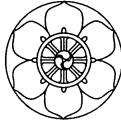


The Kwan Um  School of Zen

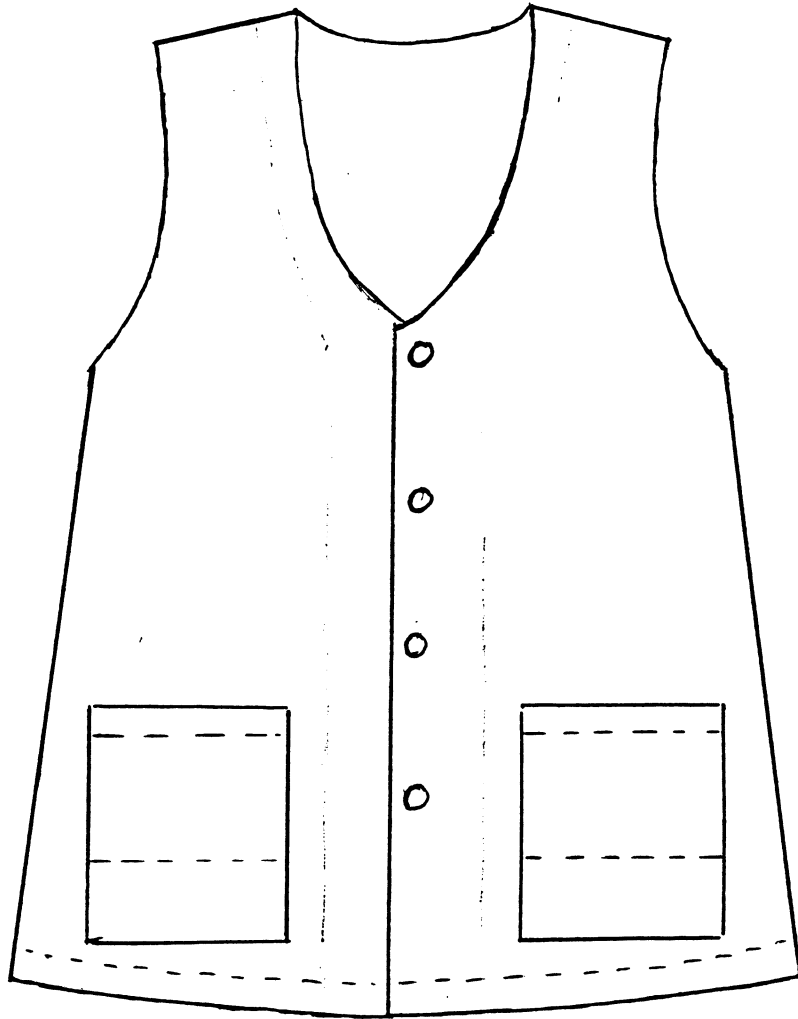
Korean Buddhist Chogye Order
Zen Master Seung Sahn, Founding Teacher

