

Viki

S E W S

HOODIE **AMINA**



SIZES

S-XL

DIFFICULTY



INTERMEDIATE



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FROM THE FOUNDER OF THE #VIKISEWS BRAND



Back in 2016, when I was working on my first set of sewing instructions, I was trying to write them in such a way that even a complete beginner could easily understand and use them to create their very first garment. These instructions laid the foundation for the Vikisews brand, its vision and its mission. I wanted to create modern patterns with the most detailed and clear instructions.

Now, with each new collection we are constantly improving our instructions, amending them and adding more relevant details. By the time the final product reaches you, our drafters, correctors, and editors would have spent weeks perfecting every word and every photograph. If you compile a few of our instructions together, you will get a sewing manual that will assist you in sewing all kinds of garments at any difficulty level.

And I would be very happy if these instructions helped you to turn your hobby into a lifelong passion... Enjoy the process! Create your ultimate dream wardrobe! Wear your garments proudly for years to come!

If you have any questions, please contact us at info@vikisews.com - we are always there to help.



AMINA PATTERN DESCRIPTION

Amina is an oversized loose fit hoodie with a straight silhouette. The front features vertical design lines with built-in pockets. The hoodie has a dropped shoulder and long shirt sleeves with two decorative seams. The bottom of the sleeves is finished with cuffs. The hood is voluminous with a center seam and overlapping ends at the front neckline. The hood has a channel for a strip of twill tape threaded through the machine-sewn buttonholes. The bottom hem of the garment is finished with a waistband. The hoodie is below hip length.



IMPORTANT!

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You may use VikiSews patterns for commercial use, to sew custom-made garments and/or create fashion collections, on the condition that the patterns are solely used in a manufacturing setting and are not further shared with individuals.

TOTAL EASE ALLOWANCE

Bust ease, cm	Waistline ease, cm	Hipline ease, cm	Upper arm ease, cm
55.1-71.1	73.3-89.3	39.2-55.2	29.6-35.5

GARMENT LENGTH, SLEEVE LENGTH

Height, cm	Center back length including waistband, cm	Sleeve length including shoulder width and cuff, cm
1 (154-160)	74.3	80.2-81.8
2 (162-168)	77.3	82.2-83.8
3 (170-176)	80.3	84.2-85.8
4 (178-184)	83.3	86.2-87.8

SUGGESTED FABRIC

To sew this hoodie, choose knit fabrics with the following properties:

- Medium weight, breathable, non-stretch or with very little stretch
- The fiber content can include natural fibers (wool, cotton), artificial (viscose), blends (wool + polyester, cotton + polyester, cotton + elastane, etc.), and synthetic (polyester, polyester + elastane)
- The following fabrics are recommended: sweatshirt fleece, double knit (heavy or medium weight), bulky knit fabrics

Attention! We do not recommend using lightweight sheer fabrics (chiffon, organza, stretch lace).

As an additional material for the waistband and cuffs we recommend using rib knits.

The hoodie in the photo is made with sweatshirt fleece fabric. This fabric is medium weight, soft and has very little stretch. The fiber content is a blend of viscose, polyester and elastane. The waistband and cuffs are made out of ribbing.

FABRIC AND NOTIONS REQUIREMENTS

1. Main fabric, 180 cm wide, in meters

Height, cm	S-M	L-XL
1 (154-160)	1.46	1.51
2 (162-168)	1.52	1.57
3 (170-176)	1.58	1.63
4 (178-184)	1.64	1.7

2. Main fabric, 160 cm wide, in meters

Height, cm	S-M	L-XL
1 (154-160)	1.5	1.9
2 (162-168)	1.52	1.95
3 (170-176)	1.58	2
4 (178-184)	1.64	2.06

3. Additional fabric, 120cm wide, for all sizes in all heights — 0.3m

IMPORTANT! When purchasing fabric, please account for shrinkage and buy 5% more than required.

