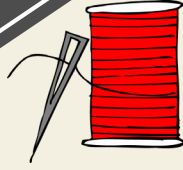
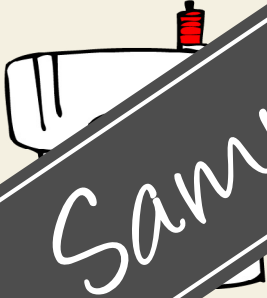
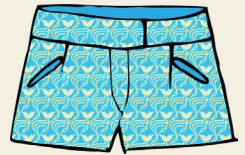


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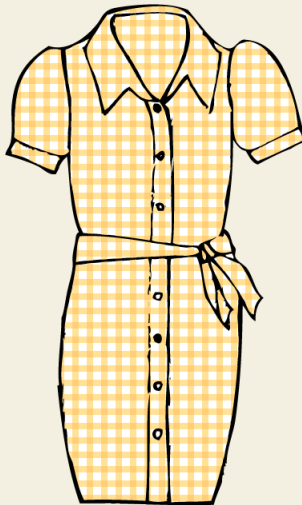


HOW TO SEW JAPANESE

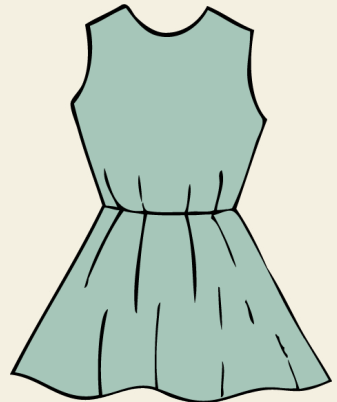


SEWING PATTERNS

For all levels of sewists who **DON'T** speak Japanese.



By Rin Gomura-Elkan



This is a sample chapter from the ebook, *How to Sew Japanese Sewing Patterns*. To view pricing options, please visit www.japanesesewingpatterns.com

YOU'RE ON YOUR WAY TO SEWING JAPANESE PATTERNS



Hi there, I'm Rin.

I just wanted to thank you for downloading this sample chapter. I'm so excited to share my love for Japanese sewing patterns with you.

I was born in Japan and learned to sew from my mother and grandmother. I remember having hours of fun flipping through their collection of sewing books. I moved to Australia when I was 8 years old, and until now, I am still sewing obsessed!

This sample ebook gives you a glimpse of what you'll learn in *How to Sew Japanese Sewing Patterns*. If you like the sample, please [purchase the full version](#).

Rin
xO

- Rin Gomura-Elkan, Author

This is a sample chapter from the ebook, *How to Sew Japanese Sewing Patterns*. To view pricing options, please visit www.japanesesewingpatterns.com

How to Sew Japanese Sewing Patterns

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Please visit <http://www.japanesesewingpatterns.com>. For resale and trade enquiries, please contact Sales (at) japanesesewingpatterns.com

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INTRODUCTION

Do you love Japanese sewing patterns?

Whether you already own a collection, or you are simply curious about Japanese sewing books, this guide will help you create the wonderful projects they offer; even if you don't read a word of Japanese!

Japanese sewing patterns and books are incredibly popular, which means exciting new titles are continuously being published. You too, can enjoy the variety, quality and creativity of Japanese sewing books.

Sewing requires a lot of patience and even more so when making projects in a foreign language. That's why I'd like to congratulate you on taking on this challenge. I am certain you will find the time you invest in understanding Japanese sewing patterns worthwhile. My hope is that this book enriches your love for the hobby of sewing.

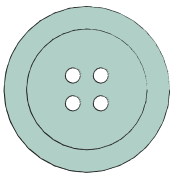
This is a sample chapter from the ebook, *How to Sew Japanese Sewing Patterns*. To view pricing options, please visit www.japanesesewingpatterns.com

HOW TO USE THIS BOOK

This book begins with an introduction to Japanese sewing patterns and books. We then discuss sizing and sewing equipment before diving into the actual sewing in the section, “The Sewing Process”.

The Sewing Process is broken down into four sections to help you through every step; pattern tracing and cutting, fabric tracing and cutting, preparing to sew, and finally, sewing.

There are reference tables throughout the book to help you quickly find and translate common Japanese sewing terms.



