

# **CHENG MEASURING METHOD (CMM) HOW TO MEASURE FOR THE PERFECT JEANS FIT**

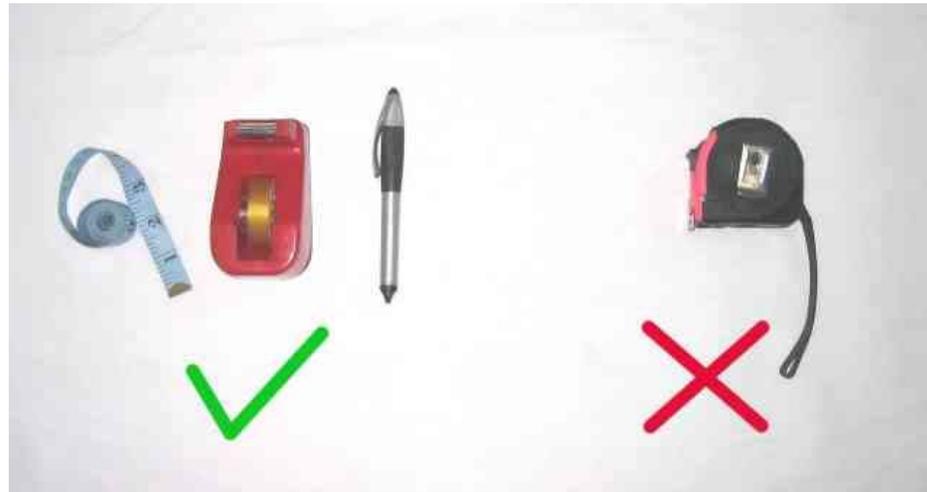


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You will need the right equipment to do the marking and measuring. You will need a pen, a tailor tape measure and some temporary markers, like adhesive tape.

Do not use a carpenter's tape measure since the metal is too rigid to conform to your body accurately.



Accuracy is essential for a perfect fit. Do not measure after a big meal since this may affect the accuracy of your waist lines. For measuring, wear panty hose or any undergarment you will normally wear under your pants.

**It is very important that you enlist a friend to help when measuring, because it is impossible to do the measuring yourself.** Just bending over to read the tape will distort the measurements. Stand straight and relaxed when you're being measured.

It helps if you do the measuring in front of a mirror in order to ensure that the tape is horizontal when measuring the circumferences.

Accuracy should be to the nearest 0.5 inch. **Do not add easing or slacking. Do not tighten the measuring tape.**



You have to establish reference points first before you start measuring, as illustrated in the picture shown. You have to mark the Hip Line, High Waist Line, Mid Waist, Low Waist, Thigh Line and Knee Line.

Then you must measure the circumference of each of the lines. Make sure the measuring tape is horizontal when measuring each circumference.

We use 2.5", 5.0" and 7.5" to establish fixed Waist Lines distances as relative to the Hip Line. The fixed distance of the Thigh Line is 4.5" below the Hip Line.



**Exhibit A** - First you have to determine your Hip Line. Set your Hip Line at 2.5 inches above your crotch line.

The Hip Line height is the most critical since it serves as a reference for all other reference lines. Place a piece of adhesive tape and mark your Hip Line.



**Exhibit B** - Second, establish the Waist Lines in 2.5 inches increments. Low Waist is 2.5" above the Hip Line, Mid Waist is 5" above the Hip Line and High Waist is 7.5" above the Hip Line. Place the adhesive tape and mark the Waist Lines as shown on the illustration.

Make sure you are standing straight when your friend does the markings. The 2.5" increments rule is applicable regardless of your height. This holds true whether you're 5 feet or 7 feet tall because the increments do not specify the waist height on your pants but rather they give us the exact indications of your body shape.

The final rise of your pants will be determined by your rise selection and by your hip circumference.

**Exhibit C** - Third, determine your Thigh Line. The Thigh Line is 4.5" down from your Hip Line.

The Thigh Line is also the widest part of your leg which is right below your crotch. Mark your Thigh Line.

