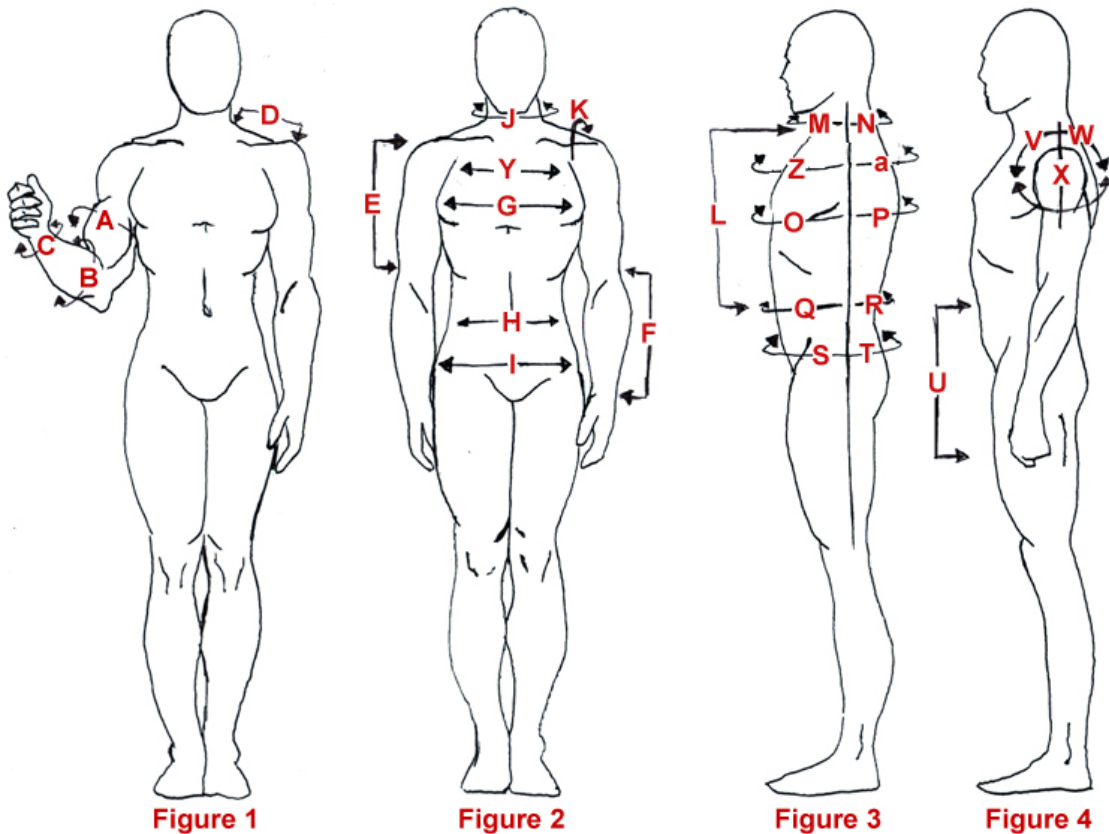


# How to Measure a Man for a Cote

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## Before you start to measure.

This set of measurements is for sewing tighter fitting garments such as a pourpoint, a cotehardie, or a doublet. The vertical line in figures 3 and 4 represent the seem lines for these garments. Most men have a larger measurement across the front than the back so some measurements will represent this. You can use the total of those two measurements for the overall measurement (Example "Q" plus "R" equals "H"). As a last note for those making the measurements for your own sewing remember to add room to your patterns for seem lines.

## Neck

- Figure 2 measurement "J". Measure all the way around the neck.
- Figure 3 measurement "M". Measure from seem line to seem line of the front neck.
- Figure 3 measurement "N". Measure from seem line to seem line of the back neck.

## Shoulders

- Figure 1 measurement "D". Measure from the base of the neck to mid shoulder at the rotator joint.

## Chest

- Figure 2 measurement "Y". Measure around the body at the underarms level.
- Figure 3 measurement "Z". Measure from seem line to seem line across the chest at the underarms level.
- Figure 3 measurement "a". Measure from seem line to seem line in across the back at the underarms level.
- Figure 2 measurement "G". Measure around the body at the widest point of the chest.
- Figure 3 measurement "O". Measure from seem line to seem line in across the chest at the widest point of the chest..
- Figure 3 measurement "P". Measure from seem line to seem line in across the back at the widest point of the chest..

- Figure 3 measurement "L". Measure from neck to waist and neck to bellybutton. (Some garments have seems at the waist and some at the belly button.)
- Figure 4 measurement "U". Measure from the waist to mid-thigh and bellybutton to mid-thigh.

### Stomach

- Figure 2 measurement "H". Measure around the stomach at the belly buttons level.
- Figure 3 measurement "Q" and "R". Measure from seem line to seem line of the stomach at the belly buttons level.
- Figure 3 measurement "R". Measure from seem line to seem line of the back at the belly buttons level.

### Waist

- Figure 2 measurement "H". Measure all the way around the waist.
- Figure 2 measurement "Q". Measure from seem line to seem line across the front of the body at the waist line.
- Figure 2 measurement "R". Measure from seem line to seem line across the back of the body at the waist line.

### Hips

- Figure 2 measurement "I". Measure all the way around the hips.
- Figure 2 measurement "S". Measure from seem line to seem line across the front of the body at the hips.
- Figure 2 measurement "T". Measure from seem line to seem line across the back of the body at the hips.

### Arm

- Figure 1 measurement "A". Measure around the bicep while flexed.
- Figure 1 measurement "B". Measure around the forearm.
- Figure 1 measurement "C". Measure around the wrist.
- Figure 2 measurement "E". Measure from the top of the shoulder to the elbow.
- Figure 2 measurement "F". Measure from the elbow to the wrist.
- Figure 4 measurement "X". Measure all the way around the shoulder while arm is down as shown on figure 2 measurement "K". This is know as the "**Arms Eye**".
- Figure 4 measurement "V". Measure the **arms eye** from seem line under the arm to seem line on the shoulder in the front.
- Figure 4 measurement "W". Measure the **arms eye** from seem line under the arm to seem line on the shoulder in the back.