



# The Package

Distance Learning Course 5  
Bodies and Briefs Pattern Cutting and Grading



Continuing professional development studies

This certifies that

has successfully completed the training  
programme for

Bodies & Briefs Pattern Cutting & Grading

Signed

Date



## Distance Learning Course 5 Bodies and Briefs Pattern Cutting and Grading

Overview

Bodyshape Issues for Bodies and briefs

Introduction to Fabrics & elastics

Pattern Drafting Tools.

Drafting methods for 5 basic brief blocks

Rigid fabric issues for brief patterns

Sewing construction methods for briefs

Solving fit issues.

Basic Grading methods for briefs

Drafting the Body block

Grading the body block.

Sports Running Tights and Leggings

The Basque block

The Waspie block

The Corselette block

The Pantie Corselette Block

Controlwear/Bodyshapers

Sewing Construction for Bodies

Sample Costing & layplanning





# The Perfect Pants



The last 30 years has seen a massive increase in the racial mix of women in the western hemisphere. Despite the flexibility of the stretch fabrics used for high street retail knickers there has been mutterings of discontent from its customers. Some lingerie brands are aware of skin tone diversification but few seem to have considered their lingerie body fit connecting to the racial background of its wearer.

## Pelvic Proportion

The size and shape of these bones have a tremendous impact on how a woman physically looks. 0.70 is universally considered the “golden” pelvic ratio. It means that the waist is 30% smaller than the hips