4. Interfacing (or fusible straight grain tape) for all sizes in all heights, 3cm wide strip, 0.45m (two strips, 0.22m long each)

5. Twill tape, 1.5cm wide, for all sizes in all heights — 1.7m

6. Matching thread - 5 spools (1 spool for the sewing machine and 4 spools for the overlocker)

TOOLS AND EQUIPMENT

- Sewing machine for construction
- Overlocker for construction and for finishing raw edges. This may be replaced with a stretch overlock stitch or a zigzag stitch on the sewing machine (overlock or zigzag stitch width 2-3mm, stitch length 2.5mm)
- Bodkin for threading elastic through a channel (may be replaced with a safety pin)

IMPORTANT! For knit projects, we recommend using special sewing needles for stretchy knit fabrics (e.g. STRETCH, SUPER STRETCH, JERSEY, etc.). When sewing, a ball-shaped needle point pushes the knit loops apart without piercing the threads.

PATTERN PIECES LIST

1. From main fabric:

- Front - cut 1 on fold
- Front side - cut 2
- Back - cut 1 on fold
- Top sleeve - cut 2
- Bottom sleeve - cut 2
- Hood - cut 2
- Pocket bag - cut 4

IMPORTANT! Don't forget to transfer all pattern markings and notches onto the fabric.

2. From additional fabric:

- Cuff - cut 2
- Front waistband - cut 1 on fold
- Back waistband - cut 1 on fold

3. From interfacing:

- Pocket opening seam allowances. Strips of fusible interfacing, 3cm wide and 22cm long, are applied to the pocket opening seam allowances.
- A 2x3cm rectangle of interfacing for each of the buttonhole areas on the hood. The interfacing grainline is parallel to the long side (runs along the selvedge of the fusible material).

SEAM ALLOWANCES

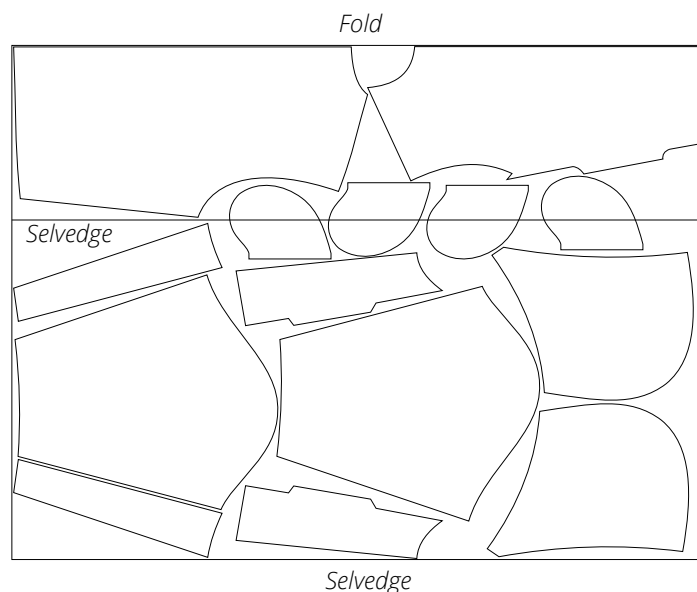
All pattern pieces include the following seam allowances:

- 1cm for every edge

Take this into account when laying out pattern pieces on the fabric.