Sewing Instructions for
Monk's Vest

Developed by
Merrie Fraser JDPSN

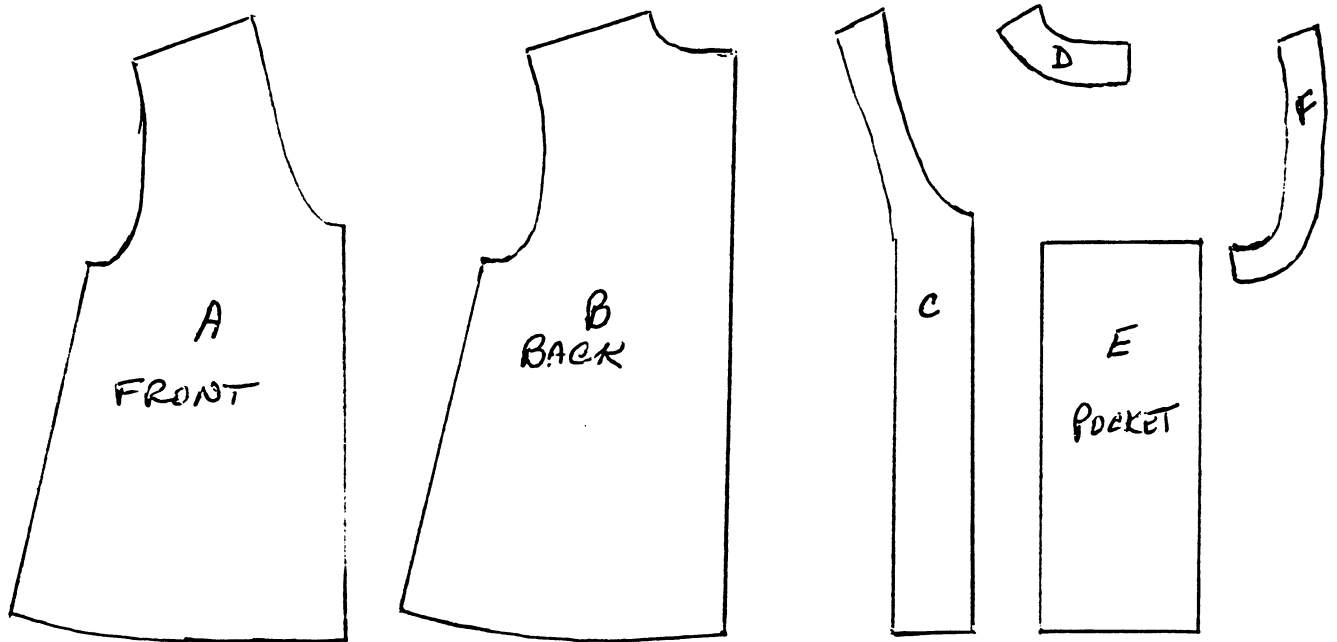
MONK'S VEST

1



MONK'S VEST

2



F IS A SLEEVE FACING AND IS OPTIONAL

NOTIONS DEPEND ON WHAT YOU WANT TO USE FOR FASTENINGS.

4 BUTTONS (WITH BUTTON HOLES)

OR

4 BUTTONS + 4 SNAPS (NO BUTTON HOLES) (SIZE 4-BIG)

OR 6-8 TIES $\frac{3}{8}$ " BY 12" FINISHED. (TRADITIONAL)

CUT A STRIP $1\frac{1}{2}$ " BY 12" FOR EACH TIE

YOU COULD ALSO SUBSTITUTE VELCRO FOR SNAPS

IF YOU ARE USING LIGHTWEIGHT OR FLIMSY (LIMP) MATERIAL, YOU MAY WANT TO INTERFACING FOR THE FRONT EDGE (C+D) IN ADDITION TO THE MATERIAL.

MONK'S VEST

3

SIZING: TO MAKE THIS PATTERN FIT YOU, TAKE THE FOLLOWING MEASUREMENTS, ADD THE SEAM/HEM ALLOWANCES AND COMPARE WITH THE PATTERN. THIS WILL TELL YOU WHAT CHANGES TO MAKE.

- BASE OF NECK DOWN BACK TO POINT EVEN WITH THE FIRST KNUCKLE ON YOUR THUMB AS YOUR ARMS HANG BY YOUR SIDE. (A)

_____ (SEE CHART NEXT PAGE)

$$= \text{LENGTH OF BACK} - 2\frac{1}{4}$$

USE THE LENGTHEN / SHORTEN LINE ON BOTH THE FRONT & BACK TO MAKE YOUR CHANGES.

- CHEST SIZE - UNDER ARMS ACROSS CHEST (ACROSS BUST FOR WOMEN)

_____ (SEE CHART NEXT PAGE)

$$= 2 \times (\text{CHEST FRONT} - 2) + 2 \times (\text{CHEST BACK} - 1) - 3 \quad (B)$$

USE THE FIRST WIDEN LINE TO MAKE YOUR CHANGES

- HIP SIZE - AROUND THIPS 7-9" BELOW YOUR WAIST.

_____ (SEE CHART NEXT PAGE)

$$= 2 \times (\text{HIP FRONT} - 2) + 2 \times (\text{HIP BACK} - 1) - 8 \quad (C)$$

THESE MEASUREMENTS SHOULD BE TAKEN WITH REGULAR CLOTHES ON, SINCE THE VEST IS MEANT TO BE WORN OVER A SHIRT OR T-SHIRT. IF YOU ARE MAKING A COLD-WEATHER VEST, INCREASE THE ALLOWANCES ACCORDINGLY.

IF YOUR MEASUREMENTS ARE LARGER THAN A, B, C YOU MUST MAKE YOUR PATTERN LARGER. IF YOUR MEASUREMENTS ARE SMALLER THAN A, B, C (SEE BELOW) YOU MUST MAKE YOUR PATTERN SMALLER.