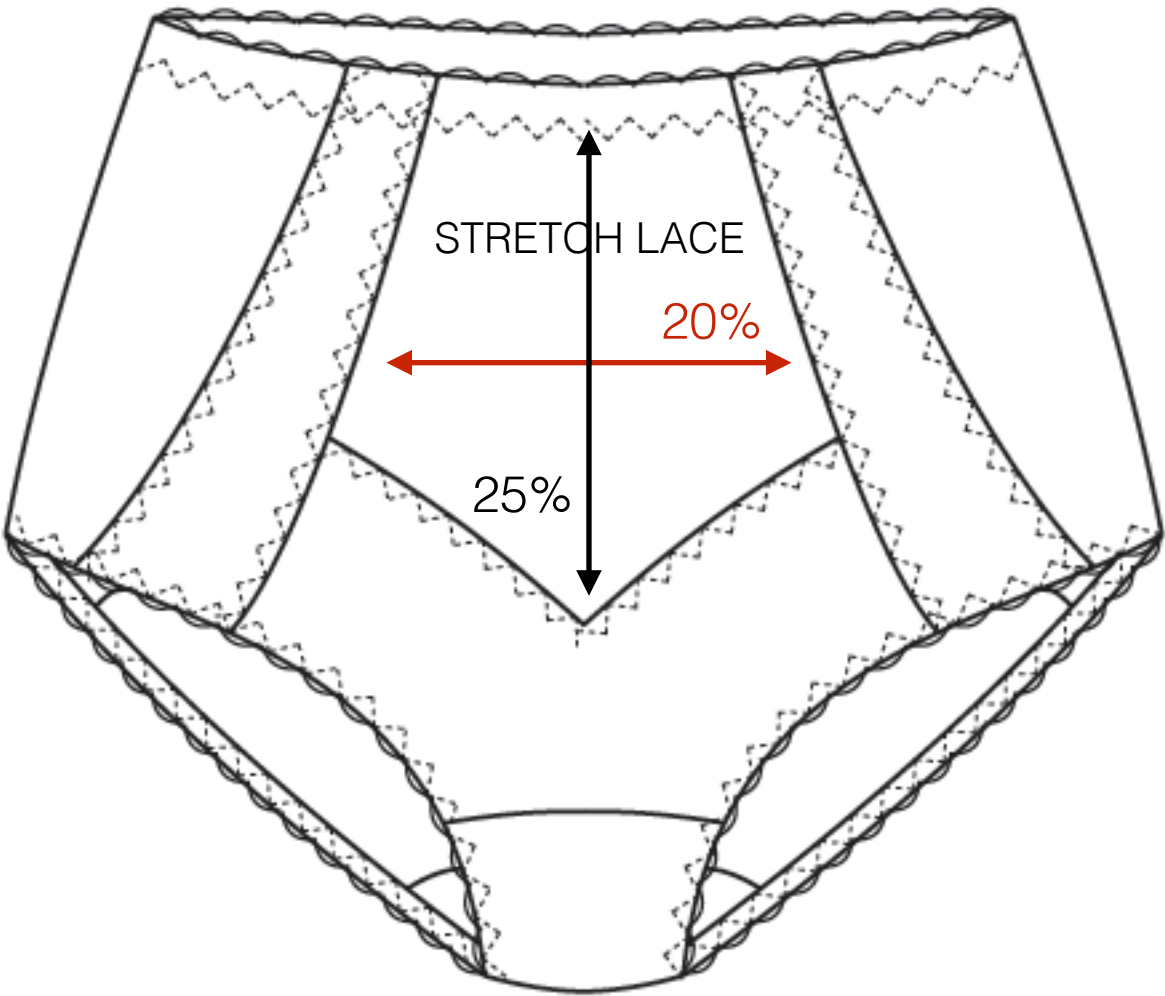


Oestrogen is a key hormone that effects the shape of the female form at puberty. Oestrogen's cause higher levels of fat to be stored in the body than previously in childhood. However, the fat that is contained in the body is not evenly spread across the figure, the oestrogen controls the bodies fat distribution, causing fat to be stored in the buttocks, thighs and hips in women.