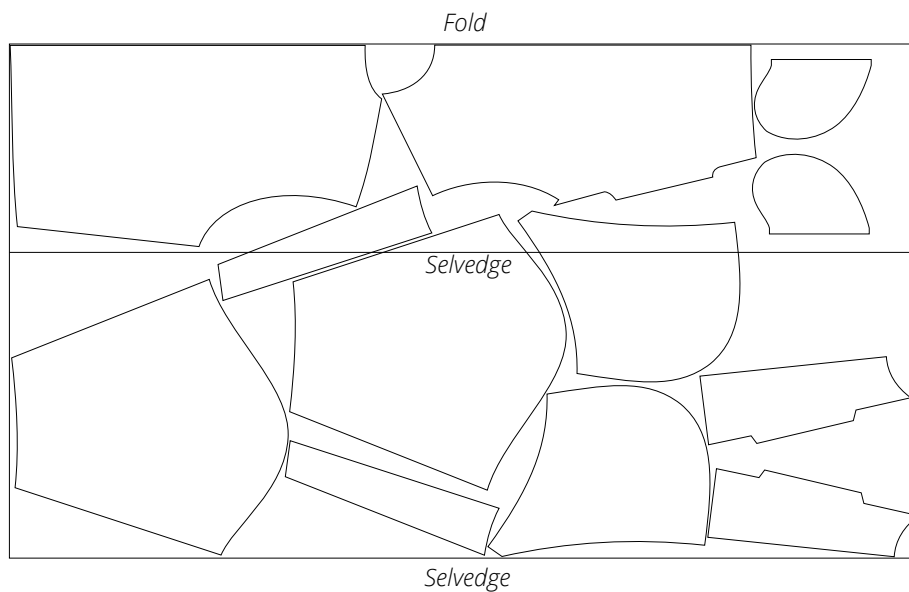
CUTTING LAYOUT

Main fabric, 160cm wide, with a partial fold, for sizes S-M in all heights, with a non-directional print



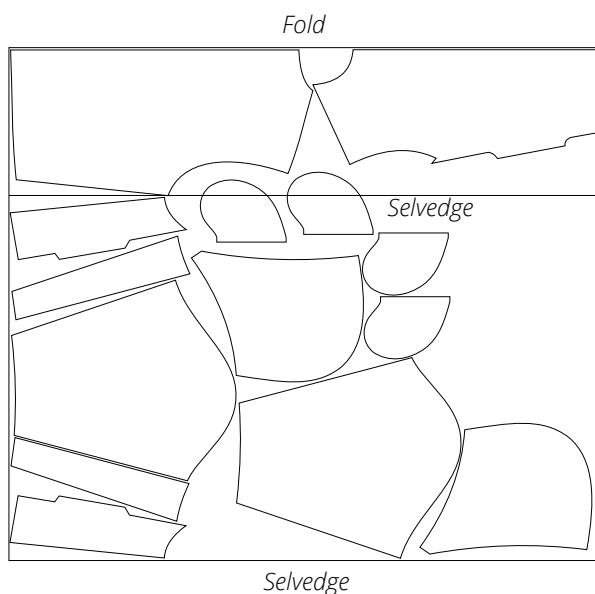
Attention! The front and back pieces are cut on fold, while all the other pieces are cut on the open out of the leftover fabric.

Main fabric, 160cm wide, with a partial fold, for sizes L-XL in all heights,
with a non-directional print



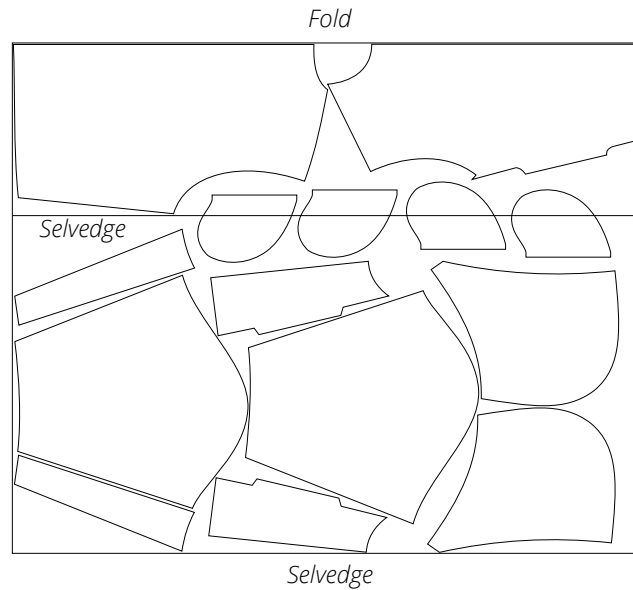
Attention! The front, back and pocket bag pieces are cut on fold. All the other pieces are cut on the open out of the leftover fabric.