MONK'S VEST

PATTERN CHANGES:

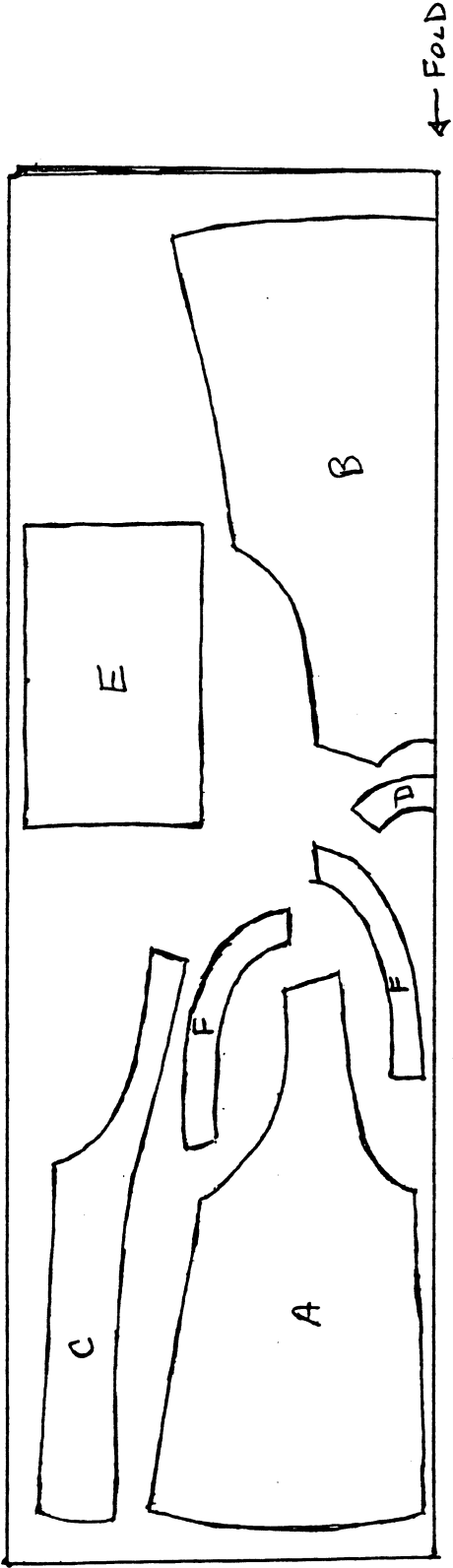
1. IF THE DIFFERENCE IS IN THE LENGTH, ADJUST YOUR PATTERN BY THE DIFFERENCE. (A, B, C, F)
2. IF THE DIFFERENCE IS IN THE WIDTH, ADJUST BOTH FRONT & BACK BY $\frac{1}{4}$ THE DIFFERENCE (A, B)

THE FOLLOWING TABLE IS TO GIVE YOU AN IDEA OF WHAT SIZE YOU ARE CLOSEST TO. THESE SHOULD BE MEASURED WITH YOUR CLOTHES ON - THE KIND OF CLOTHES YOU WOULD WEAR WITH A VEST.

