



## How to Submit this Information

- Email a scanned copy of the summary page to [stephanie@shenzhen-tailor.com](mailto:stephanie@shenzhen-tailor.com)

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## Men's Shirt – Measure your best fitting shirt

Please note that the shirt should be laid flat on a table or smooth surface for proper measurement.



**COLLAR**

### **1. COLLAR**

The collar measurement should be taken from the middle of the button hole to the center of the collar button when the collar is spread flat.



**HALF CHEST**

### **2. HALF CHEST**

Button the shirt and lay it flat. Then measure from left seam to right seam just below the armpit.



**HALF WAIST**

### 3. HALF WAIST

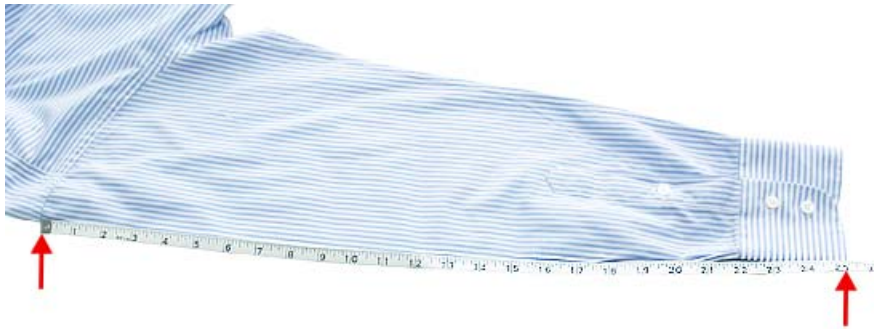
With the shirt laid flat, measure from left seam to right seam at the waistline.



**HALF HIPS**

### 4. HALF HIPS

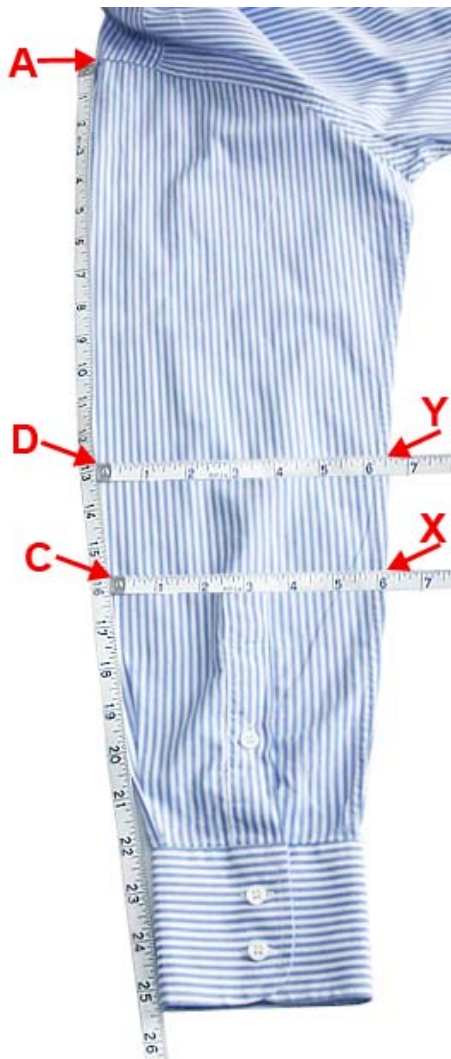
With the shirt laid flat, measure from left seam to right seam at the base of the shirt.



SLEEVE LENGTH

## 5. SLEEVE LENGTH

Lay a sleeve flat and measure along the outside edge (opposite to the sleeve seam) from the top of the shoulder (starting at the seam) to the end of the cuff.



ELBOW AND FOREARM

### 5.1 ELBOW

When you require a width for the elbow, provide us with the “Elbow reference point” and “Elbow width”.

**Elbow reference point:** Measure from top shoulder seam (point **A**) as seen on image above to where your elbow normally sits when you wear a shirt (point **D**).

**Elbow width:** Measure from points **D** to **Y** as shown in the image above.

### 5.2 FOREARM

When you require width for the forearm, provide us with the “Forearm reference point” and “Forearm width”.

**Forearm reference point:** Measure from top shoulder seam (point **A**) as seen on image above to where your forearm normally sits when you wear a shirt (point **C**).

**Forearm width:** Measure from points **C** to **X** as shown in the image above.





HALF BICEP

## 6. HALF BICEP

With the shirt laid flat, measure the width of your sleeve at the upper arm.

**\*\*Half armhole is always bigger than half bicep. Normally, half armhole is at least 6cm bigger than half bicep.\*\***



CUFF

## 7. CUFF

Spread the cuff on flat surface. Place the measuring tape on the center of the buttonhole and measure across to center of the button.



YOKE

### 8. YOKE

Measure the distance between the sleeves, from one edge of the shoulder to the other, across the back.



