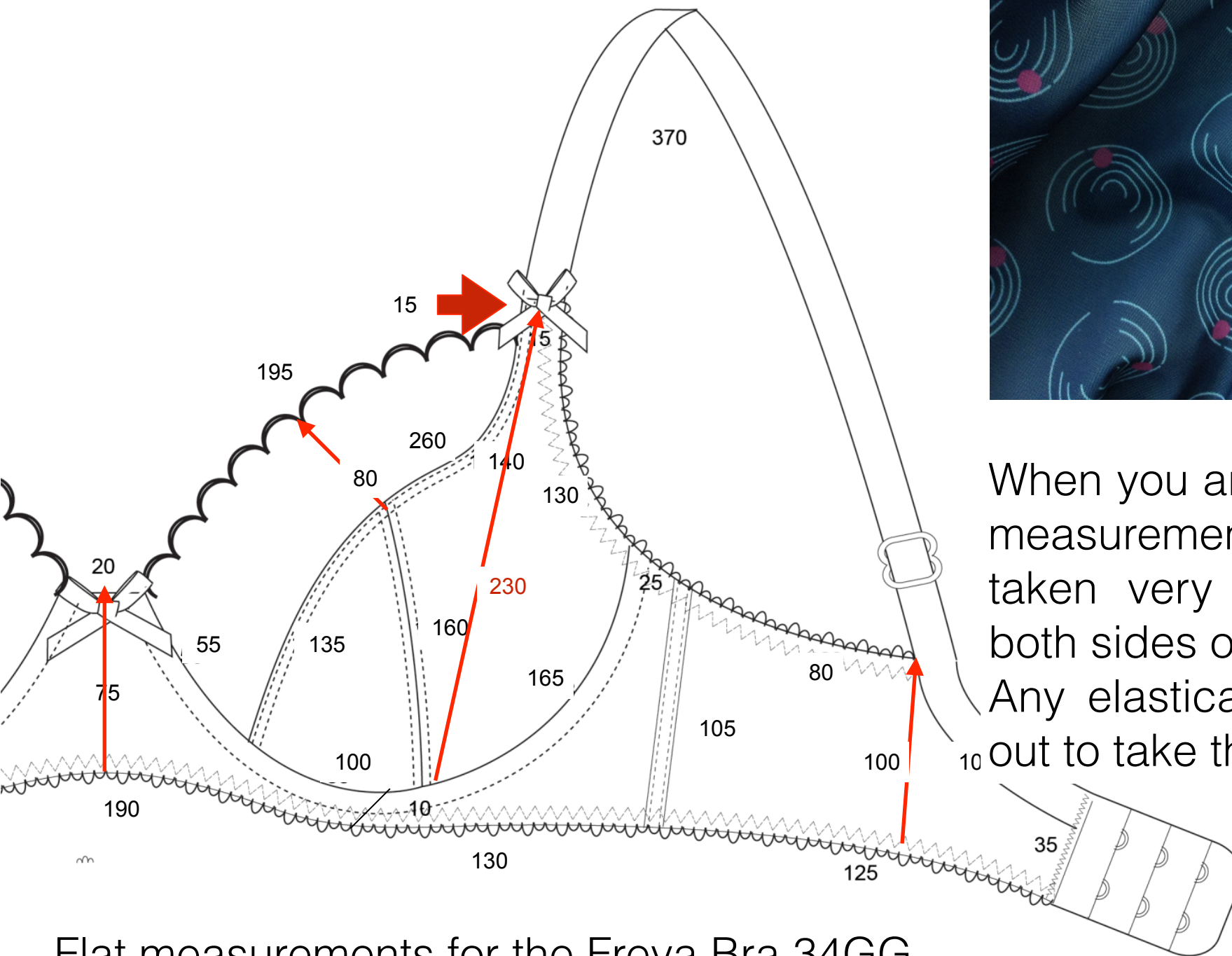
Design Techniques for Plus Fit bras.



