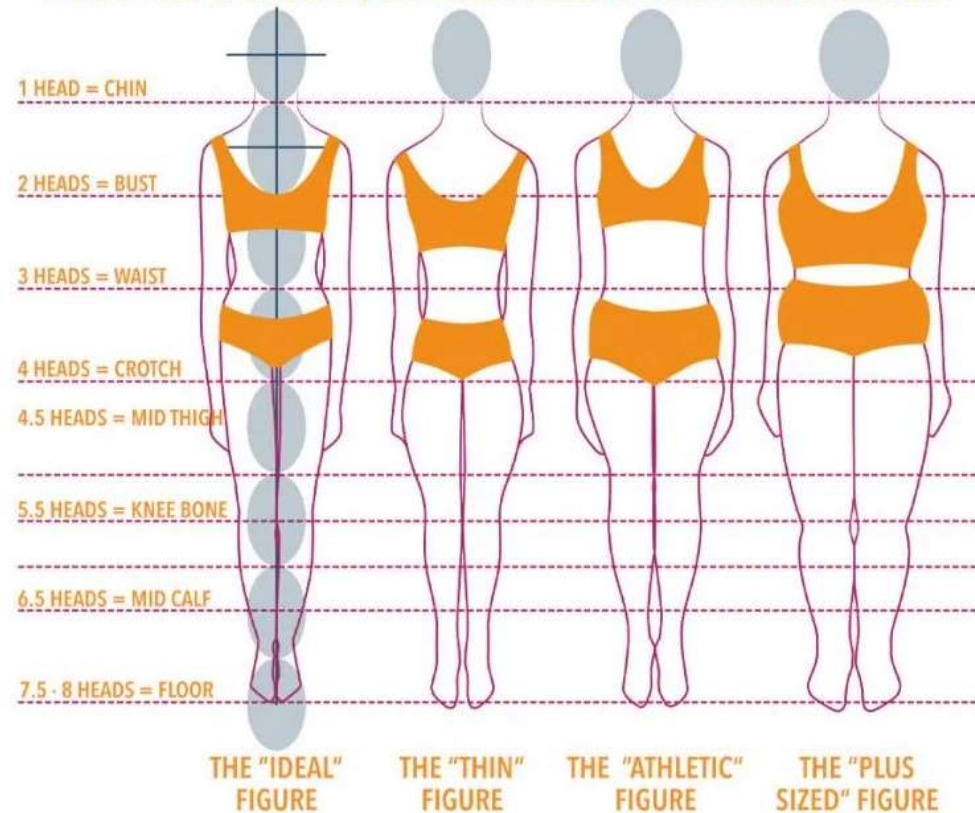


Body proportion

BODY PROPORTION GUIDE WHEN PLANNING SEWING PROJECTS



Why do clothing sizes differ from one brand to another, although their sizing guides typically follow the same sets of measurements?

It depends on a relatively high degree of our knowledge of the relations existing between body dimensions of the population, so-called body proportions.

The value of one body dimension is calculated as a percentage of another dimension. Clothes will always fit differently from person to person.



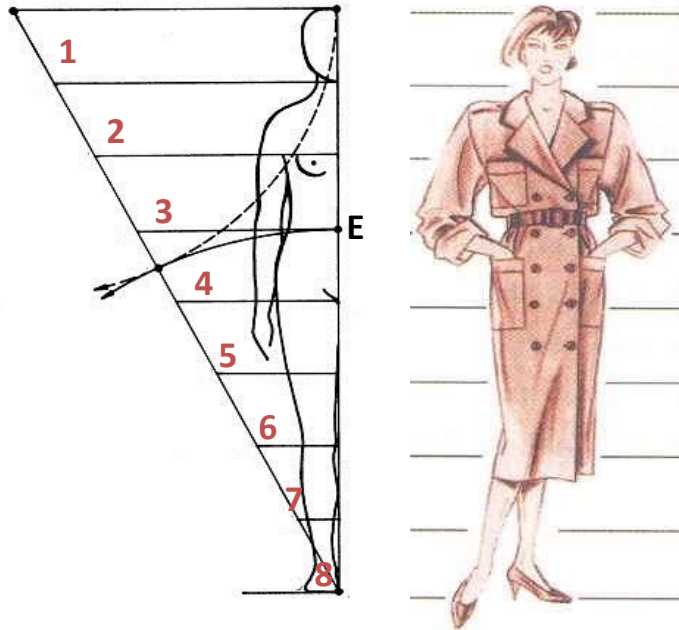
Population →



How we can characterised proportion?