You can easily identify the key points by looking for the button icon. The most important things you need to remember are noted here.



Look for the cat icon for examples where you can practice your understanding of Japanese sewing patterns.

All the sections and reference tables are listed in the Table of Contents for quick and easy access. Translation tables list sewing terms in Japanese, Romaji and English. Romaji is Japanese written using Latin script. It allows you to read Japanese without knowing any Japanese characters.

In the Appendix, you will find more reference tables for sewing related words including types of fabrics and sewing supplies.

If you have purchased the package with *Easy Japanese Sewing Patterns*, you will have two printable, real-size Japanese sewing patterns. It will also include instructions and diagrams to help you get started on your first Japanese sewing project. The sewing patterns are translated into English and steps are explained with photos in a tutorial format. Please visit www.japanesesewingpatterns.com for more information about this optional extra resource.

JAPANESE SEWING PATTERNS OVERVIEW

1. BOOKS VS INDIVIDUAL PATTERNS

You might be used to buying sewing patterns individually; perhaps you would buy one paper pattern for a skirt, for your size. Although you can also buy individual paper patterns in Japan, it is more common to find books made of a collection of sewing patterns, typically containing 20 to 30 different patterns.

The collection of sewing patterns in a sewing pattern book sticks to a theme. These themes vary greatly, from “feminine, sweet dresses” to “sew your own work wardrobe” to “old-fashioned children’s play clothes”. You can find books according to your taste in fashion, types of fabrics, occasion, lifestyle, etc. Craft and sewing books in Japan cater to many different niches!

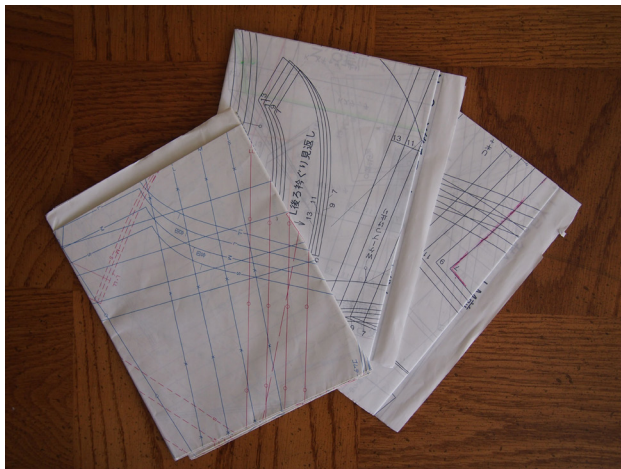
Along with variety, the presentation and quality content of Japanese sewing books also add to their appeal. Detailed instructions with many diagrams and photos make them popular to a worldwide audience.

2. THE SEWING BOOK STRUCTURE

Japanese sewing books include three components:

1. A beautifully presented photo catalogue of garments;
2. followed by instructions pages; and
3. a separate fold out of real-size patterns (Image A).

Image A. Real-size sewing patterns.



This is a sample chapter from the ebook, *How to Sew Japanese Sewing Patterns*. To view pricing options, please visit www.japanesesewingpatterns.com

Most books start with photos of each garment, usually on a model or a mannequin. Each image will have the pattern name, code or number written near it. There should also be a page number which takes you to the instructions on how to make the garment. In the example (Image B), the skirt is pattern Number 6 and the instructions are found on Page 12.

Image B. Japanese sewing book example.



The coloured photo pages are usually followed by a series of black and white pages, often titled “How to Make”, which are the instructions.

These instructions will show the pattern drafting layout and guide you through the sewing steps. The detailed diagrams make the patterns approachable to beginners, and non-Japanese speakers.

The fold out paper pattern contains real-size sewing patterns for all the garments featured in the Japanese sewing book (Image A). You can trace and cut the correct pattern according to the pattern code or number found on the photo of the garment. More detail on the tracing method will be discussed later in **Pattern Tracing and Cutting** (p16).

