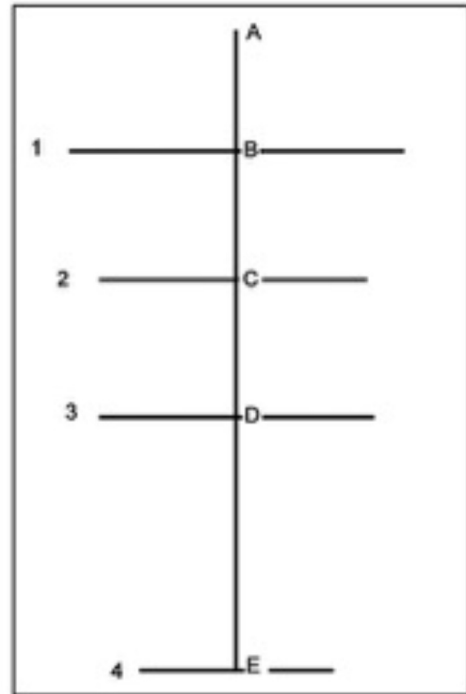
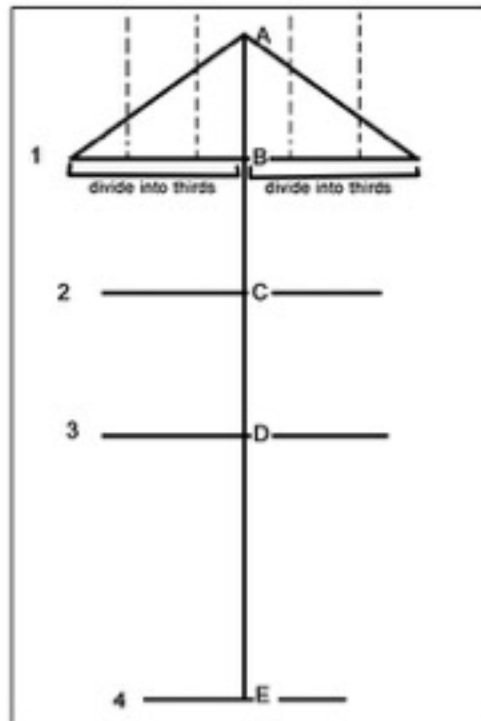
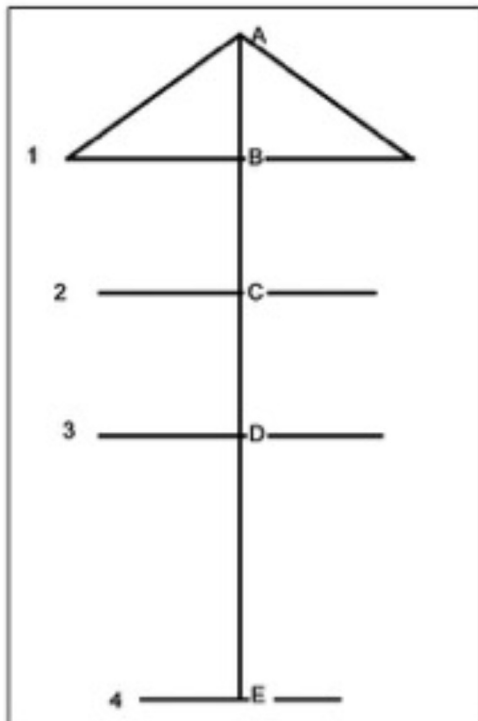


2. Put in all of your horizontal lines using the measurements you calculated. All of the horizontal lines in this step are centered over the A-E line.



3. Connect line 1 to point A as shown in next diagram, then divide the space shown into thirds using a faint line.



# Stretch Sleeve Block

Measurements needed.

Lengths

Shoulder to Wrist Bent \_\_\_\_\_ x.92 \_\_\_\_\_ LINE A-E

Shoulder to Elbow \_\_\_\_\_ x.92 \_\_\_\_\_ LINE A-D

Other Points

Shoulder to Armpit A-B -distance measured down from A using chart below \_\_\_\_\_

C is centered between D & B

SHOULDER to WRIST original measurement	Distance B is down from A
>27	4 3/4
25-27	4.5
23-25	4 1/8
21-23	3 3/4
19-21	3.5
17-19	3 1/8
15-17	2 3/4
<15	2 1/5

Circumferences

Armscye \_\_\_\_\_ (divided by 6)= \_\_\_\_\_ (result)  
next subtract the above result from the armscye \_\_\_\_\_

armscye - result \_\_\_\_\_ x.84 \_\_\_\_\_ LINE 1

Bicep \_\_\_\_\_ x.84 \_\_\_\_\_ LINE 2, halfway between Line 1 & 3

Elbow \_\_\_\_\_ x .84 \_\_\_\_\_ LINE 3

Wrist \_\_\_\_\_ x.84 \_\_\_\_\_ LINE 4

For the following instructions, these are the measurements being used.