Plus fit Bra engineering

It is the downward underband shape working as a fulcrum effect on the wire when the bra is fastened, that ensures a correct fit between the wire and the breast root.

Example Style Freya Plunge Bra Seam lengths



Flat measurements for the Freya Bra 34GG

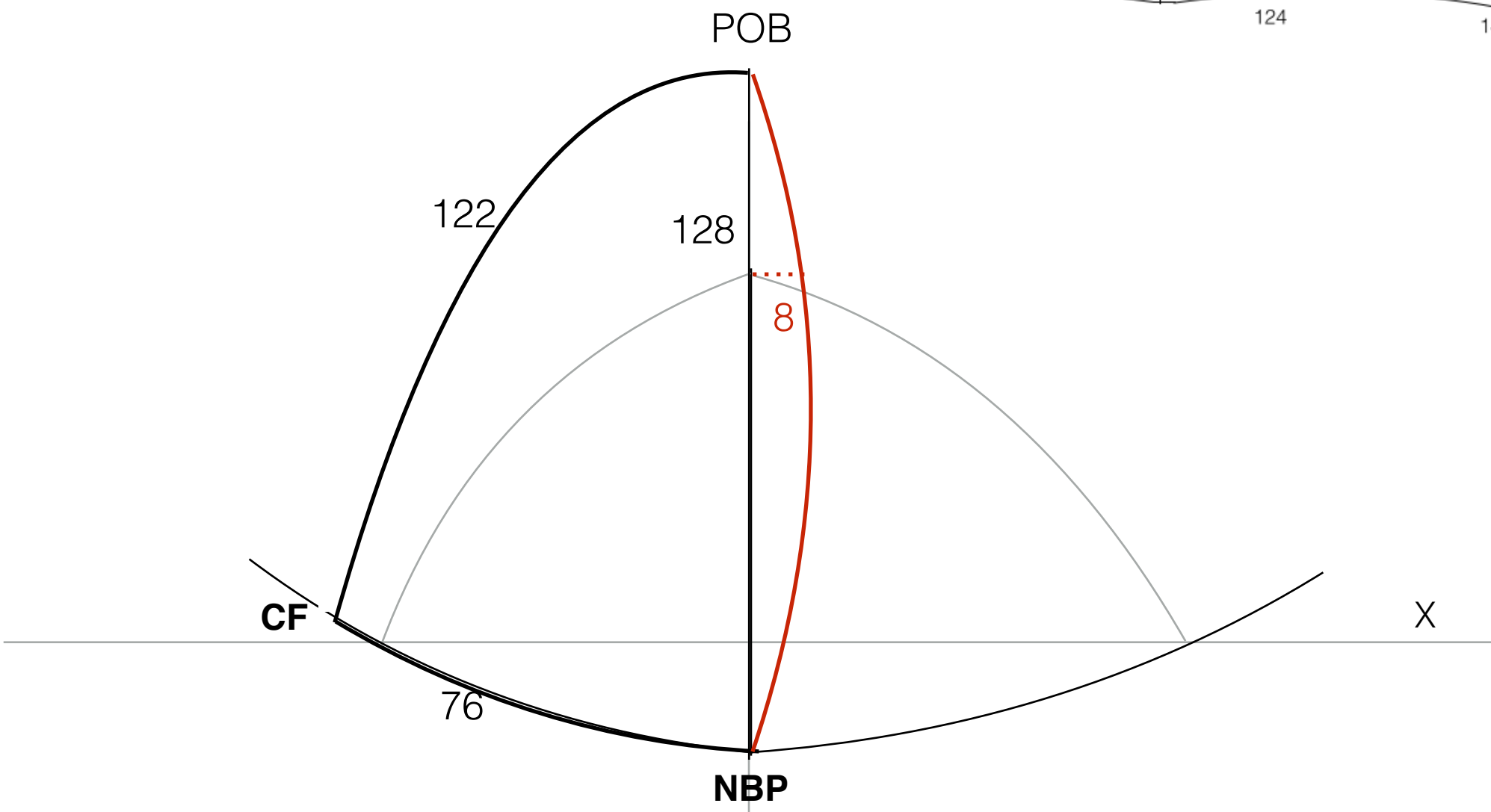
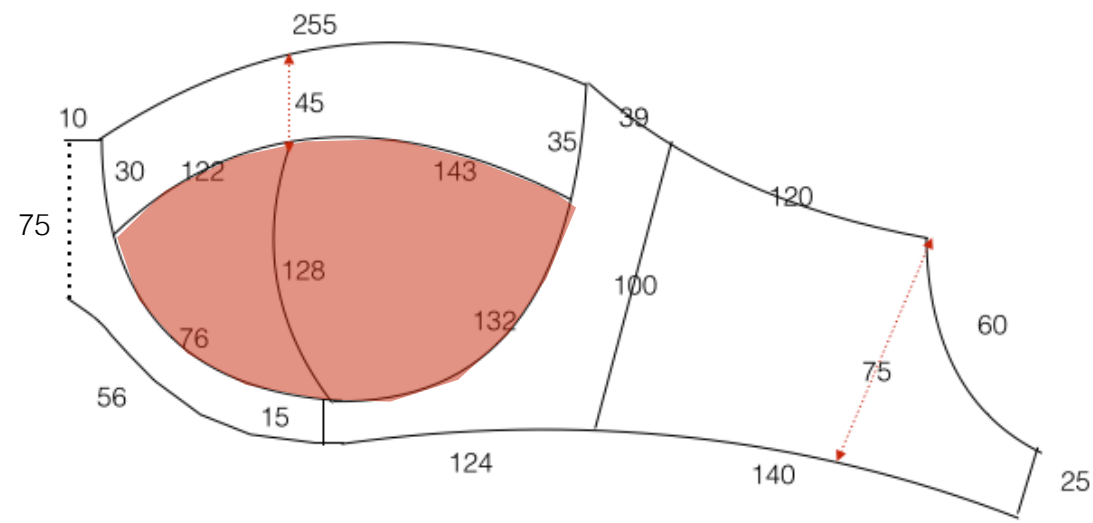


