

PATTERN MAKING & SEWING

LEVEL 1 – FOUNDATIONS OF PATTERN MAKING

Course Duration	2 Months
Course Level	Level 1 – Foundation
Core Areas	Pattern Making • Dart Manipulation • Sewing • Dress Construction
Learning Approach	Progressive theory, drafting and practical garment development

COURSE OVERVIEW

This 2-month Level 1 course introduces students to the fundamentals of pattern making and sewing. Students progress from accurate body measurements and basic bodice drafting to dart manipulation, style-line development, torso blocks and dress construction. The curriculum combines technical pattern development with creative design application to build a strong foundation for garment development.

LEARNING OBJECTIVES

- Take and understand accurate body measurements for pattern development.
- Draft basic front and back bodice blocks.
- Understand the purpose, types and placement of darts.
- Apply creative dart manipulation techniques.
- Develop new dart shapes using style lines.
- Understand the effect of darts on striped and printed fabrics.
- Develop torso blocks and explore basic dress silhouettes.
- Draft, construct and finish a basic dress.

2-MONTH COURSE CURRICULUM

SESSION 1: MEASUREMENTS

- Introduction to accurate body measurements and their importance in pattern development.

SESSION 2: BODICE FRONT DRAFTING

- Drafting techniques for creating the front bodice pattern.

SESSION 3: BODICE BACK DRAFTING

- Step-by-step process to draft the back bodice block.

SESSION 4: DART MANIPULATION FUNDAMENTALS

- Importance of darts in garment construction.
- Types of darts and their placements.
- Analysis of dart use in national and international brands.

SESSION 5: DESIGNING WITH DARTS

- Application of darts through gathers, tucks and pleats.
- Evaluation of functional and aesthetic use in various garments.

SESSION 6: DART MANIPULATION TECHNIQUES

- Exploring three advanced dart manipulation methods.

SESSION 7: CREATING NEW DARTS USING STYLE LINES

- Designing creative dart shapes through style lines for fashion-forward garments.

SESSION 8: EXPERIMENTATION ON STRIPED FABRICS

- Understanding dart effects on printed and striped textiles.

SESSION 9: TORSO BLOCK DEVELOPMENT

- Drafting torso blocks and exploring dress silhouettes.

SESSION 10: DRESS CONSTRUCTION – TYPE 1

- Pattern drafting and construction techniques for a basic dress.

SESSION 11: DRESS CONSTRUCTION – TYPE 2

- Further development and finishing techniques for the completed dress.

PRACTICAL COMPONENTS

- Body measurement and drafting practice
- Bodice front and back block development
- Dart manipulation exercises
- Creative style-line experimentation
- Pattern development for striped and printed fabrics
- Torso block and dress silhouette exercises
- Basic dress pattern drafting
- Sewing, construction and finishing practice

SKILLS STUDENTS WILL DEVELOP

- Accurate measurement and pattern drafting
- Understanding of garment blocks and pattern structure
- Creative dart manipulation
- Design development using style lines
- Fabric and print-aware pattern placement
- Basic sewing and garment construction
- Dress development and finishing techniques

COURSE OUTCOME

By the end of the course, students will have a strong foundation in pattern making and sewing. They will be able to take measurements, develop basic bodice and torso blocks, manipulate darts, create fashion-oriented style lines, and draft and construct a basic dress using professional pattern-making principles.