Shoulder to Wrist Bent  $23 \times .92 = 21$  A-E

Shoulder to Elbow  $13 \times .92 = 12$  A-D

Using Chart on page 1 A-B is  $4 \frac{1}{8}$

### Circumferences

Armscye  $15$  (divided by  $6$ ) =  $2.5$

next subtract the above result from the armscye  $15 - 2.5 = 12.5$

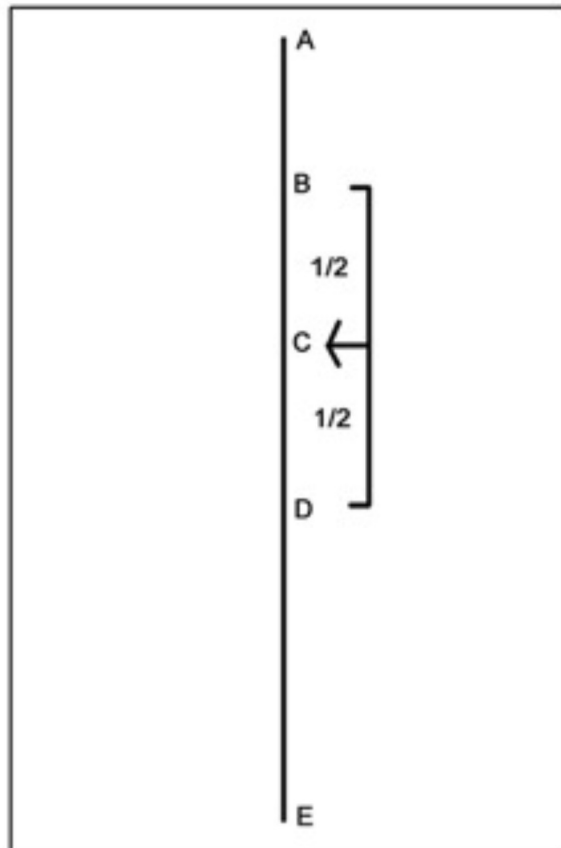
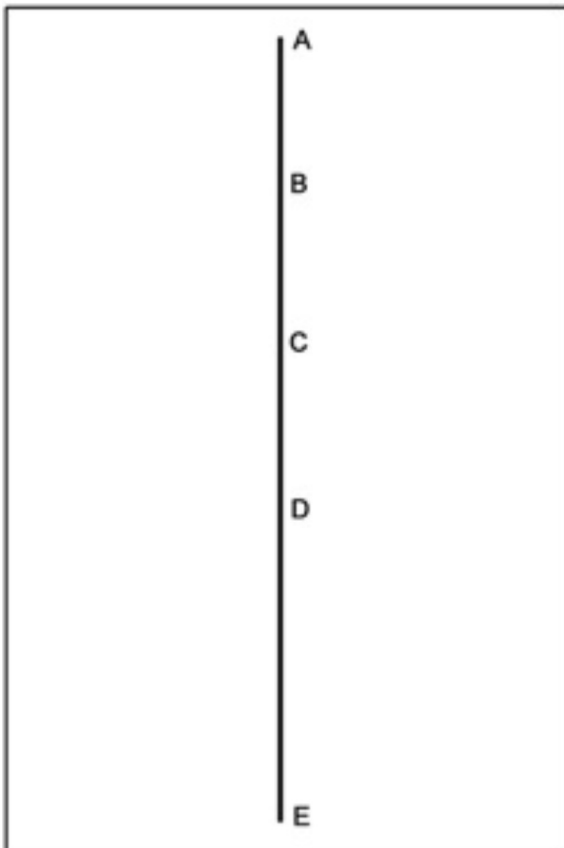
armscye - result  $12.5 \times .84 = 10.5$  LINE 1