When you are drafting a sample bra all the measurements of seam lengths must be taken very accurately, and checked on both sides of the bra for variations. Any elasticated hems must be tensioned out to take the correct measurements

This critical path has a 3 month duration which might still be used by brands but today's market might reduce it to 6 weeks

IA Technical	DLC
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Plus Fit Bra Drafting and Grading
Drafting the Basic Block 32F
CF Bottom Cup Draft



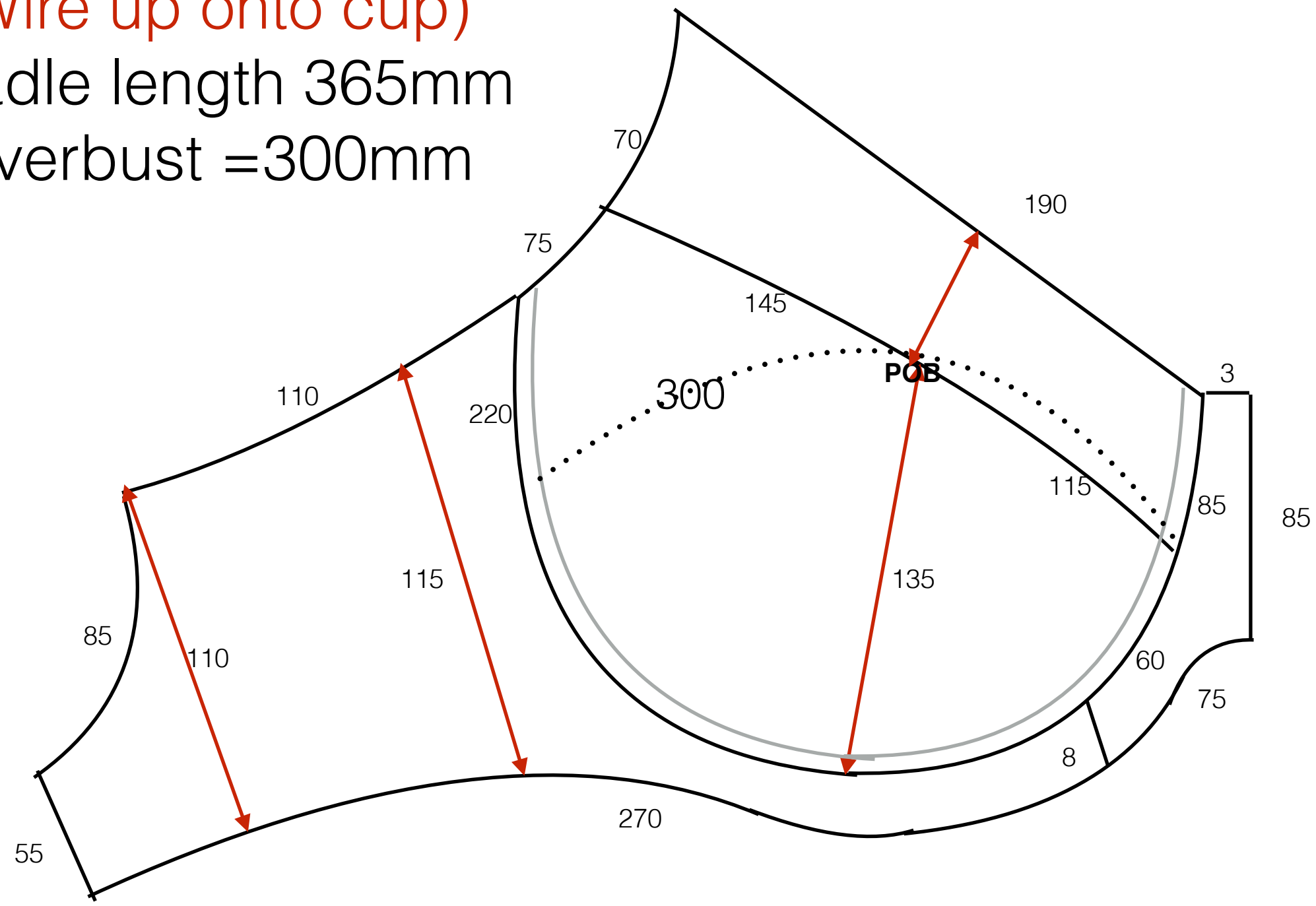
At the 2/3rds position on the POB line draft
out 8mm and draft a curve into the split
bottom cup shape

36G Minimiser Measurements

(Wire up onto cup)