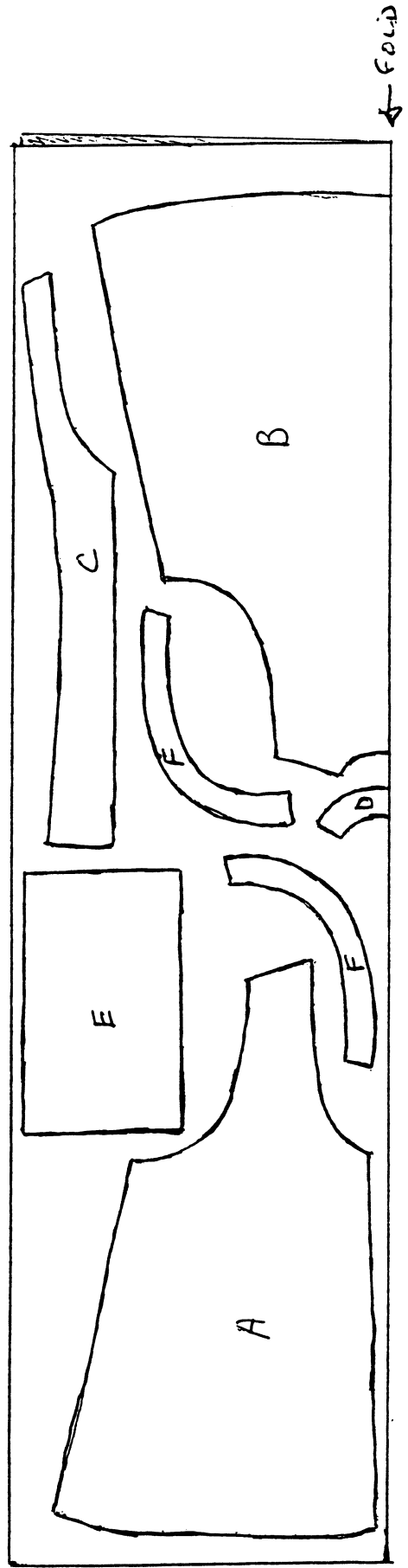
SIZE	- BODY -			- - PATTERN - -					YARDS	
	LEN (A)	CHEST (B)	HIPS (C)	LENGTH	CHEST FRONT	CHEST BACK	HIPS FRONT	HIPS BACK	44"	54"
XSMALL	28	37	39	31	12	11	14	12½	2	1¾
SMALL	28¾	41	43	31½	13	12	15	13½	2	1¾
MEDIUM	29½	45	47	32¼	14	13	16	14½	2¼	2
LARGE	30¼	48.5	52.5	33	15	13¾	17¼	16	2½	2¼
XLARGE	31	53	57	33½	16	15	18½	17	2½	2¼

MONK'S VEST

X-SMALL, SMALL LAYOUT 44" MATERIAL

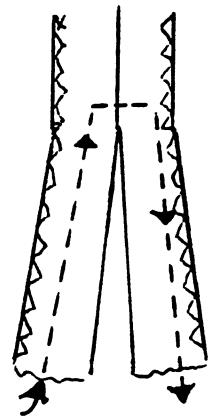


MEDIUM, LARGE, XLARGE LAYOUT 44" MATERIAL



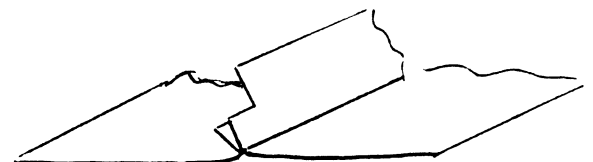
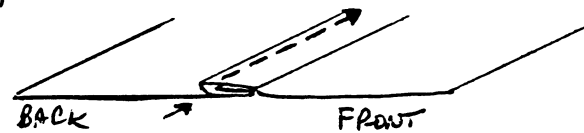
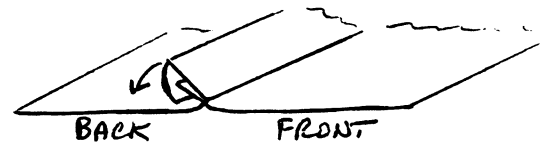
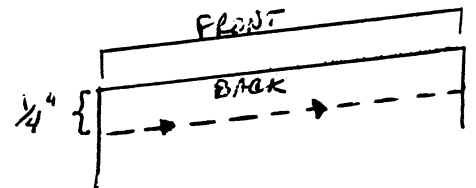
I SIDE SEAMS.

- A. ON BOTH FRONT (A) AND BACK (B), TURN THE SIDE EDGE UNDER $\frac{1}{8}$ " + STITCH. YOU CAN USE EITHER STRAIGHT OR ZIG ZAG.
- B. WITH RIGHT SIDES TOGETHER, SEW FROM ARM-HOLE A $\frac{3}{8}$ " SEAM TO $5\frac{3}{4}$ " FROM THE BOTTOM EDGE.
- C. PRESS THE SEAM OPEN ALL THE WAY DOWN TO THE BOTTOM EDGE CONTINUING THE $\frac{3}{8}$ " TURN OF THE EDGE EVEN THOUGH THERE IS NO SEAM.
- D. STITCH ON TOP OF THE LOWER PART AND ACROSS THE SEAM TO REINFORCE THE SIDE SLIT.



