

BKS LEATHER

Self Measure



Measure No. 1 Navel Depth

From the bottom of the hollow at the centre of the breastbone to the navel. (fig 1.)



Measure No. 2 Body Depth Total

Continuing from Fig 1. pull tape under groin with legs apart. Fig 2. use other hand to loop tape under groin and follow fullness of backside to back of waist (fig 3 and 4). Continue tape to follow spine until you reach the beginning of the nape bone.





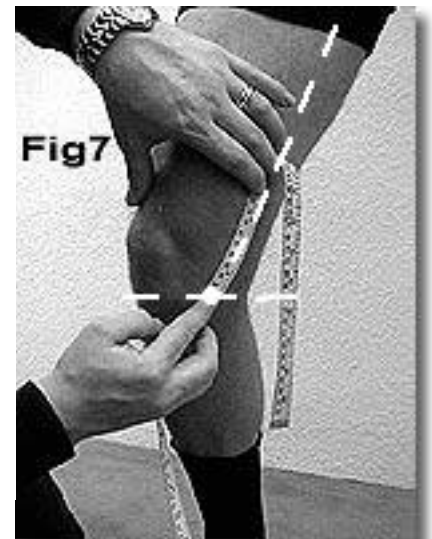
**Measure No. 3
Back Waist Length**

Repeat Fig 5. and measure back from nape bone to back of waist. This point should be level with the navel if you were to draw a straight line around the body.



**Measure No.4
Crutch To Knee**

Follow Fig 6 and 7 - measuring from a point half way across the groin down the inside leg to the point shown in Fig7 (imagine a line going from behind the center of the knee through to the center of the kneecap.) The leg should be slightly bent.



Measure No.5 Inside Leg

Continue the previous measurement and follow the remainder of the inside leg until you reach the centre of the ankle bone (Fig 8.)

Fig8



Fig9



Measure No.6 Outside Body

Find the point under the arm (Fig 9.) that is level with the nipple (Approx 2" beneath the arm). Measure from here along the contours of the outer body shape ensuring you pass the waist and knee centrally. (See Fig 10,11,12). Continue to the ankle bone.



**Measure No.7
Ankle**

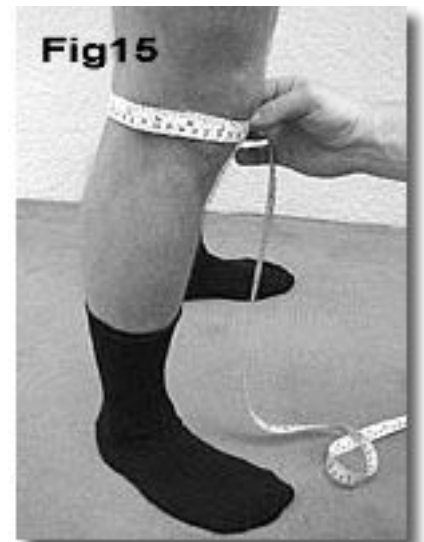
The circumference of the ankle should be measured at 2" above the ankle bone. Measure snugly with one finger inside the tape. (fig 13).

**Measure No.8
Calf**

The circumference of the calf at the widest point, usually about 5" below the knee. (fig.14).

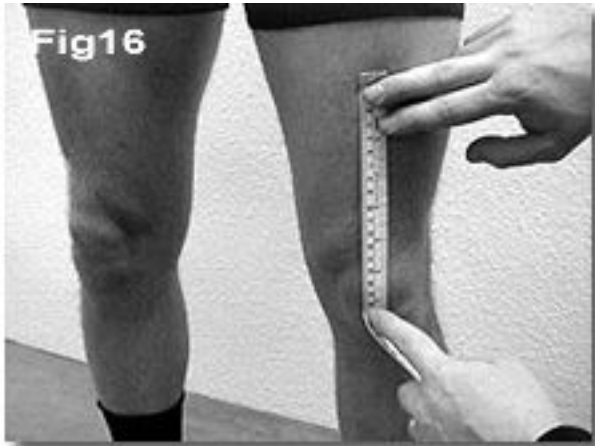
**Measure No.7
Knee**

The circumference around the knee cap is taken with the leg slightly bent and over the centre of the knee cap. Measure with one finger inside the tape. (fig 15).