Main fabric, 180cm wide, with a partial fold, for sizes S-M in all heights,
with a non-directional print



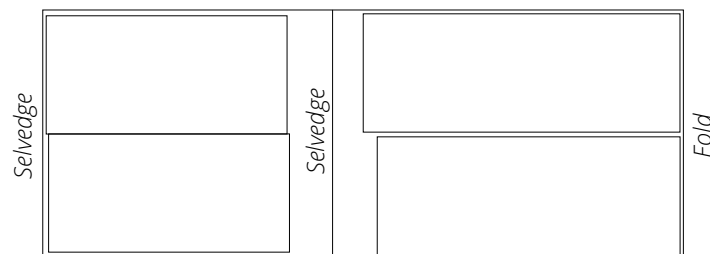
Attention! The front and back pieces are cut on fold, while all the other pieces are cut on the open out of the leftover fabric.

Main fabric, 180cm wide, with a partial fold, for sizes L-XL in all heights,
with a non-directional print



Attention! The front and back pieces are cut on fold, while all the other pieces are cut on the open out of the leftover fabric.

Additional fabric, 120cm wide, cut on fold, for all sizes in all heights,
with a non-directional print



READY? LET'S GET SEWING!



Transfer the buttonhole marking line from the pattern to the right side of every hood piece. We recommend using a piece of chalk to put the marks. Test the chalk on a scrap of the main fabric first to make sure that marks can be easily removed.

Before you apply interfacing to the main pieces of your garment, we recommend that you try and fuse a piece of the interfacing material and/or fusible tape to a scrap of the main fabric for testing. Please also check the iron settings: temperature, steam (whether or not the main fabric can be interfaced with steam) and the holding time required for the interfacing material to be fused to the main fabric.

Partially interface the following:

- The buttonhole area on the wrong side of the hood — with a 2x3cm rectangle of the interfacing material, cut on the straight grain.
- Pocket opening seam allowances. Cut two strips of the interfacing material on the grain (strictly along the selvedge) with the width 3cm and length equal to the pocket opening size (according to the pattern) + 4cm.



To interface, position the gluey side of the interfacing onto the wrong side of the fabric and press. Try not to stretch the pieces with the iron. Firmly press the piece section by section, holding it down with the iron a few seconds until that section is adhered and then pressing down the next section. You may use a cotton pressing cloth to protect your iron sole. Once the interfacing is fused, leave the piece on a hard flat surface for 15 minutes for it to cool down.

FITTING

First garment fitting.

We recommend doing a first fitting for any garment.

For what purpose? The first fitting is done with the goal of checking the balance of the garment, correction of volumes (only to reduce the volume and in case you didn't make a muslin and didn't make any pattern modifications prior to cutting fabric), correction of garment and sleeve length, checking of the neckline depth and shape.

How? After the interfacing is applied, we recommend basting the main construction seams (shoulder, side, and princess seams) to put all garment pieces together (sleeves included). Baste the hood in. Baste the cuffs to the sleeves. Baste the waistband to the bottom hem of the garment.

To ensure a well-fitting garment, it's important to properly assemble it for the first fitting, so pay attention to the notches during construction. When you pin pieces together, pin first at the notches and then between the notches, making sure the fabric is laying smoothly.

To baste the garment, use:

- a long straight machine stitch (stitch length 4-5mm) or
- hand basting (stitch length approximately 1cm). For hand basting, it's important to have the pieces lay on a straight flat surface (table) without any parts hanging off the surface.

Important! ! In situations where the needle leaves marks in the fabric (French terry, sweatshirt fleece, knits, etc.), in order to check the fit and evaluate possible issues, we recommend making a MUSLIN first! In this case, you won't need to do fittings, unless it's done solely to evaluate the garment length. We recommend testing on a scrap piece of fabric first to see whether your chosen material is prone to be marked by needles.

During basting, if it so happens that one piece is longer than the other, don't rush to true them by cutting the excess or stretching the shorter piece. First make sure that the notches are properly matched, lay the pieces on a flat surface and try to re-baste the pieces together. If the pieces still don't match in length, for example if one stretched or if there was a mistake during cutting, then the truing can be done after the first fitting, during construction of the garment.

After assembly, the garment should be lightly pressed, the seams should be pressed open or to one side.

What to look for during fitting? The left and right halves of the garment should look the same.

Verify the balance of the garment – the side seams must be vertical, the shoulder seam must lie on the natural shoulder line.

Check the accuracy of the curved bottom hem lines against the paper patterns.