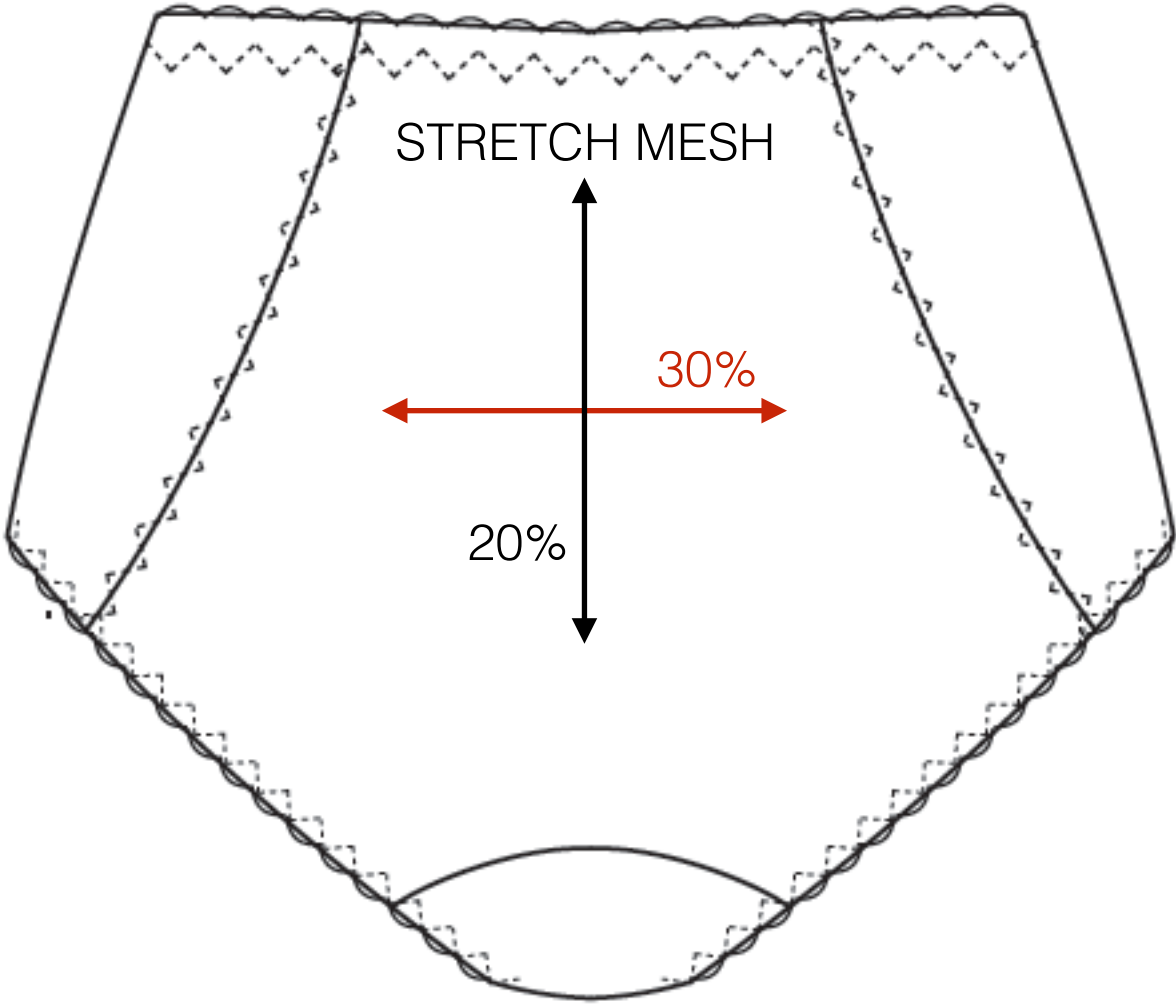
It has understood for a long time that the racial background of a female heavily effects the shape of her pelvis and pubic bone. Oestrogen will also place the fat in women of different racial backgrounds in different proportions around the buttocks, thighs and hips.