Measure No.10 Mid Thigh

Take half of measure No.4 and measure up the thigh from the centre of the knee (Fig 16). This will give the height at which to measure round the mid thigh. Measure snugly with 1 finger inside tape. (Fig 17).



Measure No.11 Upper Thigh

Taken 2"-3" beneath the groin around the fullest part of the thigh. (fig.18)
Measure snugly with one finger inside the tape.



Measure No.12 Seat

Taken around the fullest part of the seat ensuring tape is not too tight (fig.19).



Measure No.13 waist



Hold tape around the body so that it is level with the navel height at the back (fig 20.) but dipping 2 - 3" beneath navel at the front. (fig 21).

N.B. This measurement should be 2 - 3" larger than the size of trouser normally worn (i.e. a customer wearing 34" waist trousers would measure 36" or 37" for this measurement). It is best if the tape is held upside down whilst performing this measure.



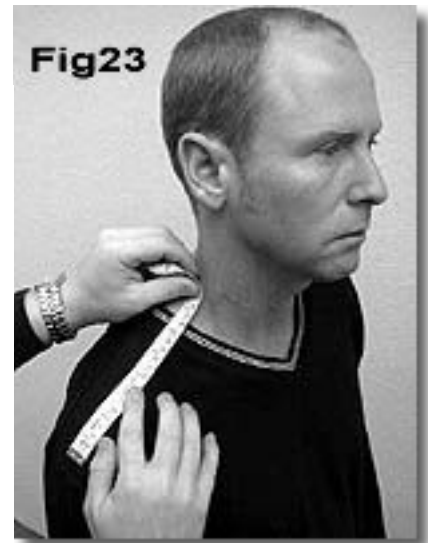
Measure No.14 Top Back

Ensure tape runs from end of shoulders from one side to the other with the halfway point lined up centrally beneath the neck bone. (fig. 22).



**Measure No.15
Shoulder**

Come in from the same point used at the end of the last measurement and swivel the tape back towards the ear. Measure to a point on the neckline circumference.(fig 23.)



**Measure No.16
Shoulder to Cuff**

Measure from side of collar bone as in measure No.15 (Fig23) to tip of shoulder, slotting a thumb under tape at tip of shoulder to replicate a shoulder pad. Continue to the elbow bone, then down to the wrist bone. Deduct the distance from tip of shoulder to top of collarbone (shoulder measurement), to give sleeve length (shoulder - wrist). (figs.24 and 25).



**Measure No.17
Mid Back Width**



Measure with customer's arms forward, as if holding the handlebars of a bike. Place tape approx. 6" down from nape of neck, measuring horizontally across back. This measurement will be 0 - 2" less than top back width - only on very broad and rounded backs will this measurement exceed the top back width. Check that the half way point is central - imagine a vertical line running from the nape of the neck to the coccyx.