Evaluate the side view of the front and back of the garment (look at the person trying on the garment sideways). The front and back should not sag or ride up. There shouldn't be any horizontal wrinkles across the back, nor any tension across the shoulder blades and shoulders or under the hood.

Evaluate the side seams from the front or back. The sides should not sag or ride up.

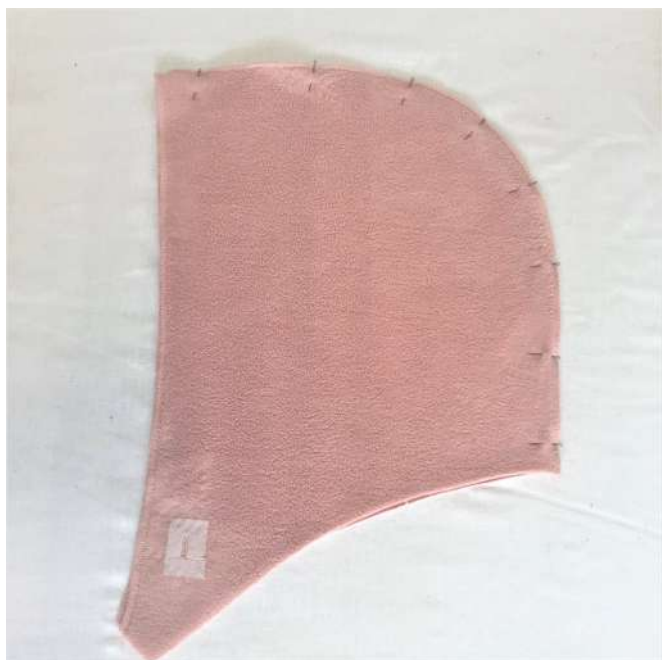
Check the size and positioning of the pockets.

Verify the garment length.

Check for fit issues associated with individual features of the body (for example, an asymmetrical figure with shoulders at different levels, etc.) Verify garment volume, there should be enough ease and it should feel comfortable. After the fitting, mark changes symmetrically to both sides of the garment; if needed, baste once more and do another fitting.



Sew the buttonholes on the hood pieces one by one, following the marked lines. To do this, use the buttonhole presser foot on your sewing machine. After you're through, cut the buttonholes open with a seam ripper, but first place a stopper pin in the fabric at the beginning of the buttonhole.



Place the hood pieces right sides together, aligning the edges of the center seam. Pin, baste and overlock the seam on a 4-thread overlocker.

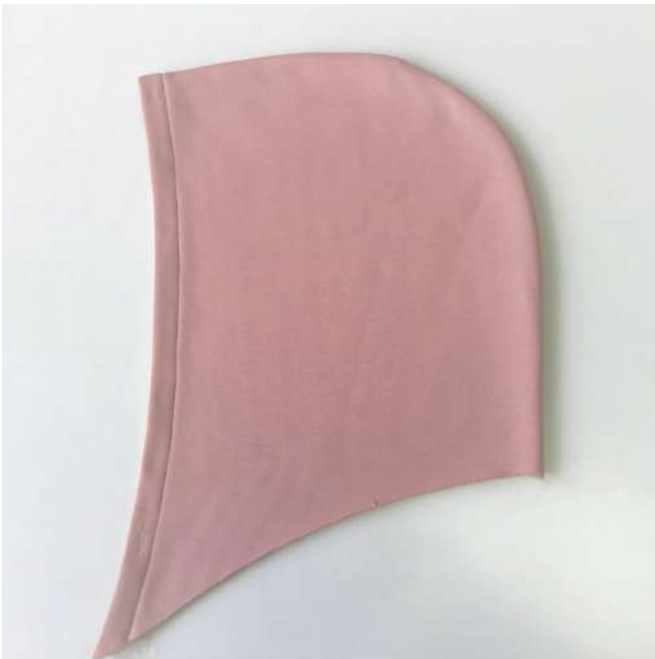
Use a 4-thread overlocker for this and other similar steps. The overlocker may be replaced with a stretch overlock stitch or a zigzag stitch on the sewing machine.