This is a sample chapter from the ebook, *How to Sew Japanese Sewing Patterns*. To view pricing options, please visit www.japanesesewingpatterns.com

3. WHERE TO BUY

3.1. OUTSIDE OF JAPAN

Many online bookstores stock Japanese sewing pattern books. **Amazon Japan** (<http://www.amazon.co.jp>) carries a huge range, and you get access to the latest releases simultaneously with the Japanese market. The website allows you to preview the contents of many of the books too.

Even though the range is more limited, **YesAsia** (<http://www.yesasia.com>) is also worth visiting, as the website offers free shipping to selected countries. **CDJapan** (<http://www.cdjapan.co.jp>) is an online store which sells Japanese books and music. The user-friendly website makes it easy to calculate international postage so you can compare which website offers you the best value.

When the book titles are in Japanese, you have to rely on the images available online to determine which sewing book is for you. If you would like to get a better understanding of book titles, refer to **Appendix 4. Common Japanese terms used in sewing book titles** (p38).

Kinokuniya (<http://www.kinokuniya.com/>) is a famous Japanese bookstore chain, with stores located in the US, Australia, Singapore, Malaysia, Taiwan, Thailand and the United Arab Emirates. Kinokuniya carries many craft books, so it's a lot of fun to visit and spend many hours browsing their range.

Some boutique craft stores and fabric stores will also stock Japanese sewing pattern books. Check with your local store owner.

This is a sample chapter from the ebook, *How to Sew Japanese Sewing Patterns*. To view pricing options, please visit www.japanesesewingpatterns.com

3.2. IN JAPAN

If you are lucky enough to be visiting Japan, you are in for a treat! Bookstores are abundant in Japan, and the larger stores will have shelves dedicated to craft books.

The following are some of my favourite stores in Tokyo:

- Yuzawaya Craft Store (Kamata Station - 蒲田駅)

[Map](#)

Take the South Exit (南口) and head straight until you see the Yuzawaya store on your right. This huge store comprises of three different buildings full of craft and hobby items. Books are located in building six (6号館).

- Yuzawaya Craft Store (Shinjuku Station - 新宿駅)

[Map](#)

Take the New South Exit (新南口) to the department store, Takashimaya Times Square. Yuzawaya is located on level eleven. This store is smaller than the Kamata store, but it's more central to other attractions in Tokyo.

- Kinokuniya Bookstore (Shinjuku Station - 新宿駅)

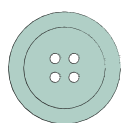
[Map](#)

Take the Central East Exit (中央東口駅) and turn left to head north. Take the first right into a major road and you will see Kinokuniya on your left. The craft section is located on level six.

SIZING

1. JAPANESE PATTERN SIZING

Women's clothing in Japan uses a number system, generally starting from size 5 and moving up in odd numbers. The following chart is useful to get a general understanding of size conversions, but ensure you check the actual measurements as noted in the Japanese sewing pattern.



Japan uses the International System of Units (SI), centimetres (cm) and metres (m), as their metric system. Hence, Japanese patterns always use centimetres.

Table 1.1 Japanese women's clothing size conversion.

Japan	5	7	9	11	13	15
Australia	4	6	8	10	12	14
US/CA	2	4	6	8	10	12
UK	4	6	8	10	12	14
European	32	34	36	38	40	42

Some patterns may use Small (S), Medium (M), Large (L), etc as sizing descriptors. Below are the general Japanese measurements for these. The next size up from Large is called 'LL'. This is followed by the size Three L, written as '3L'.

Remember to note the height, as Japanese sizes are made for shorter statures.

Table 1.2 Japanese women's clothing size measurements (S, M, L).

		S	M	L	LL	3L
Bust	(cm)	72~80	79~87	86~94	93~101	100~108
	(in)	28~32	31~34	34~37	37~40	39~43
Waist	(cm)	58~64	64~70	69~77	77~85	85~93
	(in)	23~25	25~28	27~30	30~34	34~37
Hips	(cm)	82~90	87~95	92~100	97~105	102~110
	(in)	32~35	34~37	36~39	38~41	40~43
Height	(cm)	152~158	157~163	162~168	167~173	172~178
	(ft)	4'11~5'2	5'1~5'4	5'3~5'6	5'5~5'8	5'6~5'10

Men's clothing sizes also tend to be smaller than their Western counterparts.

Table 1.3 Japanese mens' clothing size measurements.

