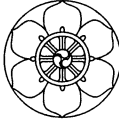


The Kwan Um  School of Zen

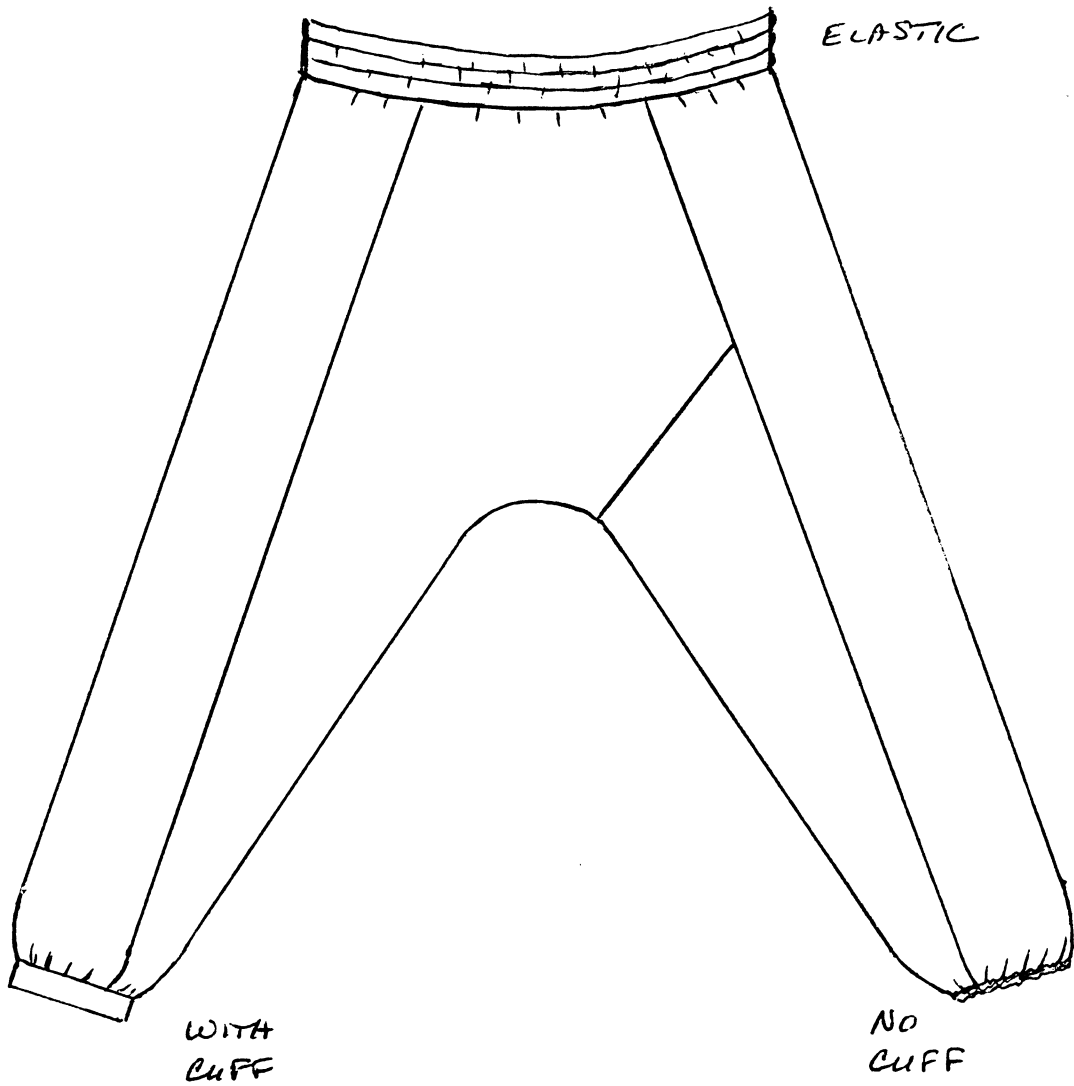
Korean Buddhist Chogye Order
Zen Master Seung Sahn, Founding Teacher

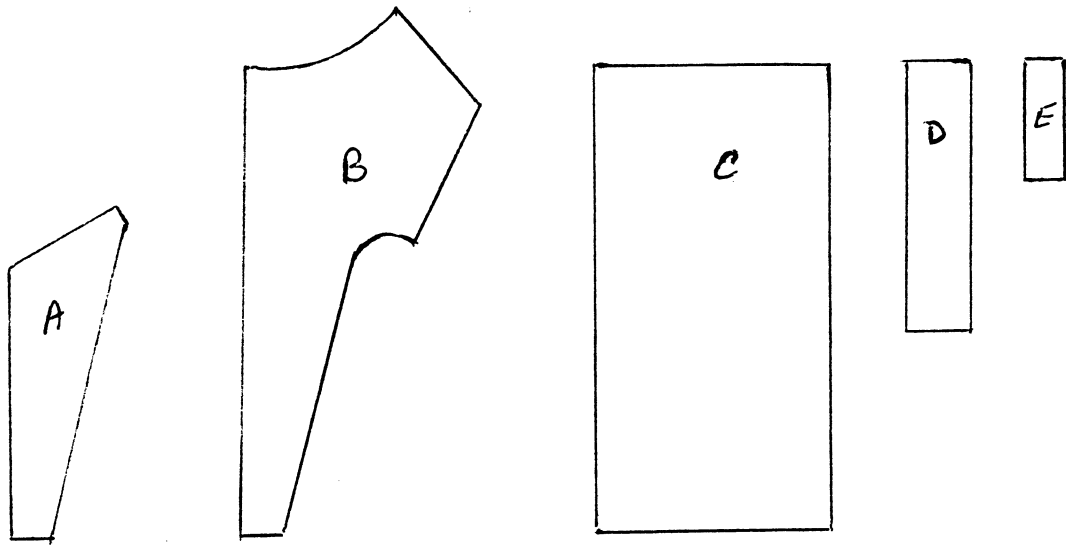
Sewing Instructions for
Korean Monk's Pants