SHOULDER

### 9. SHOULDER

Measure the distance between sleeve and collar along the shoulder seam. \*\*\*This is a secondary reference. **Yoke** is primarily considered when submitting measurements from well fitting shirt.\*\*\*



**SHIRT LENGTH**

## 10. SHIRT LENGTH

Measure at the back from the base of the collar seam at the middle to a point where the shirt ends.



**ARMHOLE**

## 11. HALF ARMHOLE

Place the shirt on a large flat surface so the front of the shirt is facing you. Place the measuring tape at the top of the armhole seam and follow it along its edge to the point where the armhole meets the sleeve seam. (Note: this is a curved measurement, so please measure carefully.)

**\*\*Half armhole is always bigger than half bicep. Normally, half armhole is at least 6cm bigger than half bicep.\*\***

### Choose your preferred fit:

**This section is for reference purposes only.** We take your measurement as is. We do not add extra measures (\*\*except for shrinkage and tolerance allowance) when you take measurements from your best fitting shirt.



**Slim Fit**



**Normal Fit**



**Loose Fit**

\*\* Our tolerance of production (cutting commitment) is based on international standards.

Collar	: (+/-) 0.5 cm total circumference
Shoulder length/Yoke	: (+/-) 0.6 cm Total length
Chest size	: (+/-) 2.0cm Total circumference
Waist size	: (+/-) 2.0 cm Total circumference
Hip size	: (+/-) 2.0 cm Total circumference
Sleeve length	: (+/-) 1.0 cm Total length

These allowances generally apply to all garment types: shirts, suits, jackets, pants for men and women.



## Measure your body

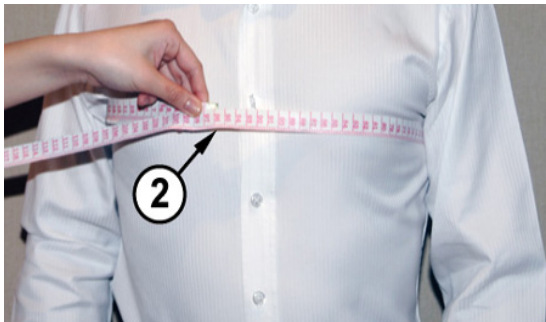
**Note: A shirt should be worn for proper measurement.**



**NECK**

### 1. NECK

Place two fingers between the tape measure and the neck as the pictures show, and make sure you can move the tape easily. Do not tighten the tape measure. Make sure that the tape is at the base of the neck where the neck and shoulders meet or at the height where the collar would be if you were wearing a shirt.



**CHEST**

### 2. CHEST

Stand up straight, relax and take deep breath with hands down at your side. The chest measurement should be taken around the chest under the armpits. Make sure the tape is parallel and you can move the tape easily. Do not tighten the tape measure. Avoid having thick clothes on when measuring.

- **Slim fit:** we add 12 cm to the hip, waist and chest measurements you provided, in order to give you room to move about. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Normal fit:** we add 16 cm to the hip, waist and chest measurements you provided, to achieve extra room while maintaining that unmistakable tailored look. In addition, we add 4 cm to your shoulders measurements (which means they are 2 cm longer on each side), and take 2 cm off each sleeve. This way the shirt is less tight.
- **Loose fit:** we add 20 cm to the hip, waist and chest measurements you provided. In addition, we add 8 cm to your shoulder measurements (which means they are 4 cm longer on each side), and take 4 cm off each sleeve. This fit is more appropriate for less slim gentlemen.

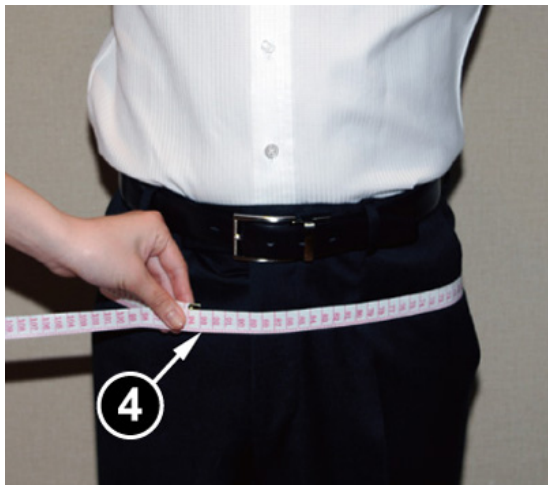


WAIST

### 3. WAIST

Stand up in a relaxed posture, do not hold your breath or hold your stomach in. If you do not have beer belly, the waist measurement should be taken around the waist at the narrowest point. If you have beer belly, you should measure the widest point. Make sure you can move the tape easily. Do not tighten the tape measure.