The relationship of one body part to a whole or to other body parts.
Two concepts which are useful in representing human body proportions:

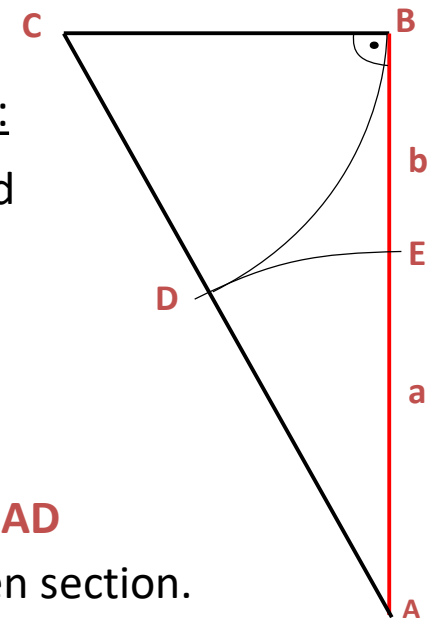
Division into Eighths



The Golden Section (Golden Mean)

Construction of the golden section:

1. The perpendicular **BC** is erected at **B**, with **BC = ½ AB**
2. **C** is joined to **A**
3. **D** is marked on **CA** so that **CD = CB = ½ AB**
4. **E** is marked on **AB** so that **AE = AD**
5. **E** divides **AB** according to golden section.



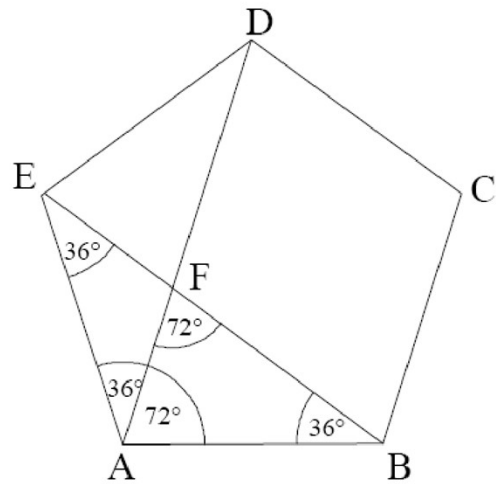
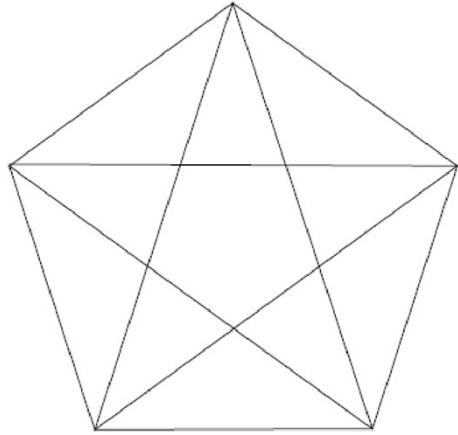
Ideal proportion for clothing [1]

Principle:

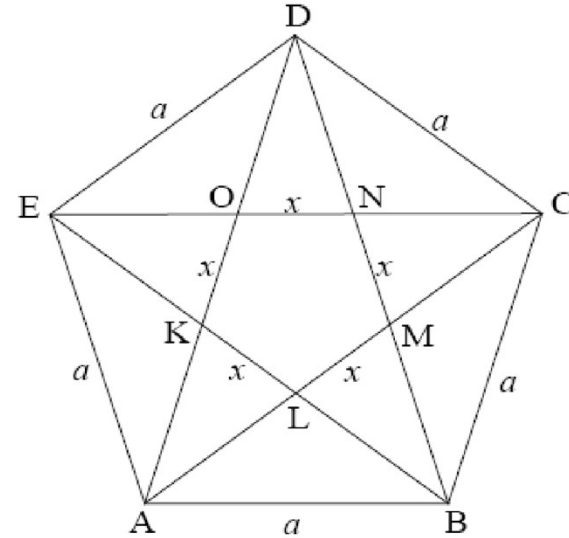
The whole line (a+b) is to the larger section (a) **Major**
as larger section (a) is to the shorter section (b) **Minor**

$$\frac{(a+b)}{a} = \frac{a}{b} = \varphi \text{ (golden number)} = 1.6180339887$$

