


2-Seam T-Shirt (Boxy fit, Chinese Hanfu 汉服 Style)

Tools and Materials Needed

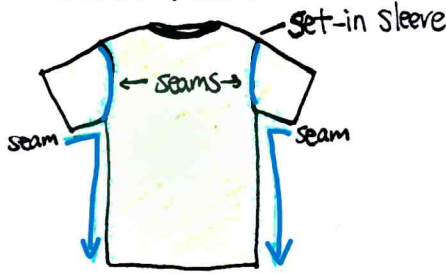
- tape measure
- pen
- fabric (jersey or another preferred fabric)
- tailor's chalk or pen for fabric
- fabric scissors
- needle + thread or sewing machine

Difficulty level: beginner-friendly

Project Length: around an hour

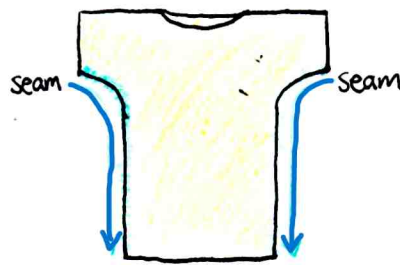
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Normal T-Shirt



V.S.

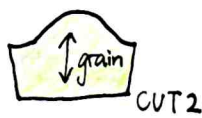
2-Seam T-Shirt



→ pattern

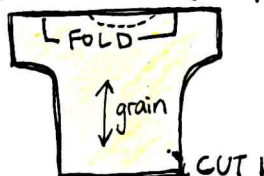
① Bodice

② Sleeve



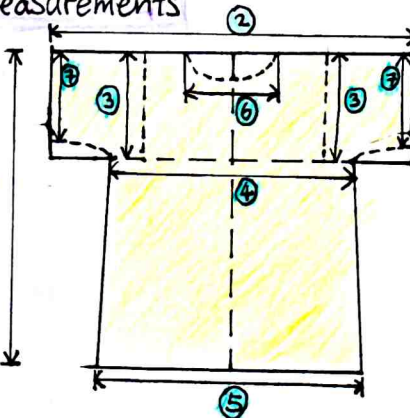
→ pattern

① Bodice + sleeve (one-piece)



2-Seam T-Shirt Measurements

- shirt length: _____
- Sleeve length: _____
- sleeve width @ armpit: _____
- shirt width @ chest: _____
- shirt width @ hip: _____
- collar width: _____
- * optional sleeve width @ bicep: _____



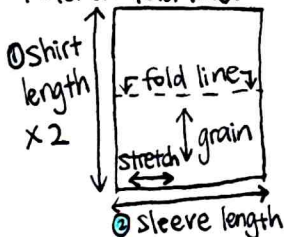
- How to Take Measurements
- ① = hip to hip measurement (over the shoulder) ÷ 2
 - ② = bicep to bicep measurement (from the back)
 - ③ = (around the shoulder measurement @ armpit + 6cm or 2½in) ÷ 2
 - ④ = (chest / bust measurement + 20cm or 8in) ÷ 2
 - ⑤ = (hip measurement + 20cm or 8in) ÷ 2
 - ⑥ = (neck circumference ÷ 2) + 2cm or 0.8in
 - ⑦ = (bicep circumference + 10cm or 4in) ÷ 2

Step 1:

Take all your measurements. Adjust them as needed — maybe you want to make a long sleeve? A T-shirt dress? ...

Step 2:

Choose a jersey or preferred fabric. Fold on fold line.



Step 3:

Draw out measurements onto fabric in order of ①-⑥. Connect the dots as needed. (Be sure to add seam allowance as needed)

Step 4:

Make adjustments: - round out the armpit seam - decrease sleeve hole* optional ⑦

Step 5:

Cut and sew!

Step 6:

Try on and make adjustments as needed.

Step 7:

Hem or wear as is — neck binding is also optional.

THE End!

(how long did it take you?)

Love,

Gentle Living Shop



For more info & video tutorial:

gentlelivingshop.org/2-seam-tshirt-sewing-guide.html