

Bunka Fashion Series  
**Garment Design Textbook ③**

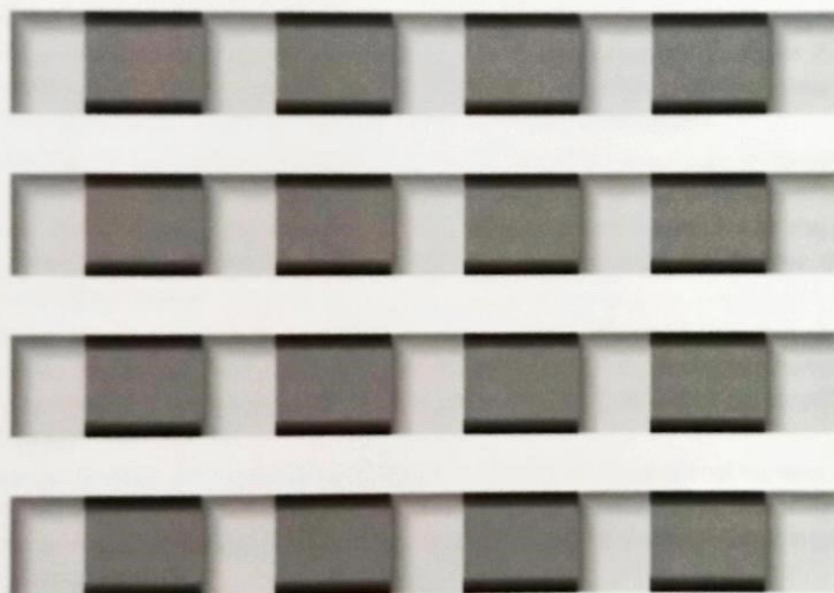
# **Blouses & Dresses**

**Bunka Fashion College**

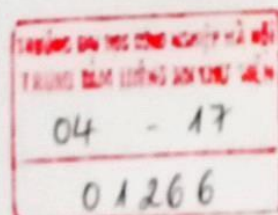
**Bunka Publishing Bureau**

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# Blouses & Dresses



**Bunka Fashion College**





## Preface to the English Translation of the Bunka Fashion College Garment Design Textbooks

Bunka Fashion College has a long history of more than 80 years in fashion education in Japan and for many years has fostered people who are active in various industries and trained designers with international appeal.

Japan, the land of the kimono, has experienced substantial changes in clothing styles and dress. Bunka Fashion College learned from the rationality and beauty of Western fashion while conducting extensive research on the Japanese physique to establish a fashion education system, that has been summarized into a series of books known as the Bunka Fashion Series, based on an original female body-form that it developed.

Until now, the Bunka method has driven the Japanese apparel industry, which is recognized around the world, but with the internationalization of fashion education in Japan, it must also play a greater role in promoting modern fashion education as well as fostering researchers and educators in neighboring countries and producing international designers.

The Garment Design Textbooks of the Bunka Fashion Series are the most basic textbooks covering the fundamentals of garment design to detailed production methods of basic items. Translation of the books into Chinese and Korean has already begun, but there were also strong calls from Asian countries where English is widely spoken, and consequently, the College decided to prepare an English version.

An advanced information-oriented society progresses with developments that start in the creative fields. The fashion industry has a substantial impact on the financial strength of such a society, and there is strong demand for the education and training of personnel that can support industry foundations.

Bunka Fashion College will continue its efforts to globalize its educational content, and I am confident that the College's educational programs centered on a garment design system that uses flat patterns can make significant contributions to strengthening international educational networks through fashion.

Bunka Fashion College

## Foreword

The Bunka Fashion College's Bunka Fashion Course textbooks were revised to the Bunka Fashion College Garment Design Textbooks.

Revision of our curricula for development of fashion industry professionals from about 1980 made us aware of the need for textbooks that deal separately and in detail with each subject area of the course content. Consequently, the content of textbooks was recently updated and now appears in the form of the Bunka Fashion Series of textbooks.

The Bunka Fashion Series of textbooks cover four areas of study:

- The Garment Design textbooks that teach a broad range of professional fashion knowledge and skills, for the development of human resources in various areas.
- The textbooks on Apparel Production intended for the development of professionals for the apparel industry including textile designers, merchandisers, apparel designers and production managers.
- The Fashion Distribution textbooks that aim to develop all types of fashion business people including stylists, buyers, fashion advisors and display designers—professions in the field of fashion distribution that are becoming increasingly specialized.
- The Fashion Professional textbooks that cover fundamental aspects related to all the three courses above, such as color, design sketches, fashion history and fabrics.

Through the Garment Design textbooks you will acquire general knowledge about clothing and production skills, and also develop your creativity and aesthetic sensibility.

We start with the fundamentals of garment design, and through the construction of basic fashion items, move on to a comprehensive study of garment design and its application.

Furthermore, you will acquire high-level specialist knowledge and skills that address the needs of the apparel industry that is becoming increasingly specialized.

Our concept is "turning ideas into products." We sincerely hope that you have a positive learning experience in taking this skills acquisition course.

Sunao Onuma  
Chairman

Bunka Gakuen Educational Foundation



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## Introduction

The fashion industry has expanded significantly into all aspects of people's lives. There are many different areas in the apparel industry and it is important that the people engaged in its various occupations possess technical knowledge relating to garment production.

Recently, the Japanese physique has generally improved in line with changes in lifestyle, and significant changes have become obvious in the female body shape, particularly of young women. It is important to create clothes that properly incorporate these changes.

As part of updating the Bunka Fashion Series of textbooks, we conducted an independent study at the College of measurements required for clothing production, where our students' physical measurements were taken. We conducted trial fittings for each size and revised our block patterns and standard sizes for women in the younger age groups. We then studied and developed pattern-drafting methods with emphasis on accommodating these age groups.

The Garment Design Textbooks comprise the five following books: Fundamentals of Garment Design, Skirts and Pants, Blouses and Dresses, Jackets and Vests and Coats and Capes.

This book, "Blouses & Dresses", is designed for beginners and looks at the history of these two garments, and also provides information related to garment names and designs. It explains the pattern drafting theory that forms the basis of pattern making, the techniques to draft individual parts and develop the basic pattern into various designs, as well as sewing methods for individual parts and production of the actual garment.

The book adopts high sewing standards in its fundamental dressmaking method. Ample use is made of diagrams to ensure that all processes from cutting, basting, and fitting to final stitching of both unlined and fully lined garments are clear and easy to understand.

We hope that those of you who are studying garment production and aspire to be professionals in the future benefit from the basic knowledge and skills contained in this book.