Regular pentagon



Five-pointed star in a pentagon

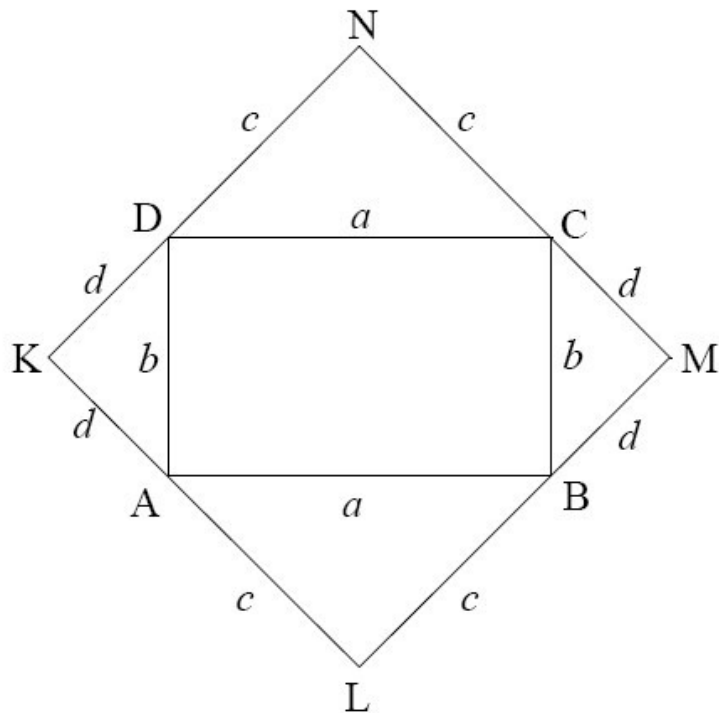


The ratio of the lengths of the diagonal to the side of the pentagon is gold φ

Golden rectangle

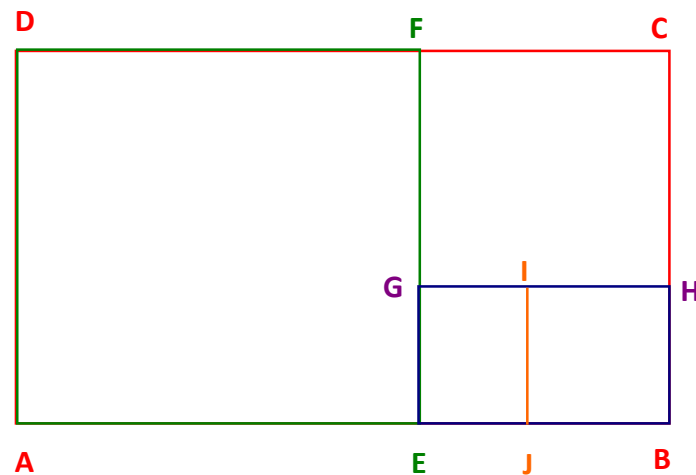
Golden rectangle

⇒ a rectangle whose sides are in a ratio φ can be inscribed in a square so that all its vertices are divided by the sides of the square in a gold ratio

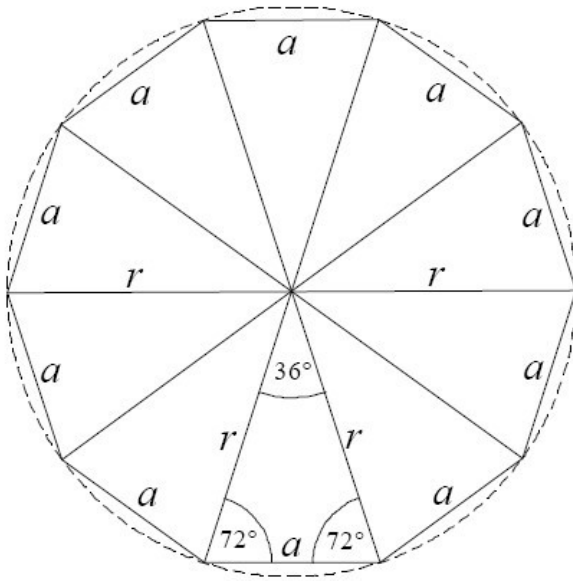


Golden rectangle inscribed in a square

If we separate from the golden rectangle **ABCD** square **AEDF**, the remainder will again be a golden rectangle; if from a rectangle **EBCF** we separate the square **GHCF** will be the rest **EBHG** again a golden rectangle, etc.