Steam press the center seam allowances of the hood, pressing them flat first, and then press to any side.



Transfer the finished hood edge line from the pattern to the right side of the hood. Mark it with a piece of chalk, using the bottom edge notches as a guide.

Finish the hood's front edges on an overlocker with the right side facing up.

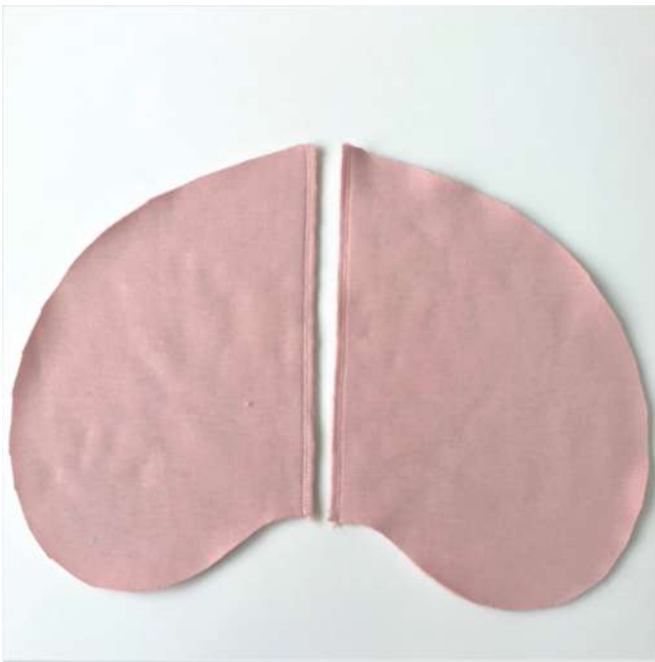


To sew the channel, fold the seam allowance along the line you've marked and press. After pressing, pin and baste the seam allowance in place.

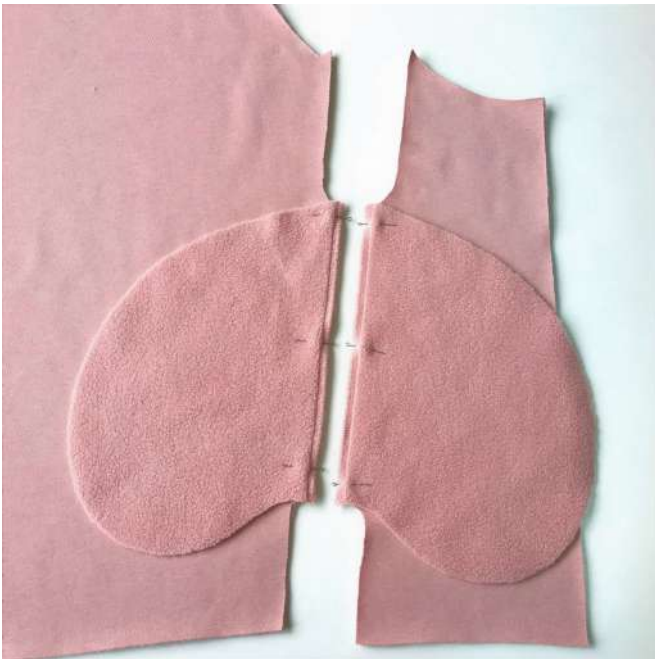


Finish the hood channel by stitching along the overlocked edge from the wrong side. Press the finished channel.

Overlock the pocket opening seam allowances of the front and front side pieces of the hoodie, right side up.



Overlock the pocket opening seam allowances of the pocket bags, right side up.



Place a pocket bag piece on the front piece of the garment, right sides together. Align the notches, pin, baste and stitch on the sewing machine. Backstitch at the beginning and end of the stitching line.