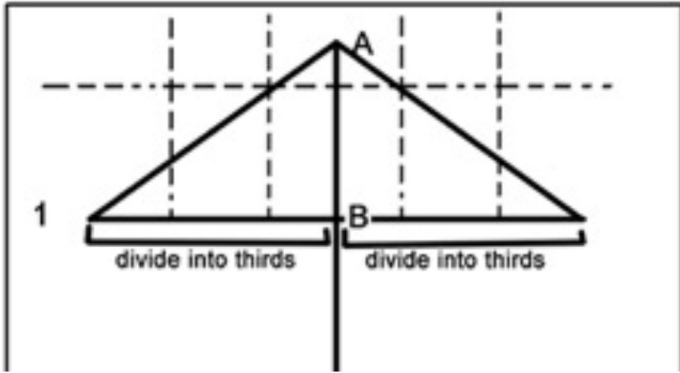
Bicep  $10 \times .84 = 8.5$  , Half way between LINE 1 and 3

Elbow  $10 \times .84 = 8.5$  LINE 3

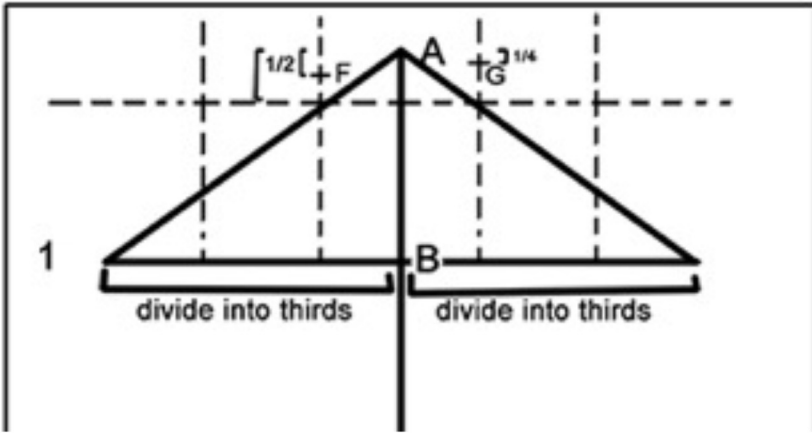
Wrist  $7 \times .84 = 6$  LINE 4

1-Start by plotting all the points pictured below using the measurements above. C is halfway between B and D.