II SHOULDER SEAMS

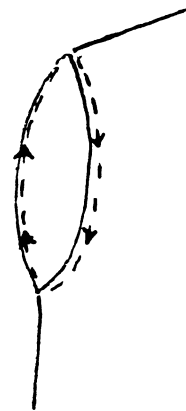
- A. STARTING WITH RIGHT SIDES TOGETHER, PLACE THE BACK EDGE $\frac{1}{4}$ " LOWER THAN THE FRONT EDGE. STITCH $\frac{1}{4}$ " FROM BACK EDGE
- B. IRON THE SEAM FLAT. THEN FOLD THE EXCESS FRONT EDGE OVER THE BACK EDGE AND IRON AGAIN.
- C. STITCH THIS FLAP DOWN (FLAT FELL SEAM)



NOTE: IF YOU ARE NOT GOING TO USE FACINGS ON YOUR ARM HOLE, TRIM $\frac{3}{16}$ OF THE SEAM ALLOWANCE FROM THE ARM HOLE EDGE SO YOUR FLATFELL SEAM IS $\frac{3}{16}$ " SHORT

III ARMHOLE WITHOUT FACING

- A. WITH THE RIGHT SIDE FACE DOWN ON THE IRONING BOARD, TURN THE EDGE OF THE ARMHOLE IN $\frac{1}{8}$ " ALL THE WAY AROUND.
- B. TURN THE EDGE A SECOND TIME $\frac{1}{8}$ " SO THAT THE RAW EDGE DISAPPEARS.
- C. STITCH AROUND THE ARMHOLE.



IV ARMHOLE WITH FACING.

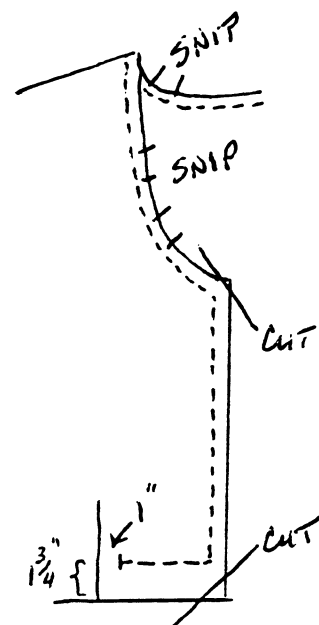
- A. SEW THE FRONT AND BACK FACINGS TOGETHER THE SAME WAY THE FRONT AND BACK BODY ARE SEWN TOGETHER.
- B. FIT THE FACING TO THE ARMHOLE WITH RIGHT SIDES TOGETHER. PIN + STITCH AROUND ARM HOLE. AT $\frac{1}{8}$ " IN.
- C. TRIM SEAM ALLOWANCE, TURN SO WRONG SIDES ARE TOGETHER + IRON.
- D. TOP STITCH $\frac{1}{8}$ " FROM ARMHOLE EDGE.
- E. TURN RAW EDGE OF FACING UNDER, IRON + PIN.
- F. STITCH OUTER EDGE OF FACING TO VEST

V FRONT / COLLAR FACING

- A. SEW FRONT COLLAR FACING TO BACK COLLAR FACING WITH A FLATFELL SEAM (SEE II ABOVE)
- B. WITH RIGHT SIDES TOGETHER, SEW FRONT + NECK FACINGS TO VEST WITH $\frac{1}{2}$ " SEAM. STOP $1\frac{3}{4}$ " FROM HEM EDGE + STITCH PARALLEL TO HEM UNTIL 1" FROM RAW EDGE OF FACING.

V FRONT/COLLAR FACING (CON'T.)

- C. TRIM CURVED PART TO $\frac{1}{4}$ " AND SNIPPING PERPENDICULAR TO STITCH LINE SO SEAM WILL LAY FLAT AFTER TURNING. DO A DIAGONAL CUT ACROSS THE SQUARE CORNERS.
- D. TURN RIGHT SIDE OUT, IRON FLAT. TURN BACK EDGE OF FACING UNDER & PIN.
- E. STITCH $\frac{1}{8}$ " FROM FRONT FINISHED EDGE ALL THE WAY AROUND FRONT & COLLAR, IRON.