Example; High Waist Brief



Grain and Stretch Test

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## Bodies and Briefs Pattern Cutting and Grading

### *Ornate Quipure Embroidered High Leg Knickers*

We have chosen a high leg brief from Marks & Spencer (M&S) for analysis, selecting sizes 8 through 18 for comparison. Through the analysis, we hope to discover if M&S has different grading rules between plus size knickers and core size knickers, and at which size we see the transition of the grade rules.

### *Description*

The overall fabric used in the panty is a very lightweight stretch fabric, comprised of 67% polyamide, 20% elastane Lycra® and 13% polyester and is lined with a 100% cotton gusset. It has a stretch factor of approximately 50%. Elastic has been applied to the waist only, with very little tension. The leg openings in the back have been folded over 15mm and bonded. In the front, the leg opening is a laser cut.



## M&S High Leg Knicker Grading

Location	8	+/-	10	+/-	12	+/-	14	+/-	16	+/-	18
A. Side seam	70	0	70	0	70	5	75	5	80	5	85
B. Leg Opening Front (straight line)	140	10	150	10	160	10	170	10	180	10	190
C. Leg Opening Back (straight line)	175	10	185	10	195	10	205	10	215	10	225
D. Gusset Width Front	75	0	75	5	80	0	80	5	85	0	85
E. Back Gusset Width	130	0	130	5	135	0	135	5	140	0	140
F. Gusset Length	100	0	100	5	105	5	110	5	115	15	130
G. Narrowest Gusset Width	55	0	55	0	55	0	55	0	55	0	55
H. Front Waist	280	20	300	20	320	20	340	20	360	20	380
I. Back Waist	290	20	310	20	330	20	350	20	370	20	390
J. Front Panel Width Top	90	10	100	10	110	10	120	10	130	10	140
K. Front Panel Height	175	5	180	10	190	10	200	10	210	20	230
L. Back Panty Height	215	5	220	10	230	10	240	10	250	20	270
M. Front Panel Width Bottom	35	5	40	5	45	5	50	5	55	5	60
N. Side Panel Width	55	5	60	5	65	5	70	5	75	5	80
O. Lace Panel Width	50	0	50	0	50	0	50	0	50	0	50
P. Length of Lace Panel	150	0	150	0	150	0	150	0	150	20	170

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### Bodies and Briefs Pattern Cutting and Grading

This section looks at “bifurcated” garments, garments with “legs” i.e. Sports Running Tights. Tights and Leggings have the unusual distinction of being classed both as outerwear garments and as intimate apparel, probably dependant on the height of the “hemline”, as to where the intimate apparel part ends and the outer garment part begins .