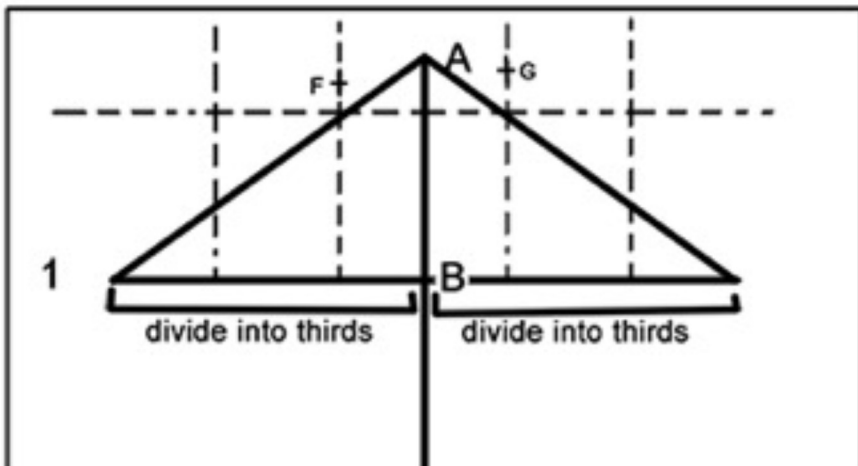


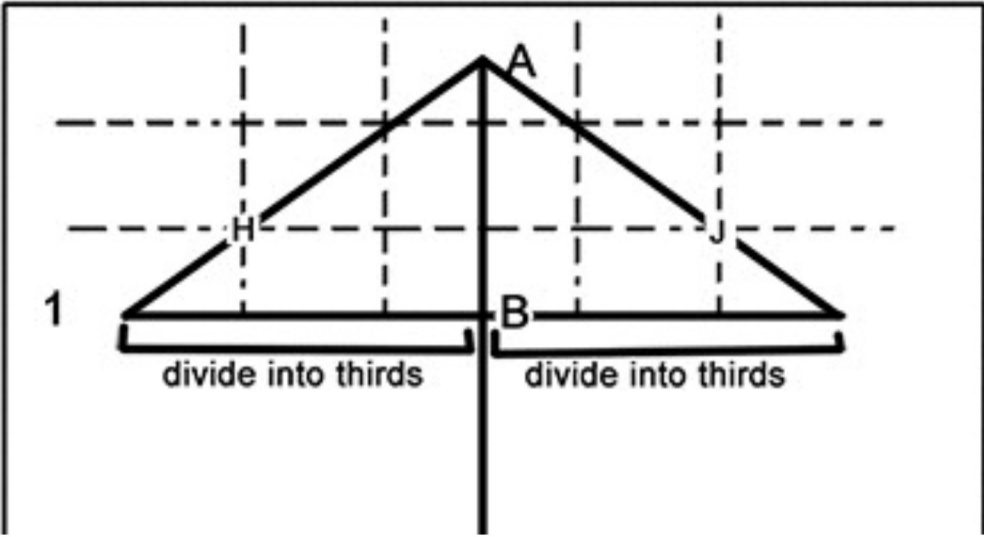


4. Create sleeve cap following visuals in next diagrams.  
-Draw a faint horizontal line as shown to the left.

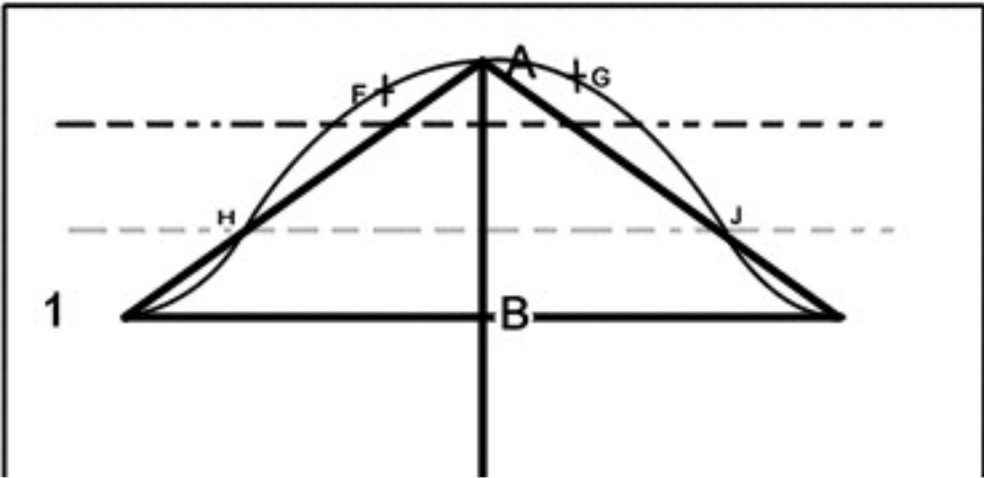


-Mark points F and G  
-F is half way down from A the distance between A and the new horizontal line.  
-G is 1/4 the way down from A and the horizontal line.