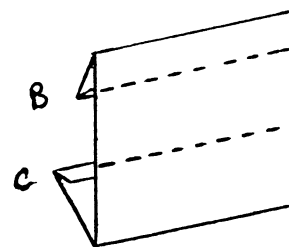


VI HEM

- A. TURN HEM UNDER $\frac{1}{2}$ ", IRON. IF YOU ARE USING THE CURVED HEM YOU WILL HAVE TO EASE IT SOM.
- B. TURN HEM $1\frac{1}{4}$ ", AGAIN EASING THE CURVE.
- C. STITCH HEM TO VEST.
- D. STITCH BACK EDGE OF FACING TO VEST (OVER HEM)

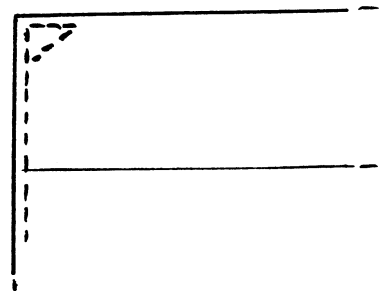
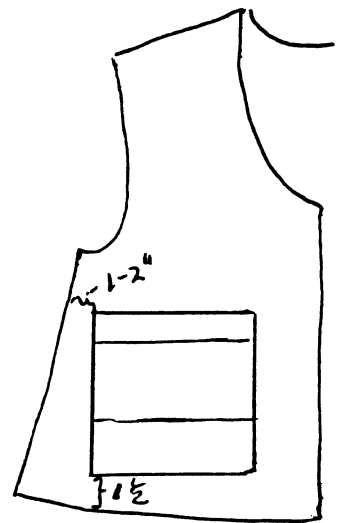
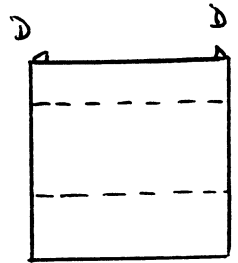
VII POCKET

- A. TURN THE NARROW EDGES OF THE POCKET UNDER $\frac{1}{2}$ " & IRON.
- B. POCKET TOP - TURN EDGE UNDER AGAIN $1\frac{1}{4}$ " AND STITCH AT $1\frac{1}{4}$ " LINE.



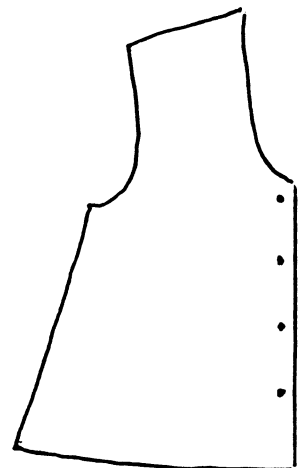
VII POCKET (CON'T.)

- C. POCKET BOTTOM - TURN EDGE UNDER AGAIN 3" AND STITCH AT 3" LINE.
- D. TURN SIDE EDGES UNDER 1/2 INCH, PRESS.
- E. LAY VEST OUT FLAT - MAKE SURE LEFT SIDE + RIGHT SIDE MATCH. LAY THE POCKETS ON THE FRONTS. THE FRONT EDGE SHOULD BE PARALLEL TO THE JACKET FRONT EDGE. THE SIDE EDGE AT THE TOP SHOULD BE ABOUT 1-2" FROM SIDE SEAM. THE BOTTOM OF THE POCKET AT THE SIDE SHOULD BE 1 1/2" FROM HEMMED EDGE. LINE THEM UP AND PIN THEM TO VEST FRONTS.
- F. TOP STITCH POCKET TO VEST FRONT 1/8" IN FROM POCKET EDGE. AT TOP CORNERS OF POCKET, STITCH A TRIANGLE THIS WILL REINFORCE THE POCKET TOP SO IT DOESN'T PULL OUT SO EASILY



VIII CLOSURES

- A. BUTTONS & BUTTON HOLES. MEASURE FIRST BUTTON 1/2 - 1" IN FROM FRONT EDGE AND ABOUT 1 1/2" DOWN FROM COLLAR. DEPENDING ON SIZE IT COULD BE LESS THAN 1 1/2", MEASURE 4 - 5" APART FOR BUTTONS (AGAIN DEPENDING ON SIZE) SO YOU HAVE 4 BUTTONS. WITH THE LAST ONE 4-5" FROM HEM.



VIII CLOSURES (CON'T.)