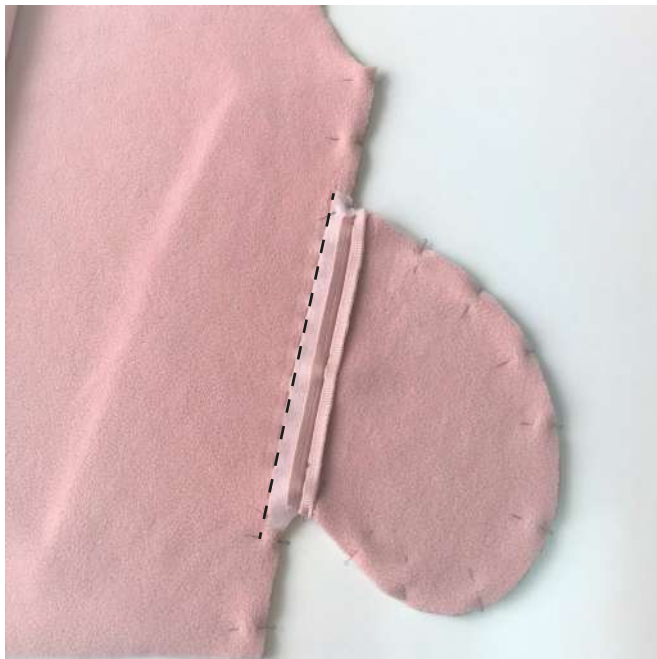
Place a pocket bag piece on the front side piece of the garment, right sides together. Align the notches, pin, baste and stitch on the sewing machine.



Press the pocket opening seams joining the front piece and the pocket bag flat, then press the seam allowances open.



Press the pocket opening seams joining the front side piece and the pocket bag flat, then press the seam allowances open.



Join the front and the front side pieces, including the pocket bags, face to face. Align the edges, pin, baste and overlock with the front side piece facing up.

Hand stitch along the pocket opening between the notches.



Stitch a line on the sewing machine from each of the pocket opening marks to the seam joining the front with the front sides. Backstitch at the beginning and end of the stitching line.

Press the stitching line, fold back the pocket and press the seam to the front. Remove the basting stitches.



Backstitch at the top and bottom of the pocket openings.



Put the back and front pieces face to face, aligning the shoulders. Pin, baste and stitch on a 4-thread overlocker with the back piece facing up.

Press the seams flat, then press the seam allowances to the front.



Put the bottom sleeve and the top sleeve right sides together, aligning the vertical edge. Pin, baste and overlock the seam allowances together, with the bottom sleeve facing up.

Press the sleeve seams flat, then press the seam allowances towards the top sleeve.



Put the sleeves to the hoodie's open armholes one by one, right sides together. Align the sleeve cap mark with the shoulder seam. Align the seam joining the top and bottom sleeve pieces with the seam joining the front and front side pieces and match the armhole notches. Pin and baste the sleeves in.

Overlock the sleeves to the armholes one by one, with the sleeve piece facing up.

Steam press the armholes of the garment using a tailor's board. Press the seam flat, then press the seam allowances towards the garment.

Important! Avoid pressing the iron on the fabric too hard, otherwise the seam allowances may leave imprints on the right side or stretch out.

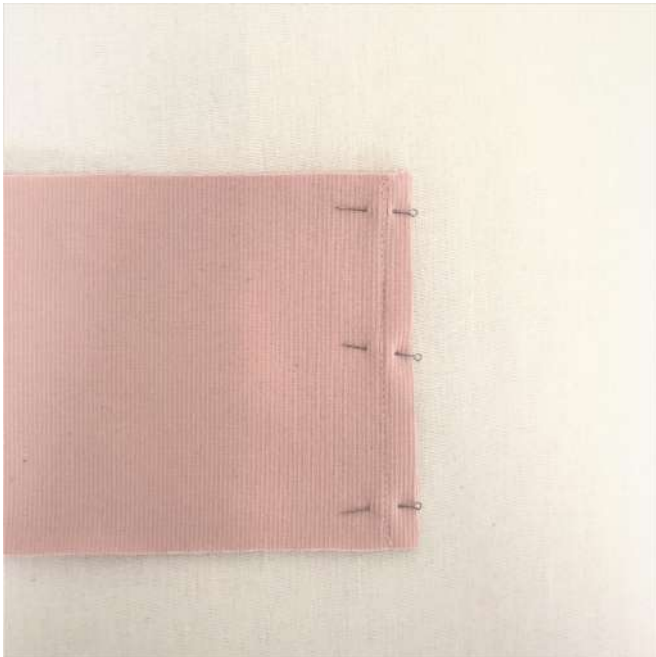


Put the back and front pieces right sides together, align the side and the sleeve edges, match the armhole seams.

