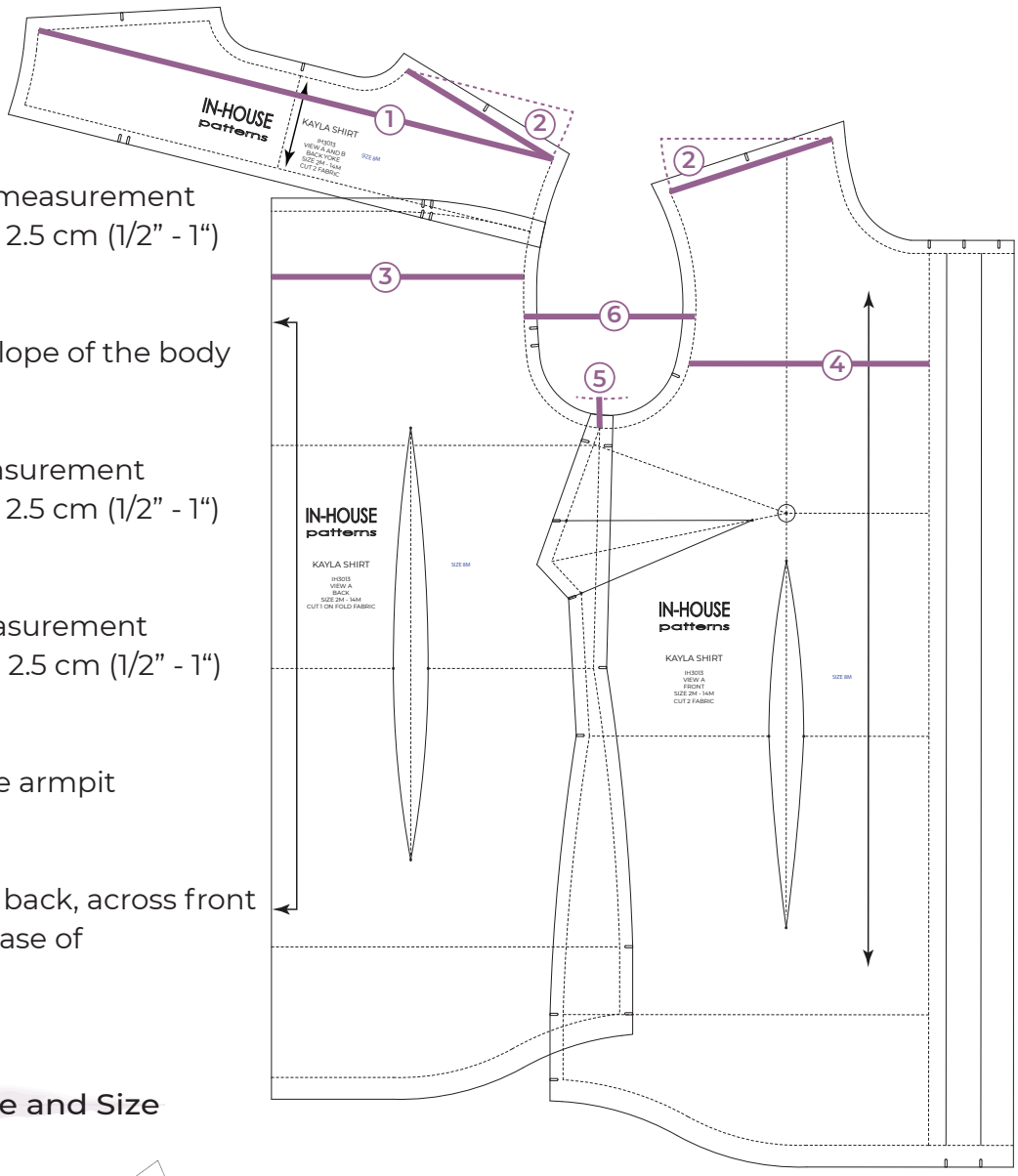
The Armhole/Sleeve Connection

The Ideal Armhole



1. Shoulder Width
The shoulder width body measurement including ease of 1.25 cm - 2.5 cm (1/2” - 1“)

2. Shoulder Slope
Aligns with the shoulder slope of the body

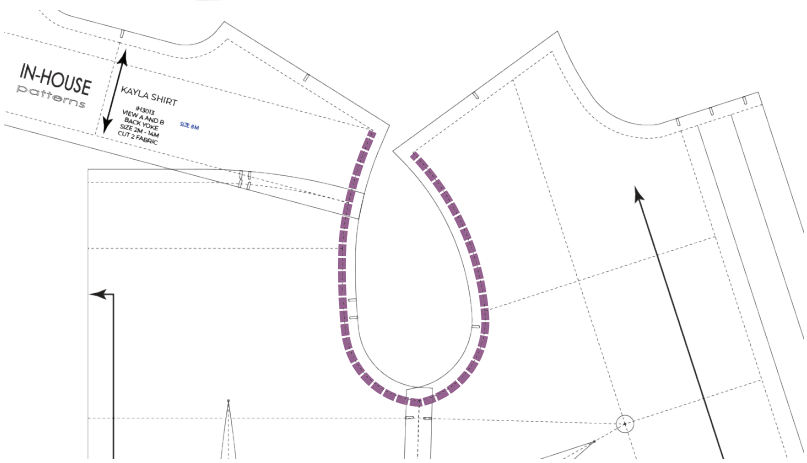
3. Aross Back
The across back body measurement including ease of 1.25 cm - 2.5 cm (1/2” - 1“)

4. Across Front
The across front body measurement including Ease of 1.25 cm - 2.5 cm (1/2” - 1“)

5. Armhole Depth
Sits at 2.5 cm (1”) below the armpit

6. Armhole Width
Determined by the across back, across front and bust girth including ease of
1.25 cm - 2.5 cm (1/2” - 1“)

The Ideal Armhole Shape and Size



The ideal armhole shape resembles a lopsided horseshoe

The ideal armhole size calculation:
Body Bicep Girth + 13-15 cm (5"-6")

Example:
37.5 cm (15”) + 13 cm (5”) = 50.5 cm (20”)
37.5 cm (15”) + 15 cm (6”) = 52.5 cm (21”)
The ideal armhole girth for a 15” body bicep is between 50.5 and 52.5 cm (20”-21”)

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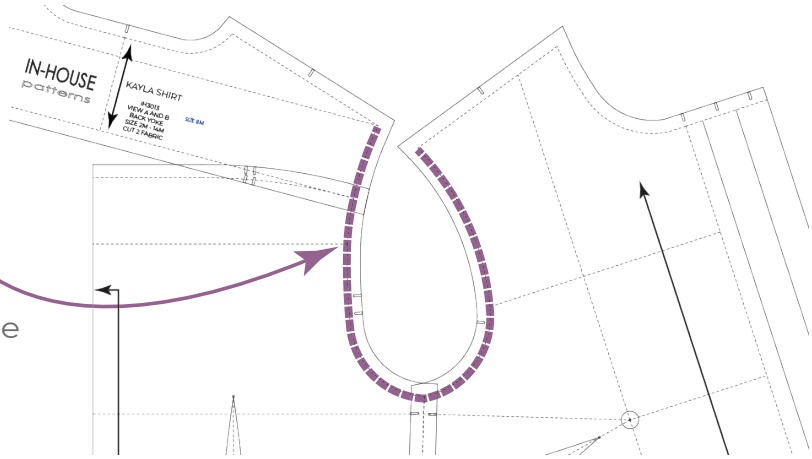
The Ideal Sleeve

Armhole Girth
[total circumference
of the armhole]



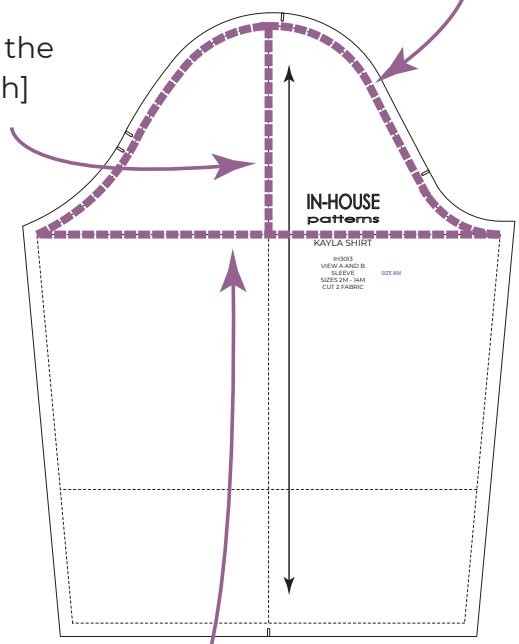
The armhole size and shape must be correct before assessing the sleeve.

Sleeve Cap Seam
[armhole girth + 2.5 cm (1")]

Ideal Sleeve Cap Ease
2.5 cm - 4 cm (1" - 1 1/2")

Cap Height
[one third of the
armhole girth]

Add 0.6 cm (1/4")
if needed



Bicep
[body bicep + 5 cm (2")]

Standard bicep ease is 5 cm (2"),
for some 7.5 cm (3") will be better