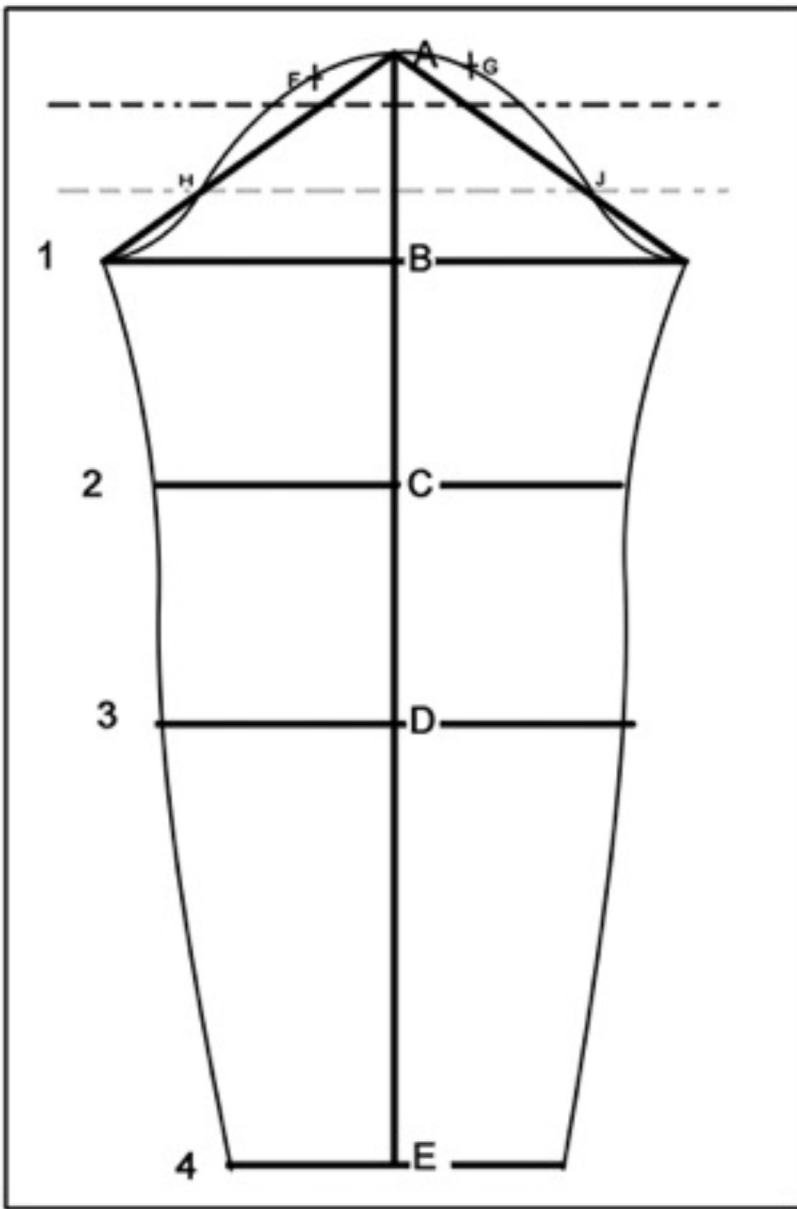




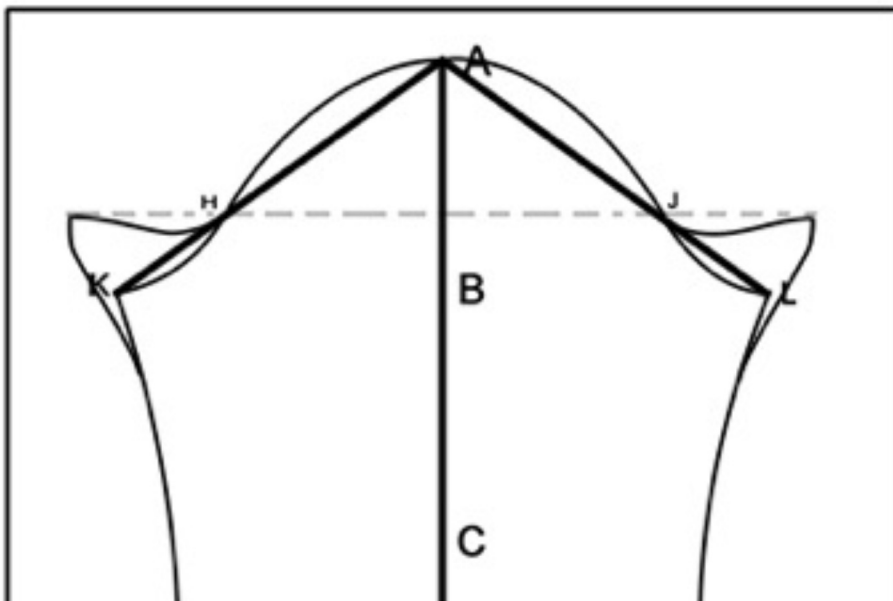
5. Add a horizontal line above line 1 as pictured in diagram and mark points H and J.



6. Create your sleeve cap connecting line 1 to points H, F, A, G, and J as pictured.



7. Connect the sides of the sleeve as pictured.



8. Create optional gusset for added range of motion.

-add points K and L as marked, measure the distance between K and H, and using a flex ruler bend a gusset up the the horizontal line crossing H and J that is the same distance and H to K. Repeat the same on the other side.

- The Left side of your sleeve is the front, and the right side is the Back.
- Add 1/4" seam allowances to under arms and cap, and then add any additional hem to bottom edge as you wish.

**You can use the formula at the beginning to fine-tune your preferences and fit.**

**For example, if you're finding your sleeve to be too long, reduce the vertical measurements. Instead of taking your measurements x .92, maybe try x .88.**

**If you think your sleeve is coming out too tight around, try reducing the circumference. Instead of taking your circumferences x .84, try taking them x .86.**

**Different stretch fabrics will stretch differently. As you experiment with this system, you can develop your adjustments for different fabrics.**

**Make this system work for you, and have fun!**