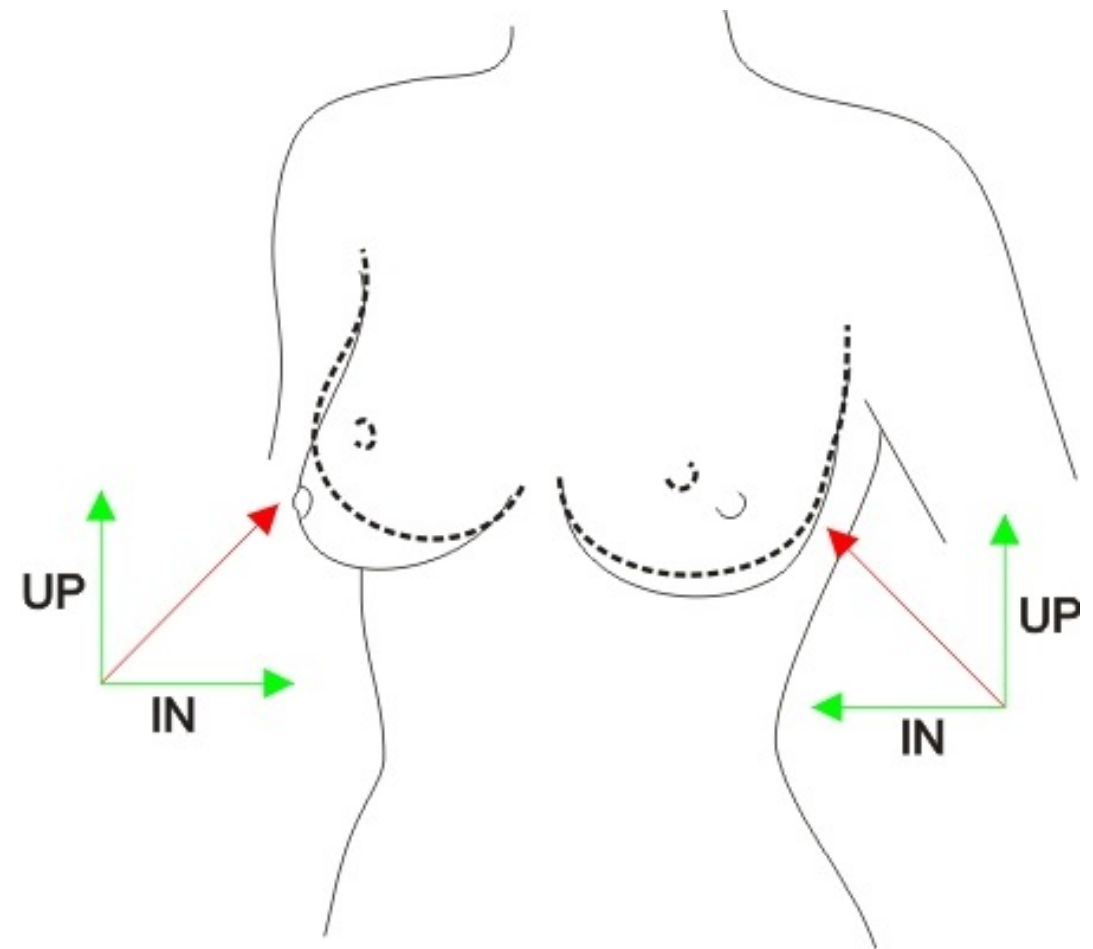
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### Bodies and Briefs Pattern Cutting and Grading

All shapewear garments rely on some form of compression to either re-mould or move body tissue, But shapewear garments will not reduce “body mass”, the body mass only becomes re-shaped or is given the illusion of reshaping.

So how is this compression or re-shaping achieved?

For body shaping it's all to do with “Negative ease”, which means the garment is slightly smaller or shaped differently than the wearers body so that the wearers body adapts to conform to the shape of the garment. With a bra, the cut or shape of the bra moves and moulds the breasts into a more “fashionable” shape and position.