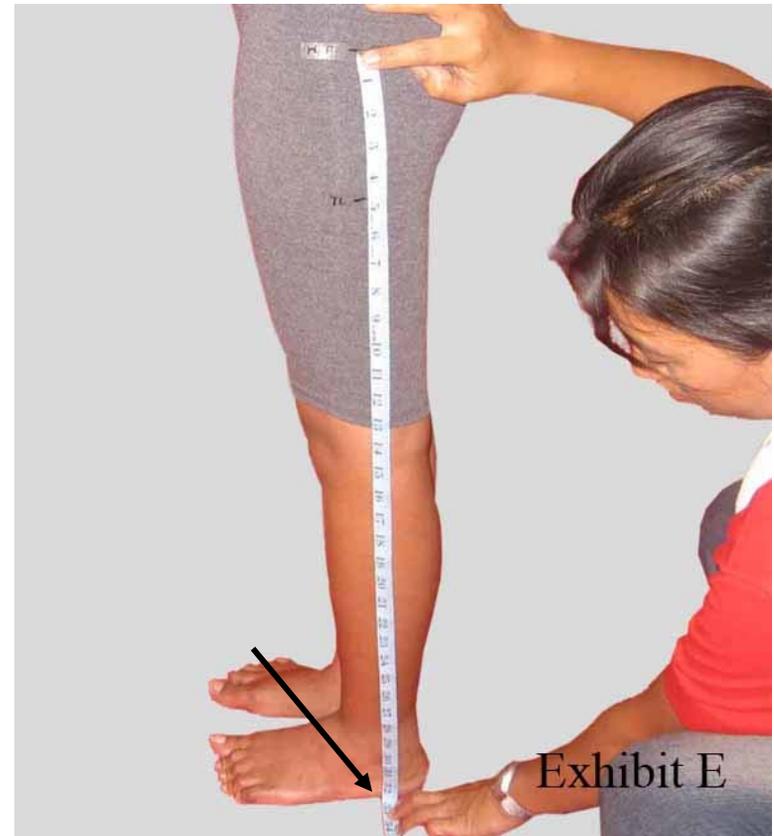




**Exhibit D** - Measure the distance of your Hip Line to your Knee Line. The position of the Knee Line is the knee cap where the knee bends.

**Record your measurements:**

Hip to Knee Line (HKL) \_\_\_\_\_ inches



**Exhibit E** - Measure the distance of your Hip Line to the Floor. You may add one inch more if you plan to wear high heel shoes.

**Record your measurements:**

Hip to Floor (HF) \_\_\_\_\_ inches



**Exhibit F** - Now measure the circumference of your Hip Line. **Do not add any easing or slacking. Do NOT tighten the measuring tape. Make sure the measuring tape is horizontal to the floor.**

**Record your measurements:**

Hip Circumference (HC) \_\_\_\_\_ inches

**Exhibit G** - Now measure the circumference of your Low Waist Line which is 2.5 inches above your Hip Line. **Do not add any easing or slacking. Do NOT tighten the measuring tape. Make sure the measuring tape is horizontal to the floor.**

**Record your measurements:**

LR Circumference (LRC) \_\_\_\_\_ inches





**Exhibit H** - Now measure the circumference of your Mid Waist Line which is 5 inches above your Hip Line. **Do not add any easing or slacking. Do NOT tighten the measuring tape. Make sure the measuring tape is horizontal to the floor.**

**Record your measurements:**

MR Circumference (MRC) \_\_\_\_\_ inches

**Exhibit I** - Now measure the circumference of your High Waist Line which is 7.5 inches above your Hip Line. **Do not add any easing or slacking. Do NOT tighten the measuring tape. Make sure the measuring tape is horizontal to the floor.**

**Record your measurements:**

HR Circumference (HRC) \_\_\_\_\_ inches





**Exhibit J** - Now measure the circumference of your Thigh Line which is 4.5 inches below your Hip Line. **Do not add any easing or slacking. Do NOT tighten the measuring tape.**

**Record your measurements:**

Thigh Circumference (TC) \_\_\_\_\_ inches

**Exhibit K** - Now measure the circumference of your Knee Line. **Do not add any easing or slacking. Do NOT tighten the measuring tape**

**Record your measurements:**

Knee Circumference (KC) \_\_\_\_\_ inches