A. BUTTONS & BUTTON HOLES (CON'T)

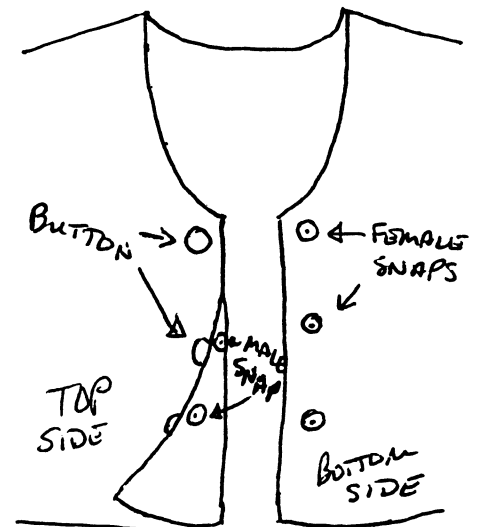
THE OPPOSITE SIDE WILL HAVE
THE BUTTON HOLES ABOUT $\frac{1}{2}$ - 1" IN.

B. BUTTONS & SNAPS.

MEASURE FIRST SNAP POSITION ABOUT 1" IN
AND 1" DOWN FROM COLLAR, THEN MEASURE
THE OTHER SNAP POSITIONS 4-5" APART
(DEPENDING ON SIZE OF GARMENT) YOU
SHOULD HAVE 4 SNAPS WITH THE LAST ONE
 $4\frac{1}{2}$ - $5\frac{1}{2}$ " FROM HEM. MATCH THE POSITIONS
ON THE OTHER FRONT & MARK WITH A DOT.

SEW THE SNAPS ON USING A PIN THROUGH THE
MIDDLE OF THE SNAP & THE MARK ON THE
VEST. DECIDE WHICH SIDE IS ON THE TOP
(SEE BELOW). THE FEMALE PART OF THE
SNAP (BIGGEST PART TOO) GOES ON THE BOTTOM. (OUTSIDE)
THE MALE PART OF THE SNAP GOES ON THE
TOP. (INSIDE)

ON THE TOP SIDE, OUTSIDE, SEW ON THE BUTTONS
JUST BELOW THE SNAP. THIS SHOULD HIDE THE
SNAP STITCHES (IF YOU WERE CAREFUL, YOU ONLY
STITCHED THE MALE SNAP TO THE FACING).
AND THE BUTTONS SHOULD LOOK PLACED ABOUT
RIGHT.



VIII CLOSURES (CON'T.)

C. TIES

CUT A STRIP $1\frac{1}{2}$ " BY 12" (TIMES # OF TIES)

CUT INTO 12" STRIPS

TURN SHORT END IN & PRESS

TURN LONG ENDS IN & PRESS

FOLD STRIP IN HALF AND PRESS

STITCH THE 3 OPEN SIDES TOGETHER

DECIDE WHICH FRONT WILL BE

ON TOP AND PLACE THE FIRST

TIE AT THE TOP CORNER EDGE

USUALLY ONLY 3 SETS OF

TIES ARE NEEDED (SHOULD BE

NO MORE THAN 7" APART) SO

MEASURE THE LENGTH OF

THE FRONT AND DIVIDE BY 3

USE THIS NUMBER TO PLACE

THE OTHER 2 TIES.

THE OPPOSITE SIDE WILL

HAVE TIES IN THE SAME

PLACE VERTICALLY, BUT

$1\frac{3}{4}$ " IN.

ATTACH THE TIE WITH THE

STITCHING CLOSEST TO THE

BOTTOM OF THE VEST.