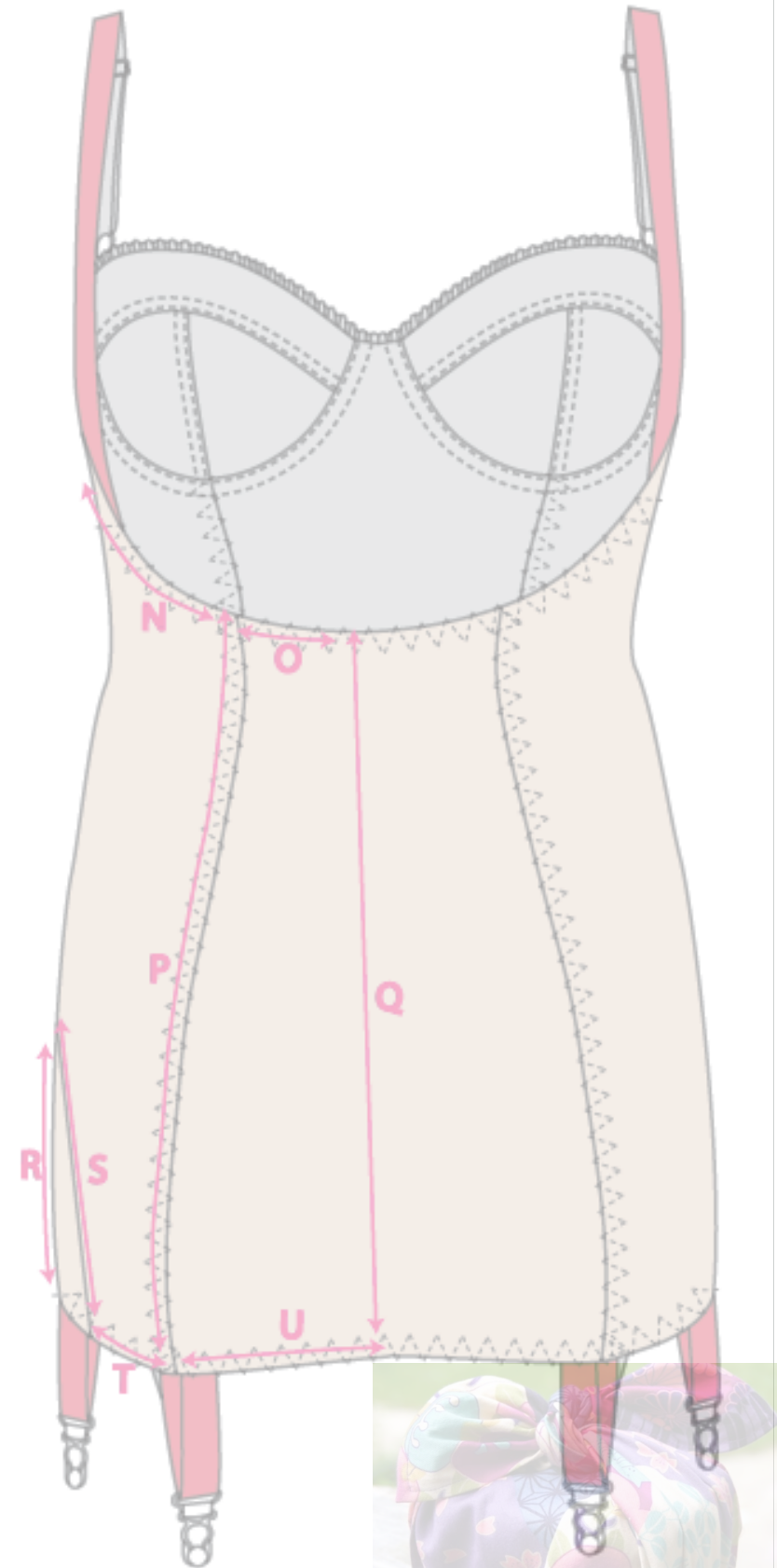
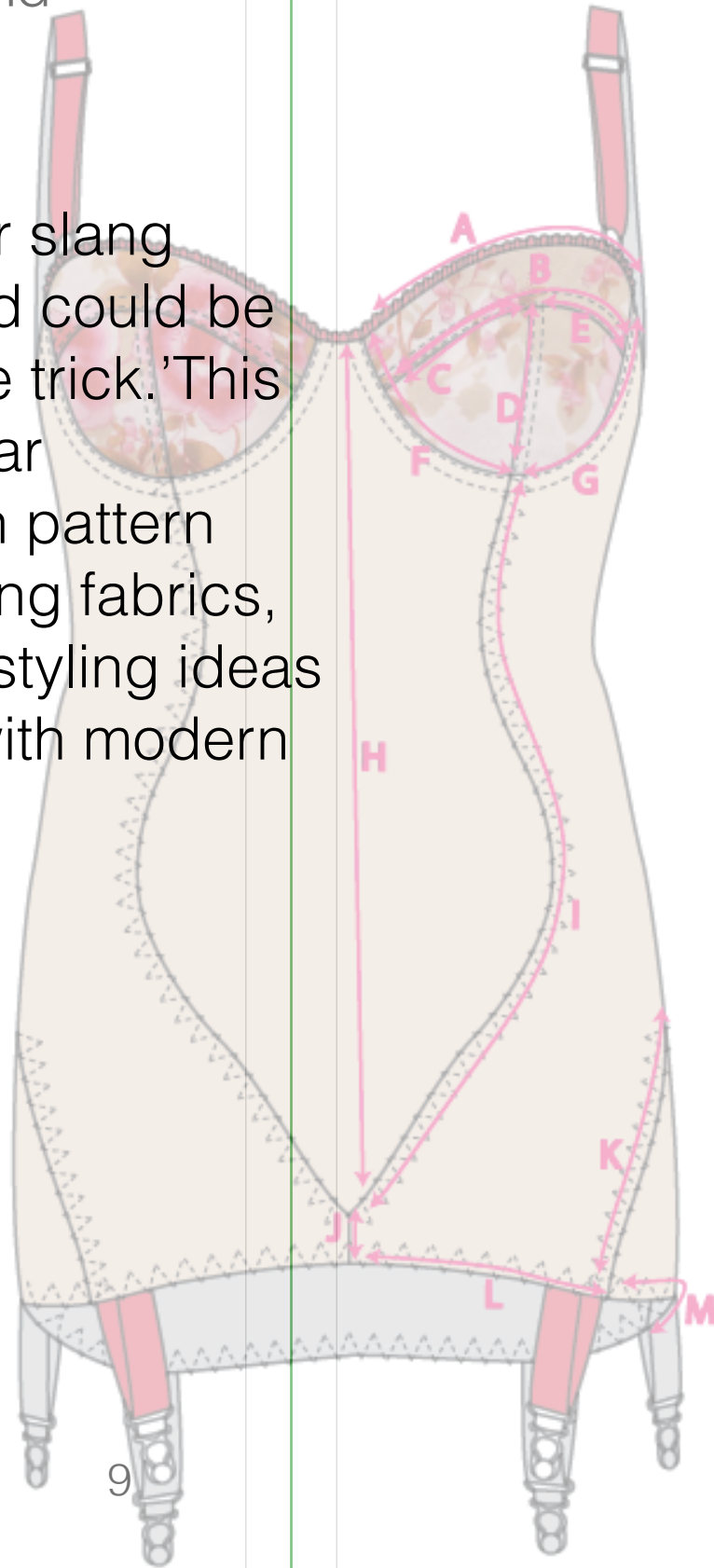


