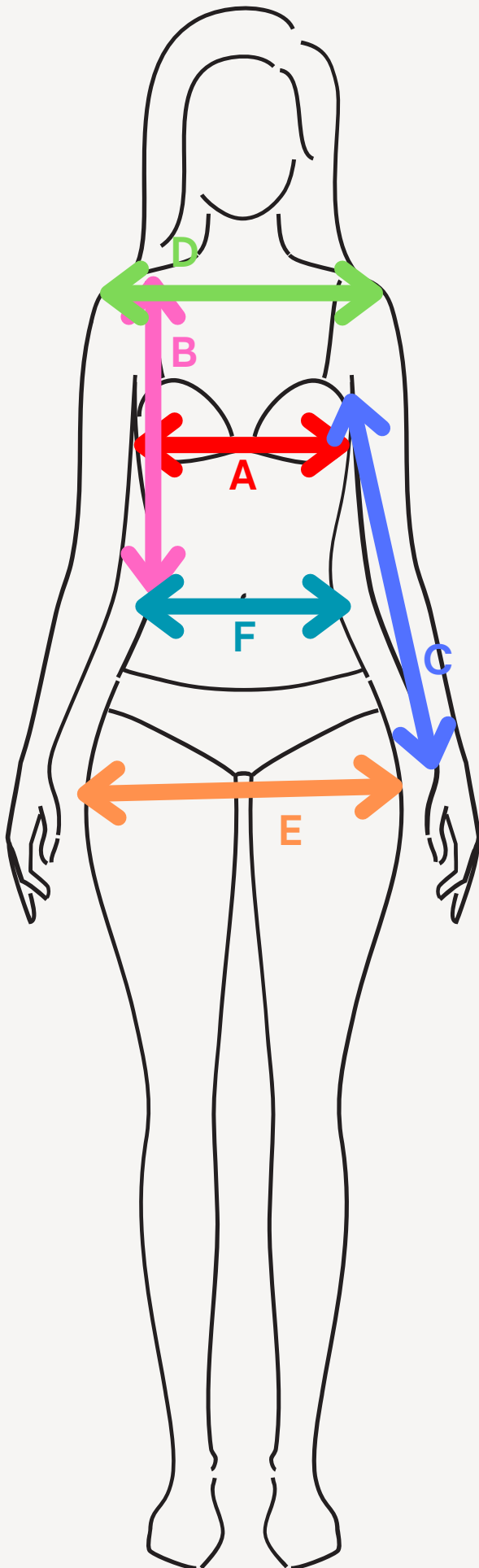


MINI COURSE WORKBOOK

Part 2



HOW TO MEASURE



A - bust measurement

Measure around the fullest part of the chest/bust. Do not draw the tape too tightly.

B - back to waist length

Measure from the most prominent bone at base of neck to the natural waistline.

C - underarm measurement

With arm slightly bent, measure from armpit to wrist.

D - cross back

Measure from shoulder to shoulder.