Pin, baste and overlock the seam allowances together throughout the length, with the back piece facing up.



Press the seams flat, then press the seam allowances to the front.



Fold each cuff right sides together, align the short edges. Pin or baste the short edges, stitch on a sewing machine. Backstitch at the beginning and end of the stitching line.



Press the seams flat, then press the seam allowances open. Trim the seam allowances down to 5mm halfway down the seam.

Fold the cuff pieces in half, wrong sides together, align the top edges and pin.



Insert the cuffs into the sleeves, join their top edges with the sleeve bottoms, right sides in, match the cross seams, and spread the sleeve ease evenly around the cuffs. Pin and baste with loose stitches, leaving enough thread to stretch the cuff further on.

Sew the cuffs into the sleeves one by one, stretching their edges under the overlocker's presser foot.

Make sure you overlock the seam allowances on the side of the cuffs.



It's easier to attach the cuffs if the sleeve is turned wrong side out.



Press the cuff seam slightly, directing the seam allowance towards the sleeve. We recommend using a sleeve board for this step.



Put the waistband pieces right sides together, align the short edges, baste and stitch on a sewing machine.

Press the seams flat, then press the seam allowances open. Trim the seam allowances down to 5mm halfway down the seam.



Fold and press the waistband in half, wrong sides together, then join it with the bottom edge of the garment, right sides together. Match the side seams, pin, baste and overlock on the side of the waistband.

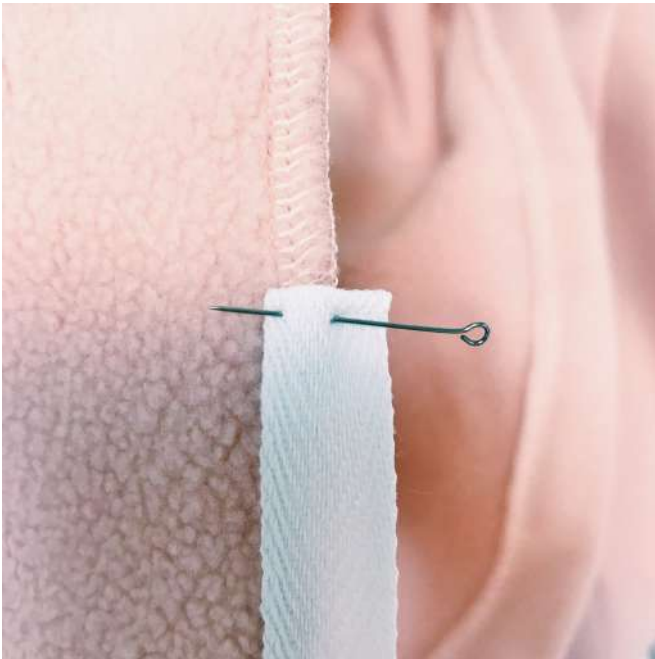


Press the seam flat, then press the seam allowance towards the garment.



Pin the right-hand side of the hood channel overlapping the left-hand side and hand stitch in place. Align the bottom edge of the hood with the neckline of the garment, matching the center seam of the hood with the central notch of the back neck and the hood's notches with the central notch of the front neck, pin and baste.

Overlock the hood to the neckline on the side of the hood. Press the seam flat.



Put the twill tape to the back neckline seam, turning under 1cm at the ends of the twill tape.



Pin and baste the twill tape. Stitch on the sewing machine, so that the twill tape covers the seam by 0.1cm. Press the seam flat first, then press it towards the garment.



Stitch the loose edge of the twill tape on the sewing machine. Stitch at 1mm from the edge.



To prepare the twill tape for the hood channel, finish the ends using the double fold hem method. To do this, fold each end of the twill tape by 1cm and press. Then fold it by 1cm one more time and topstitch at 1mm from the edge. Use a safety pin or a bodkin to thread the twill tape through the buttonholes into the channel.

Give the garment a final press.

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