PLACE THE RAW EDGE OF

THE TIE SO IT IS CLOSEST

TO THE FINISHED EDGE

OF THE VEST & STITCH

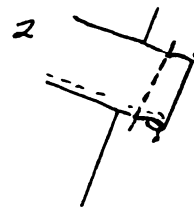
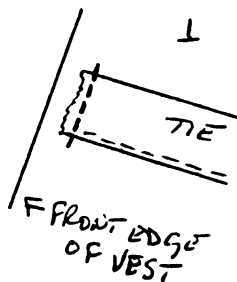
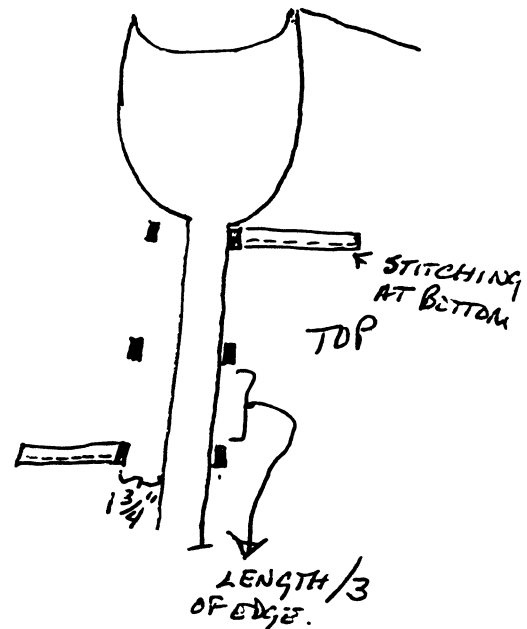
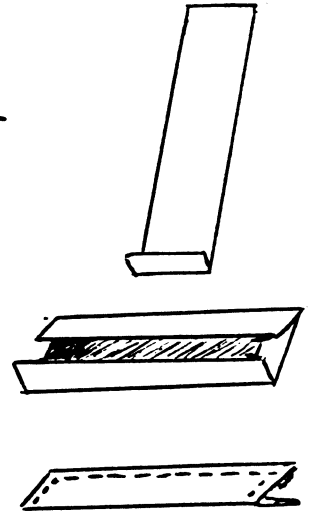
$\frac{1}{8}$ " IN ACROSS END OF TIE.

FOLD TIE ACROSS THIS

SEAM & STITCH $\frac{1}{4}$ " ACROSS

END SEALING THE RAW

EDGE UNDERNEATH



IX VARIATIONS

THESE DIRECTIONS ARE FOR A BASIC LIGHT WEIGHT VEST, BUT YOU COULD USE THE SAME PATTERN TO MAKE A PADDED VEST, A SHORT WAIST LENGTH VEST OR A LINED VEST. HERE ARE SOME IDEAS.

- A. PADDED VEST. (RUGGED MATERIAL)
 PRE-PADDED MATERIAL FOR THE OUTSIDE & FRONT FACING. SAME MATERIAL BUT UN-PADDED FOR THE LINING. THERE IS AN INNER VEST POCKET ON THE LEFT SIDE. PATCH POCKETS ON THE OUTSIDE. 3 TIE CLOSURE. LINING IS STITCHED TO JACKET ALL THE WAY AROUND - NO LOOSE HEM
- B. LINED VEST. (SUIT MATERIAL)
 LINING CAN BE LIGHT WEIGHT PADDING OR PLAIN LINING MATERIAL. FRONT EDGE HAS FACING OF OUTER MATERIAL ABOUT $1\frac{1}{2}$ " WIDE (NOT AS WIDE AS THE UN-LINED VEST)
 NO INNER VEST POCKET. LOOSE HEM - LINING IS NOT STITCHED TO VEST AT BOTTOM
 NO FACING AT ARMHOLES JUST LINING.
 HAS BACK SEAM, SO ARMHOLES DON'T NEED TO BE TOP STITCHED TO LINING (LINING HAS NO CENTER BACK SEAM) COLLAR + FRONT ARE TOP STITCHED. POCKET DOESN'T HAVE THE 3" RE-INFORCEMENT AT THE BOTTOM. CLOSURE IS SNAPS + TIES. 4 SNAPS, 3 TIES.
 THE TIES ARE PLACED $1\frac{1}{4}$ " FROM EDGE ON THE TOP SIDE + $1\frac{1}{2}$ " FROM EDGE ON THE BOTTOM SIDE. SNAPS ARE RIGHT ON THE INSIDE EDGE OF THE TOP SIDE + $\frac{3}{4}$ " IN ON THE BOTTOM SIDE. THE SNAPS ARE ABOUT $5\frac{1}{2}$ " APART, THE TIES ARE ABOUT 7" APART.
- C. WAIST LENGTH VEST (SUIT MATERIAL)
 LINED IN A LIGHTER WEIGHT MATERIAL
 TOP STITCHING AROUND ALL OPENINGS - DOUBLE STITCHING AROUND FRONT. $\frac{1}{8}$ " APART

IX VARIATIONS (CON'T.)

- C. WAIST LENGTH VEST (CON'T.)
BUTTONS & BUTTON HOLES 3" APART (5 BUTTONS)
STRAIGHT HEM ALL THE WAY AROUND.
INSET POCKETS LIKE A SUIT VEST.