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## Bodies and Briefs Pattern Cutting and Grading

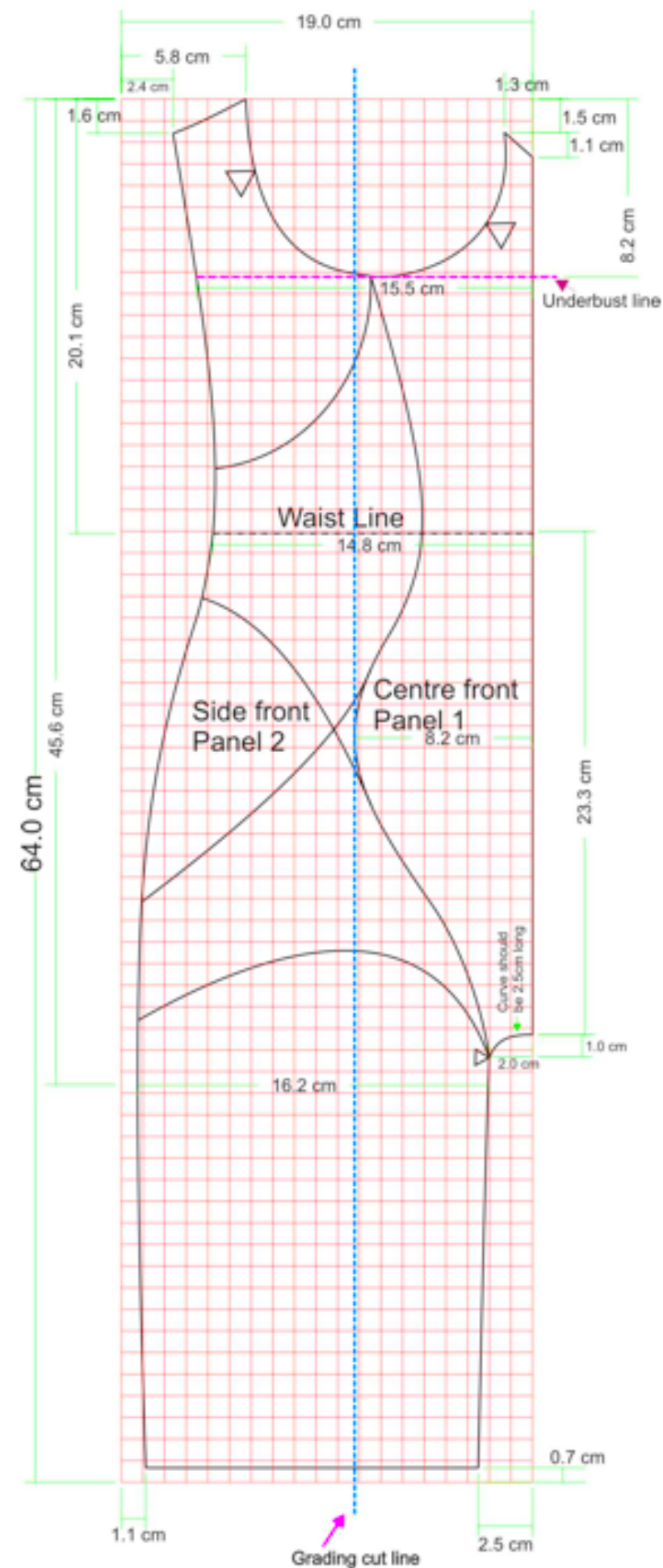
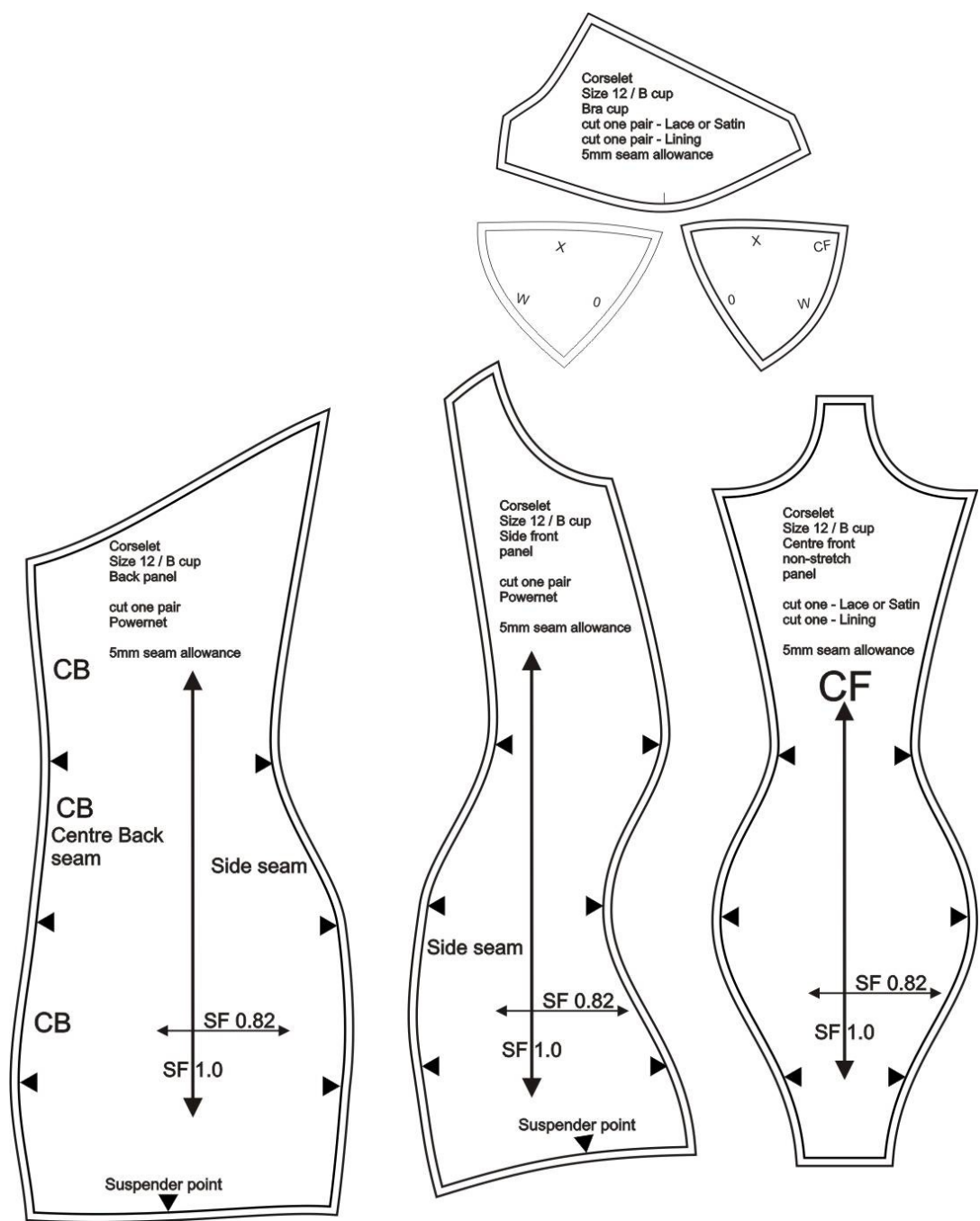
Bodycon.