Cradle length 365mm

Overbust = 300mm

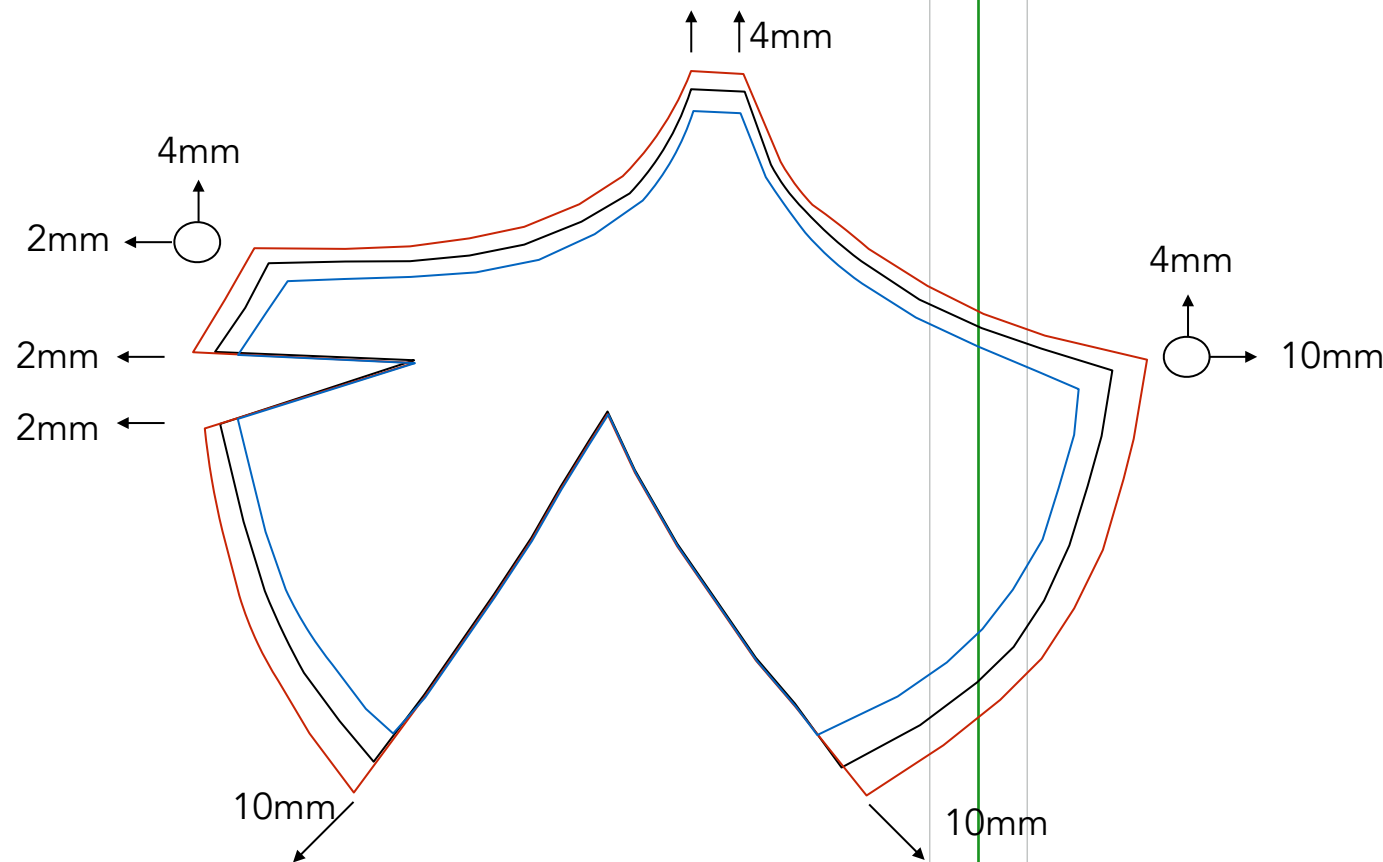


When this minimiser bra cup is fitted to the 36 G IA Model this cup depth will flatten the breast into the wire which is larger than the natural breast width

Triumph Beauty Bra 36G Draft

Grading Example 34G-36G-38G

18mm Wire system



Grading 'off the curve' at the bottom of the dart is a very satisfactory method of keeping the increase around the cup edge small and the shape of the cup sympathetic to the pattern shape.

Reverse the grade rules shown above to reduce the cup size.

IA Technical Intimate Apparel and Swimwear Distance learning courses

As a distance learning student, you understand how the flexibility of learning can be integrated into your lifestyle and career path. Setting both short- and long-term goals gives you the impetus to create the life that you want and the career that you will enjoy.

Distance learning students must take a far more active role in learning and accessing information than traditional students in face-to-face classrooms. Rather than simply sitting through a class and jotting notes, you must take the initiative to download and read course materials.

You may need to ask questions via email, skype or facetime

If you are simply rushing through without thinking, you will not retain the information.

We suggest writing down what you discover in a notebook and referring back to it each time you start a new learning session.

Organisation is key to distance learning success! We recommend keeping a physical binder with sections such as Week 1, Week 2, as it allows you to pick up and go at any moment.

Regards

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