		S	M	L	LL	3L
Chest	(cm)	80~88	88~96	96~104	104~112	108~116
	(in)	32~35	35~38	38~41	41~44	43~46
Waist	(cm)	68~76	76~84	84~94	94~104	98~108
	(in)	27~30	30~33	33~37	37~41	39~43
Height	(cm)	155~165	165~175		175~185	
	(ft)	5'1~5'4	5'4~5'8		5'8~6'0	

For babies' and children's wear, height measurement (in centimetres) is used for clothing size.

Table 1.4 Japanese baby clothing size measurements.

		60	70	80	90	100
Height	(cm)	60	70	80	90	100
	(in)	24	28	32	35	39
Weight	(kg)	6	9	11	13	16
	(lb)	13	19	24	28	35
Age		3 months	6 months	18 months	2 years	3~4 years

Table 1.5 Japanese children's clothing size measurements.

		110	120	130	140	150	160
Height	(cm)	110	120	130	140	150	160
	(ft)	3'7	3'11	4'3	4'7	4'11	5'2
Chest	(cm)	53~59	57~63	61~67	65~71	71~77	76~82
	(in)	21~23	22~25	24~26	26~28	28~30	30~32
Age	(years)	4~5	6~7	8~9	10~11	12~13	13+



Example: Sizing

Below is an example of a typical sizing chart found in Japanese sewing patterns. Using the translations in Table 1.6, you can decipher that for a size 11 garment, the measurements are bust 88cm, waist 69cm, hips 94cm and height 162cm.

参考寸法表 (cm)				
	7号	9号	11号	13号
バスト	78	83	88	93
ウエスト	59	64	69	74
ヒップ	86	90	94	98
身長	158	160	162	165

Table 1.6 Common Japanese terms related to sizing.

Japanese	Romaji	English	Japanese	Romaji	English
バスト	Basuto	Bust	サイズ	Saizu	Size
ウエスト	Uesuto	Waist	着丈	Chakutake	Garment Length
ヒップ	Hippu	Hips	袖丈	Sodetake	Sleeve Length
チェスト	Chesuto	Chest	パンツ丈	Pantsu Take	Pant Length
身長	Shincho	Height	年齢	Nenrei	Age
体重	Taijuu	Weight	女性	Josei	Woman
でき上がり寸法	Dekiagari Sunpo	Finished Garment Sizing Chart	男性	Dansei	Man
参考寸法表	Sankou Sunpo Hyou	Sizing Chart	子供	Kodomo	Child

READY FOR MORE?

Now that you've had a sneak peak into my eBook, are you excited to start sewing? *How to Sew Japanese Sewing Patterns* is available on its own, or in a package packed with useful extras to ensure you have the best sewing experience.

JAPANESE SEWING PACKAGE

Everything you need to start sewing Japanese patterns:

- *How to Sew Japanese Sewing Patterns*

PLUS

- 2 print-at-home Japanese sewing patterns
- Additional ebook, *Easy Japanese Sewing Patterns* for in-depth sewing instructions in Japanese and English

I love that you dissected Japanese sewing patterns into the steps you would typically find! And I also love the bullet points! Very useful stuff!

~ Kat, Sew Chibi (sewchibi.com)



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EBOOK ONLY

All you need to translate and understand Japanese sewing patterns in one handy eBook.

If you are already comfortable with Japanese sewing patterns, this eBook will help you translate and understand them more quickly.

Even when I thought I knew enough about Japanese sewing patterns, this ebook surprised me with cool tricks and nice tips to satisfy sewing Japanese needs.

~ Silvia, Sewing Princess (sewingprincess.com)

If you DON'T speak Japanese, this book is for you.

You can enjoy making Japanese sewing patterns by following the beginner-friendly instructions in HOW TO SEW JAPANESE SEWING PATTERNS.

- Filled with diagrams and photos, you are guided step-by-step through the entire sewing process.
- Reference tables help you to quickly translate Japanese sewing terms into English.
- Conversion charts for Japanese to Western clothing sizes for women's, men's and children's clothing.
- Suitable for all levels of sewing experience.

This book is designed so you can quickly and successfully create the amazing designs Japanese sewing books have to offer. Get started today!