The word Bodycon slipped into our slang fashion dictionary around 2008 and could be explained as ‘the Body Confidence trick.’ This section will be looking at shapewear garments, in particular focusing on pattern drafting using Negative Ease, testing fabrics, styling, construction and pattern / styling ideas from foundation garments to use with modern shapewear.



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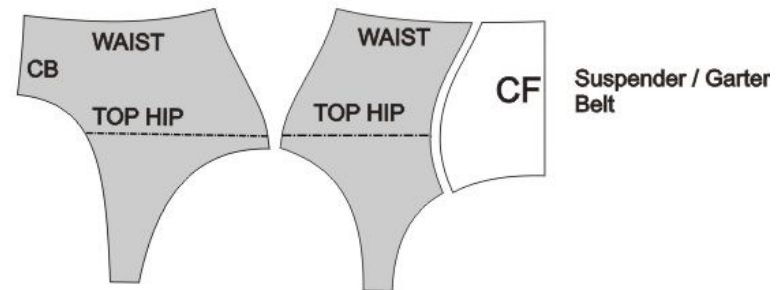
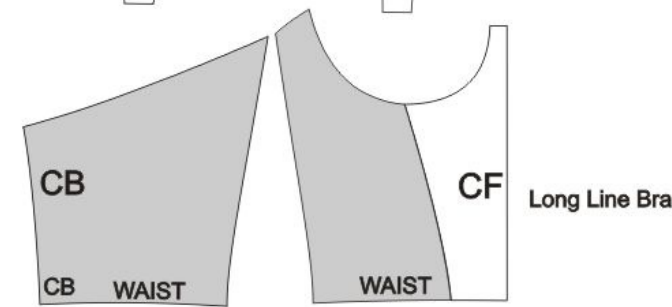
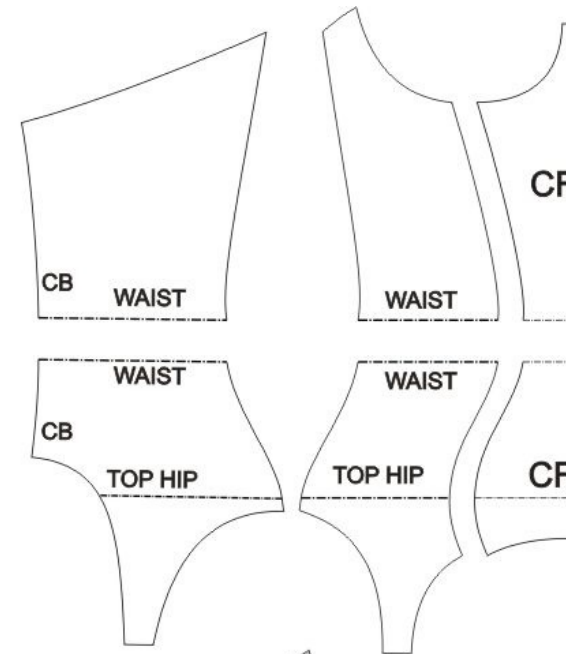
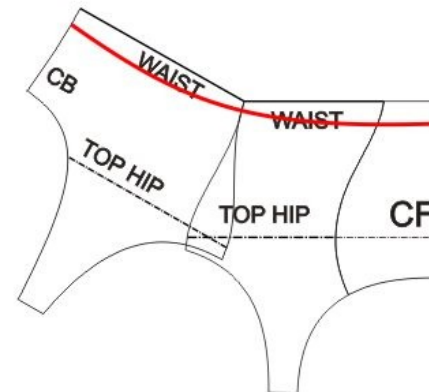
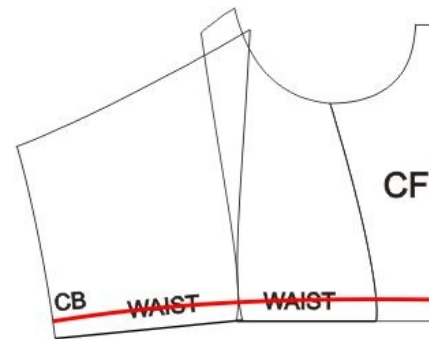
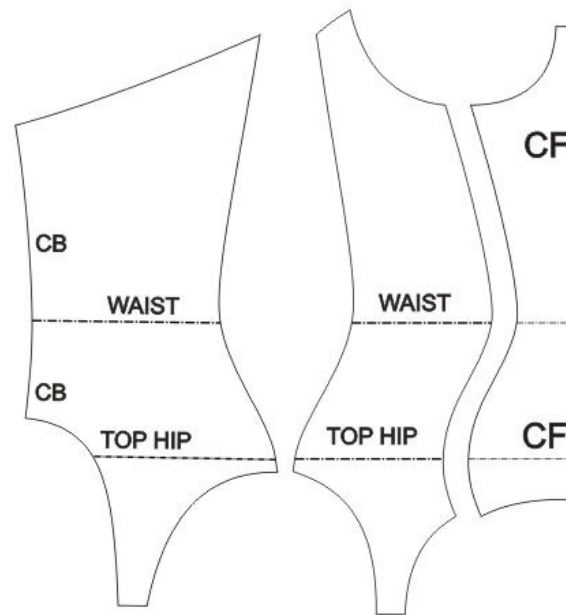
## Bodies and Briefs Pattern Cutting and Grading





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## Bodies and Briefs Pattern Cutting and Grading



If you now cut the Basque blocks in half at the waistline you have the blocks for a strapless longline bra and a retro “deep” suspender / garter belt.



# 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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