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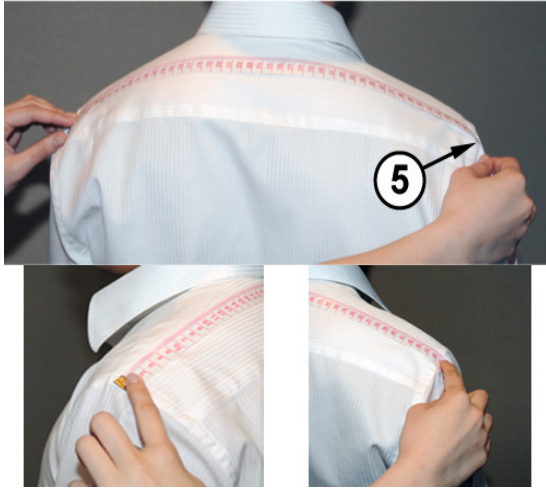


HIPS

### 4. HIPS

Take out all of the stuff in the front and back pockets your trouser. The hip measurement should be taken around the hips at the widest point. Stand up in a relaxed posture, and keep the tape parallel. Do not tighten the tape measure. Make sure you can move the tape easily.

- **Slim fit:** we add 12 cm to the hip, waist and chest measurements you provided, in order to give you room to move about. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Normal fit:** we add 16 cm to the hip, waist and chest measurements you provided, to achieve extra room while maintaining that unmistakable tailored look. In addition, we add 4 cm to your shoulders measurements (which means they are 2 cm longer on each side), and take 2 cm off each sleeve. This way the shirt is less tight.
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**SHOULDER**

### **5. SHOULDER**

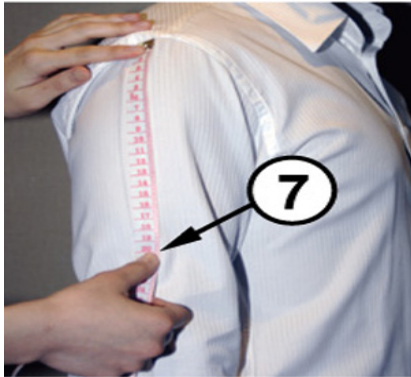
Stand up in a relaxed posture. Measure across the top of the shoulder from one edge to the other. Ensure you take the curved contour over the top of the shoulders as shown. If you are wearing your best fitted shirt measure up to the shoulder seams.



**SLEEVE LENGTH**

### **6. SLEEVE LENGTH**

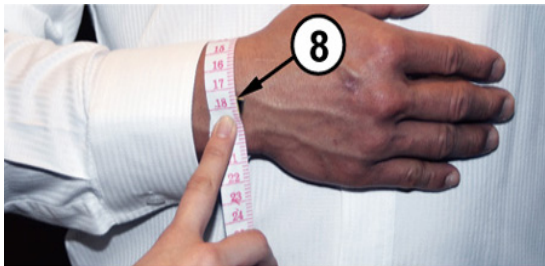
The sleeve measurement should be taken from exactly the same point you used earlier for the "Shoulder" measurement. Measure to a point at the wrist where you want the sleeve to end. Do not bend your arms. If you want to match your dress shirt with a suit, you should measure the suit sleeve length you want, and then add one (1) centimeter. That will be the shirt's sleeve length.



**SHORT SLEEVE LENGTH**

### 7. SHORT SLEEVE LENGTH

Measure with arm at your side, from the tip of the shoulder to a point on the outside of the arm where you want the sleeve to end.

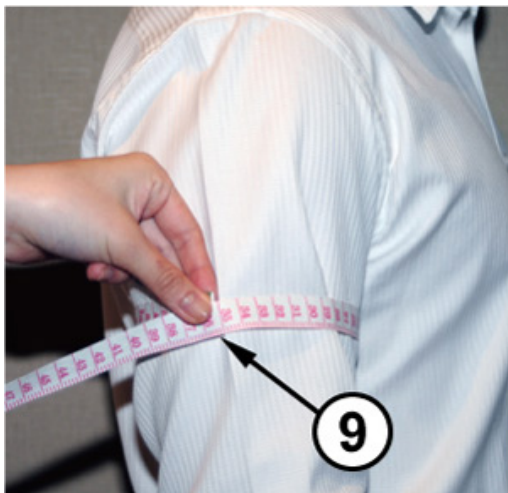


**WRIST/CUFF**

### 8. WRIST/CUFF

Measure the actual wrist size around your wrist bone. You may also consider adding  $\frac{1}{4}$ " to  $\frac{1}{2}$ " to your size if you wear medium to heavier watches.

**\*\*Provide us the actual/skin tight measure. Our tailor adds at least 3cm to your measurement to allow room for movement\*\***



**BICEP**

### 9. BICEP

Measure around your upper arm at the widest point.





**SHIRT LENGTH**

### **10. SHIRT LENGTH**

Stand up in a relaxed posture. Measure from the top of the shoulder at a point near the neck at the collar seam, along the front of your body, to a point where you want the shirt to end.



**ARMHOLE**

### **11. ARMHOLE**

Place the tape measure under your armpit and around the top of your arm. To ensure a comfortable fit, take the armhole measurement with one finger inside the tape measure.