

This patterning and construction method will provide you with measurements to make a pattern and re-create a geometric tunic in the future. Geometric tunics are appropriate from the late Roman era through the 16th century in Europe and parts of the Middle East. This tunic can be made long for women, short enough for shirts, full for over-dresses, and much more. The basic shapes and measurements we take will be useful for all your future sewing endeavors.

Body Panels: (cut 2) ADD SEAM ALLOWANCE WHEN CUTTING.

1. Take all measurements listed on the last page and write them down. Body panels can be made as one piece or with a seam or fold down the center. Below is a method for one piece.
2. From the top of your fabric/pattern, make a mark at your starting point and then measure down J (shoulder to chest) and mark.
3. At this mark, measure D (chest circumference \div 2) and draw a line across the pattern.
4. Measure half of D ($\frac{1}{4}$ chest circumference) and mark that point on your line, then extend that point to a line perpendicular to D giving you a halfway line and a chest line on your pattern.
5. At the top of your pattern and using the half line, measure A (shoulder to shoulder) so that half is on each side and draw a line. (ie, if A is 9", measure 4.5" on each side of the halfway line)
6. Using a ruler, connect the end of A to the end of D.
7. From your original start point, measure down B (shoulder to hem). Connect the end of D to this line on both sides and connect the ends for your hem. You should have a rectangle with a trapezoid at the top.
8. On the top, measure in from each corner C (shoulder to base of neck) and mark. This distinguishes the eventual neck hole from the shoulder seam. You can cut a very shallow neck right now if you like, but we'll address necklines later. Right now, just mark the end of the shoulder seam.

Sleeves: (cut 2) ADD SEAM ALLOWANCE WHEN CUTTING.

1. You may create a sleeve pattern on the fold or unfolded. Just remember which one you're doing. You need enough fabric for the longer of measurements G or E. Below is a method without the fold.
2. Draw a line that is G (armscye) long and mark the center.
3. From the center of G, measure out E (shoulder to wrist) and mark.
4. Using the center of E, measure half of F (duck hand) on each side and draw a line for F.
5. Connect the ends of G and F with a ruler.

Gores: (cut at least 2 rectangles for side gores) ADD SEAM ALLOWANCE WHEN CUTTING.

1. Gores are just rectangles that we will divide into two right triangles. The height of the triangles will be H (waist to hem) and I (width of gore) is whatever you need it to be. This can be very narrow or very wide depending on eventual use of the garment, amount of fabric, and total number of gores. This same method can be used to create side, front, and back gores.
2. Measure down H and draw a line.
3. From one point on H, measure across I and draw the top of your rectangle.
4. Complete the other two sides of your rectangle ensuring that all sides are square to each other.
5. Using a ruler, draw a line from one corner to the diagonal corner. You may choose to leave the top point of your triangles squared off rather than exact triangles. This will help when inserting the gore.

Gussets: (cut 2)

I have not indicated any measurements for gussets because I usually just make them 5” or 6” squares, which includes my seam allowance. For all but the most top heavy people, this is sufficient. The gusset is simply enough extra fabric for you to be able to move your arm and stretch without the garment binding or getting tight. **DO NOT CUT THE GUSSET INTO TWO TRIANGLES.** The gusset must remain a square in order to maintain this function. You will be tempted. Do not give in.

Construction:

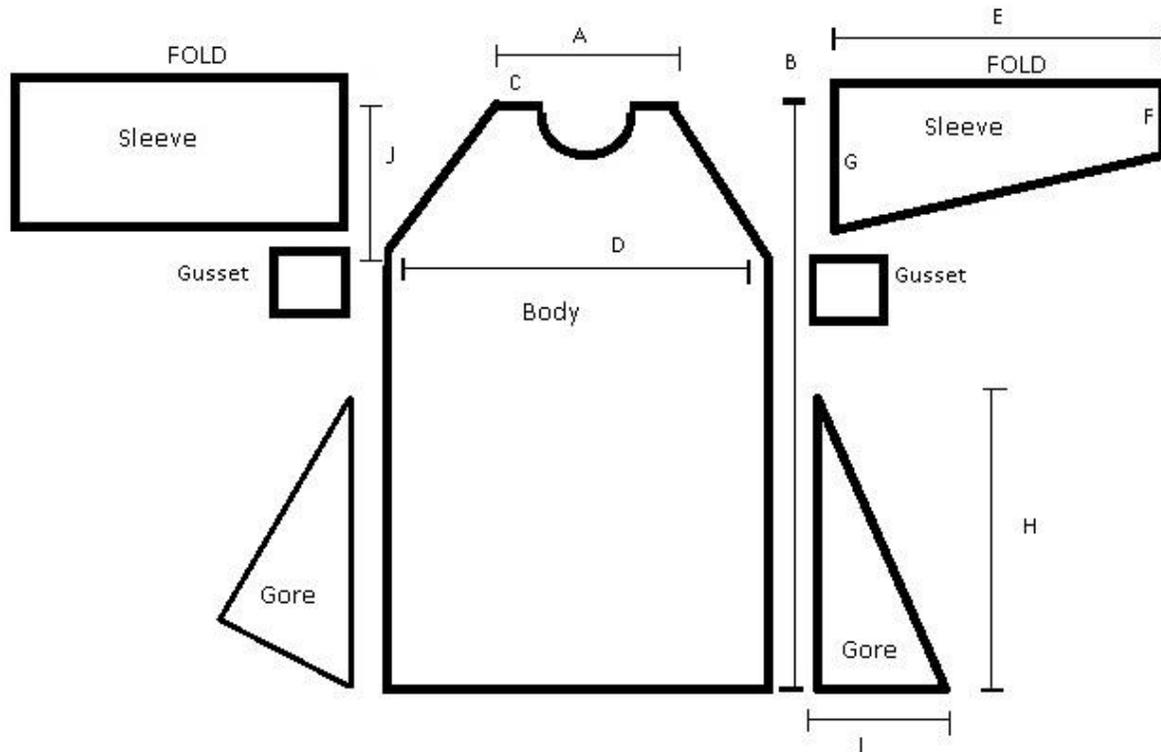
In essence, we are going to put all these pieces together, flat, and then at the end, sew up both side seams which will make the thing fit a human body. You should also decide how all your seams will be finished. If you decide to flat fell, it may be easier to off-set each piece during construction. Then you will not have to trim down one side of your seam allowance. These directions will work with machine or hand sewing.

1. Pin body panels with right sides together at the shoulder seam. Sew shoulder seams. Press the seam open and flat fell if desired. (Assume that you should always be pinning right sides together and pressing your seams. You should also flat fell as you go if that is your seam finishing.)
2. This is a good time to cut your head and neck hole. There are a number of different options when it comes to necklines: round, square, keyhole, faced, bias tape bound, etc. Make sure that whatever hole you cut is large enough to get your head through. Only 1/3rd of your neck hole circle will go onto the back panel. 2/3rds of it should be on the front panel. Cut a little at a time and check your pattern. If it doesn't go over your head, cut a tiny bit more. It's easier to cut away than to add back in. There are a lot of tutorials online for various neckline options. The most simple is a round neckline with the edge turned over. Sew this while the garment is still relatively small and flat.
3. Sew the sleeves to the body panels. It helps if you find the center of the shoulder on the sleeve and pin that first to your shoulder seam. Then pin out to the end of each sleeve shoulder.
4. Sew the gusset in the corner between sleeve and body. Make sure to put one gusset on each side.
5. You can make a choice when it comes to the gores. One way is no more difficult than the other. You can sew each triangle back together along the straight sides and then sew along the hypotenuse of the triangle to the body panel. OR you can sew one gore along the hypotenuse to each body panel (4 gores total) and the straight sides will be sewn with your side seam. In either method, be careful of the top of the gore. The top of the triangle can be finicky and want to poke onto the right side of your garment.
6. If you did not sew your neckline in step 2, do so now. You can pin the sides of your garment together to get a better sense of how it will fit. But you should sew the neckline while it is still flat fabric.
7. Now that all of our pieces are attached, we can sew our tunic together. Pin the side seams with gusset points matched first. If the wrist or hem is uneven, they can be fixed. We want the gusset to be correctly positioned though. Sew the side seam in pieces if you don't want to sew it all in one go. You can sew sleeve, two gusset sides, body panel, and gores all as separate seams if you prefer. I like to sew everything all at once.
8. Finish any interior seams that are not already finished.
9. Finish your wrist cuffs and hem as desired.
10. Wear your tunic and be fabulous!

Notes:

All pieces should be cut straight on the grain of your fabric. Straight of the grain is either parallel or perpendicular to your selvage.

Remember to wash and iron your fabric before you begin. You may shrink your garment on its first washing otherwise.



- A – Shoulder to Shoulder
- B – Shoulder to Hem
- C – Shoulder to Base of Neck
- D – Chest Circumference ÷ 2
- E – Shoulder to Wrist
- F – Duck Hand (around the knuckles)
- G – Armscye (arm opening)
- H – Waist to Hem
- I – Width of Gore (as wide as needed)
- J – Shoulder to Chest