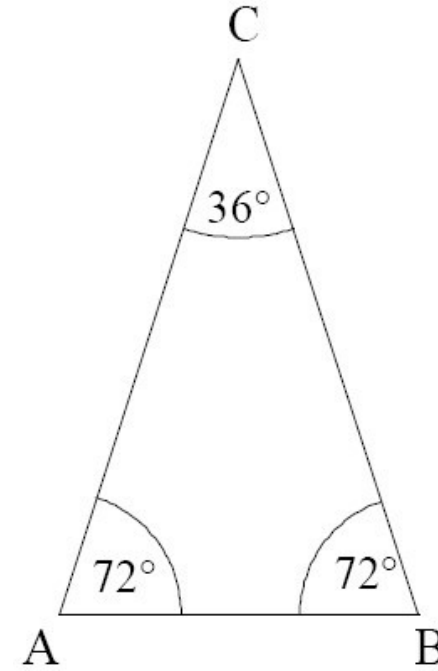


Golden decagon



$$\frac{r}{a} = \varphi$$

Golden triangle



$$\cos(\alpha) = \frac{\frac{1}{2}}{\frac{1+\sqrt{5}}{2}} = \frac{1}{1+\sqrt{5}}, \quad \text{thus } \alpha = 72^\circ$$

Golden number



Leonardo Fibonacci

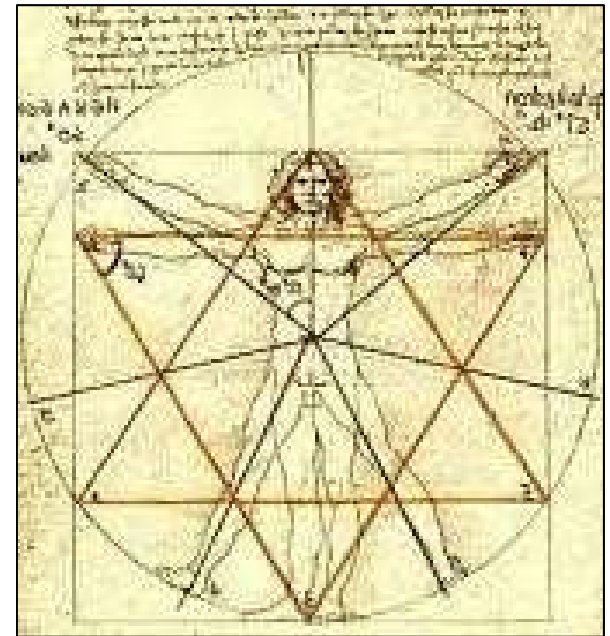
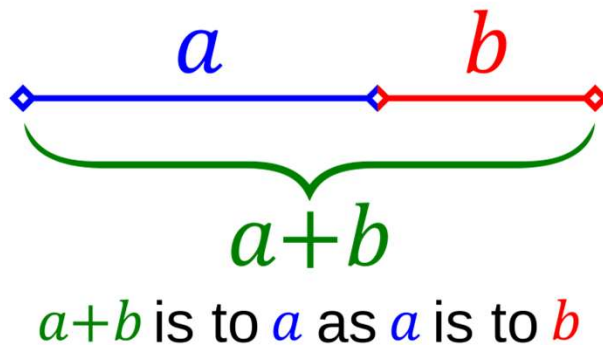
Leonardo Fibonacci discovered the sequence which converges on φ (phi).

0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, ...

Each new number in the sequence is simply the sum of the two before it. [2]

Golden Ratio in Art and Architecture

$$\frac{(a + b)}{a} = \frac{a}{b} = \varphi \text{ (golden number)} = 1.6180339887$$



The Vitruvian Man („The Man in Action“) by Leonardo Da Vinci

Reference

- [1] EBERLE, H. *Clothing technology*. Europa Lehrmittel Verlag, 2008. ISBN 13: 978-38085622.
- [2] Tokens, E. Understanding Body Proportions. In: The Creative Curator [online]. 7.7.2022 [cit. 14.4.2023]. Dostupné z: <https://www.thecreativecurator.com/understanding-body-proportions/>