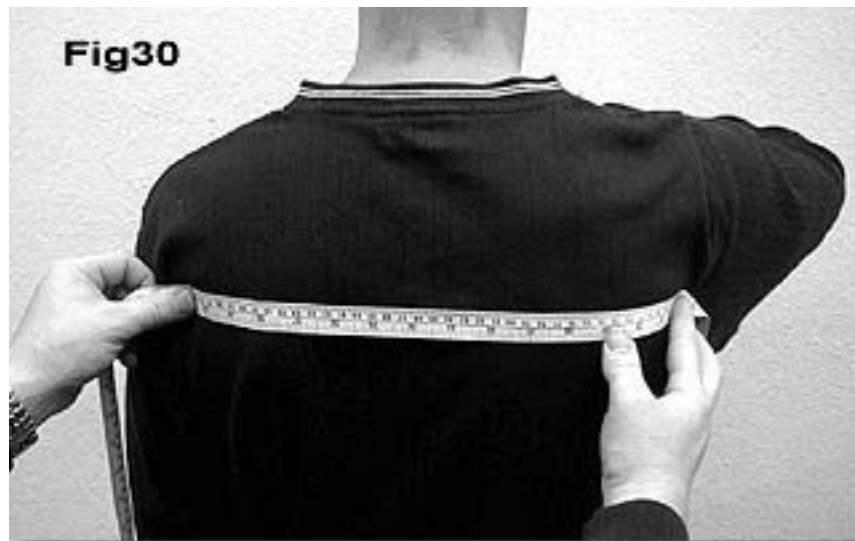
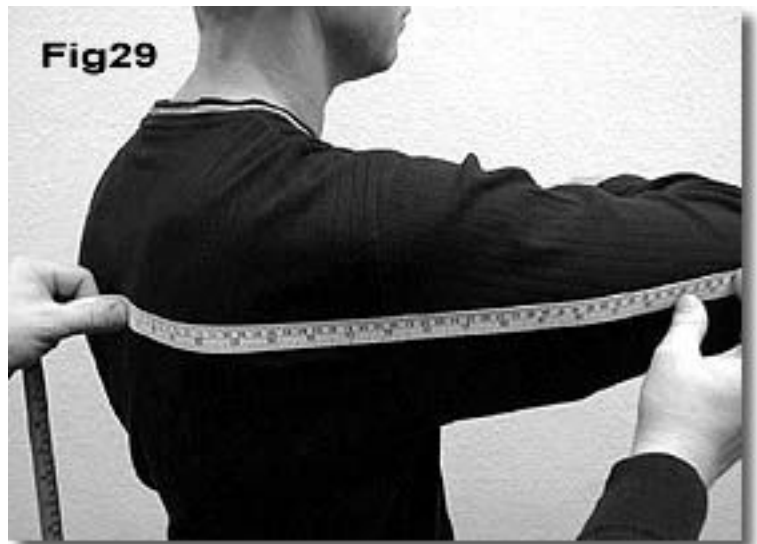
Measure No.18 Chest

Taken around the fullest part of the chest muscles, ensuring the tape does not drop at the back. If completely horizontal, the tape will include the lower edges of the shoulder blades and should cross both nipples. Measure quite snugly. The best way to take this measurement is from behind, with the customer's arms raised forward as if holding the handlebars of a bike (fig.27).



Measure No.19 Spine to Cuff

This point is the same on either cuff, 1/2" past the wrist bone, (fig 28) along the outside of the arm. Measure from this point, along outer arm, over the outer bend of the elbow, (fig 29) along the tricep and across the mid back (fig 30). Ensure tape is not held taut. Envisage a centre line from the neck bone down the spine and measure to it.



**Measure No.20
Cuff**

Measure the circumference of the wrist, at the widest part. This should be over the protruding bone, and have one finger inserted inside the tape (fig.31).



**Measure No.21
Forearm**

This is the circumference of the forearm at the widest point. Measure with the customer's arm only slightly bent, and with one finger inside the tape (fig 32).



**Measure No.22
Elbow**

The customer's arm should remain slightly bent for this measurement. Measure over the bony part of the elbow, with one finger inside the tape (fig 33).

**Measure No.23
Bicep**

The customer's arm should be bent at 90 degrees, with the bicep relaxed. Measure the circumference of the bicep at the widest point, with one finger inside the tape (fig 34.)



**Measure No.24
Collar**



Using previously identified points, make a loop with the tape, measuring from top of breast bone and around the neck. The loop should be formed to replicate the lower edges of a T-shirt neckline. With the tape held in place at the desired size, check that the halfway point is central to the back of the neck. Re-adjust if necessary (fig 35 and 36). N.B. This measurement is always 3 - 4" bigger than the customer's shirt collar size.