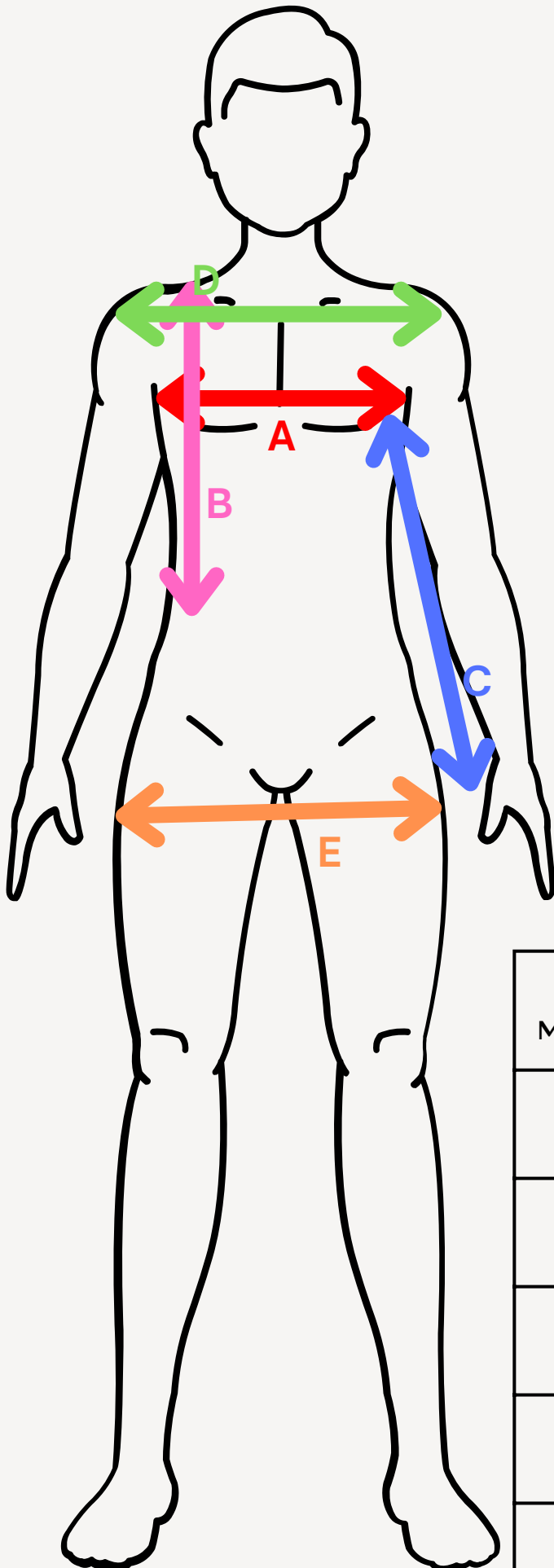
E - hip measurement

Measure at the widest part of your lower hip.

F - waist

Measure your waist at the smaller circumference of your natural waist, usually just above the belly button.

Your Measurement	in centimeters	in inches
A		
B		
C		
D		
E		
F		



A - bust measurement

Measure around the fullest part of the chest/bust. Do not draw the tape too tightly.

B - back to waist length

Measure from the most prominent bone at base of neck to the natural waistline.

C - underarm measurement

With arm slightly bent, measure from armpit to wrist.

D - cross back

Measure from shoulder to shoulder.

E - hip measurement

Measure at the widest part of your lower hip.

Your Measurement	in centimeters	in inches
A		
B		
C		
D		
E		

Body Measurements

The measurements above are the basic measurements you should be aware of when crocheting garments.

If you want your crochet garment to fit you properly, you should work to your own body measurements. If you are following a crochet pattern, choose the size that is closest to your body measurements or to the fit you would like to achieve.

When taking measurements, measure your body down to skin, not through layers of clothing.

Do NOT take measurements of your favorite sweatshirt because you will never be able to replicate a store-bought item fabric with crochet. Crocheted fabric will behave totally differently than a store bought jersey sweatshirt.

Even measuring a crochet sweater that you have made previously will not give you accurate measurements. If you change just ONE thing (fibre, hook, stitch, tension), you might get a completely different result.

You should take your measurements every time you are about to start a new project.

We don't even realise how much our bodies change even in a short space of time.

Your best option is for someone else to measure you if possible, so you can maintain a straight posture.

For more information of body measurements, please visit the Craft Yarn Council website.

[VISIT WEBSITE](#)



About The Designer

Veronika is a master in modern crochet design.

With a relentless focus on innovation and a vision that knows no bounds, she meticulously hones her crochet expertise she shares via crochet patterns, tutorials and online courses.

She helps the knowledge-thirsty crocheters bulldoze their way through hundreds of crochet techniques effortlessly and with ease like sharp scissors cutting thread.

Creating timeless fashion pieces without the “use-by-date” that stand the test of time in modern world is her lifelong mission.



Featured in Inside Crochet, Simply Crochet, Crochet Now and Happily Hooked and other awesome spaces on the internet, you too can join the crochet revolution! Join her as she conquers the crochet world, one stitch at a time.



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