Developed by
Merrie Fraser JDPSN

KOREAN MONK'S PANTS

KMP-1





E IS A PANTS CUFF AND IS OPTIONAL

NOTIONS DEPEND ON WHAT YOU ARE DOING AT THE WAIST AND ANKLES.

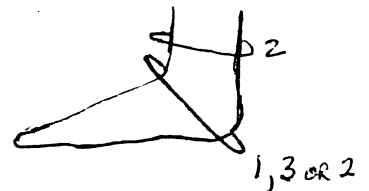
WAIST CAN BE:

1. 3 BANDS OF $\frac{1}{4}$ " ELASTIC = $(\text{WAIST} + 2) \times 3$
2. 2 BANDS OF $\frac{1}{2}$ " ELASTIC = $(\text{WAIST} + 2) \times 2$
- * 3. 1 BAND OF $\frac{3}{4}$ " ELASTIC = $(\text{WAIST} + 2)$
- ** 4. TIE STRING = $\text{WAISTBAND LENGTH} + 40"$

- * FOR 1 BAND OF ELASTIC, CUT WAISTBAND 3" WIDE
- ** FOR TIE STRING, CUT WAISTBAND, THEN CUT IT AT 3" LENGTH WISE - THIS BECOMES THE WAISTBAND + $\frac{1}{2}$ " OF THE REST CAN BE USED FOR THE TIE

ANKLES CAN BE:

- * 1. 1 BAND OF $\frac{1}{2}$ " ELASTIC
- ** 2. CUFFED WITH VELCRO
- *** 3. CUFFED, NO VELCRO



IF YOU ARE DOING CUFFS, SHORTEN THE PANTS LEG LENGTH BY 1".

- * MEASURE DIAGONALLY ACROSS ANKLE (AS SHOWN)
- ** COMFORTABLE ANKLE SIZE + 1" (SEAMS) + 2" (OVERLAP) + 1" (EASE)
- *** DIAGONALLY ACROSS ANKLE + 1" (EASE) + 1" (SEAM)

KOREAN MONK'S PANTS

AMP-3

SIZING: TO MAKE THIS PATTERN FIT YOU, TAKE THE FOLLOWING MEASUREMENTS AND COMPARE WITH THE PATTERN MEASUREMENTS. THIS WILL TELL YOU WHAT CHANGES TO MAKE. MAKE THESE MEASUREMENTS STANDING BAREFOOT ON A HARD FLOOR

- WAIST TO FLOOR (W2F)

$$\text{—————} - \text{PATTERN-C LENGTH} + 2" = X$$

= X IF X IS POSITIVE YOU MUST LENGTHEN. IF X IS NEGATIVE YOU MUST SHORTEN (A, B, C)

USE THE LENGTHEN LINE ON LOWER LEGS TO CHANGE

- WAIST THROUGH CROTCH TO WAIST BACK (W2W)

$$\left(\text{—————} / 2 \right) - \text{W2C} + 7 = X$$

USE THE LENGTHEN LINE UPPER LEGS TO CHANGE PATTERNS (A, B)

- HIP SIZE - AROUND 7-9" BELOW YOUR WAIST (HIP)

$$\left(\text{—————} / 4 \right) - \text{PATTERN-HIP} + 5 \times 2 = X$$

ADD / SUBTRACT X TO PATTERN-C WIDTH.

- ANKLE, ACROSS HEEL - FOOT SHOULD BE FLAT AND NOT POINTED. (ANC)

$$\text{—————} \quad \text{FOR ANKLE WITH ELASTIC}$$

$$\text{—————} + 1 \quad \text{FOR ANKLE CUFF, NO VELCRO}$$

- ANKLE, LOOSELY AROUND ANKLE FOR CUFF WITH VELCRO.

$$\text{—————} + 4 \quad \text{FOR CUFF WITH VELCRO}$$

* LENGTH + 2" IS OK FOR LOOSE ELASTIC + LOOSE BAND, BUT IT WILL RIDE UP THE LEG A LITTLE WHEN YOU SIT (2-3") - ADD EXTRA

KOREAN MONK'S PANTS

KMP-4

PATTERN CHANGES:

1. IF THE DIFFERENCE IS IN THE LENGTH, ADJUST THE LENGTH ON PIECES A, B, C.
2. IF THE DIFFERENCE IS IN THE WIDTH, ADJUST THE WIDTH ON PIECES C + D.

THE FOLLOWING TABLE IS TO GIVE YOU AN IDEA OF WHAT SIZE YOU ARE CLOSEST TO. THESE SHOULD BE YOUR ACTUAL BODY MEASUREMENTS.

SIZE	— BODY —			
	WAIST 2 FLOOR	WCW W2W	HIP	ANKLE
SMALL	37 $\frac{1}{4}$	24	53	
MEDIUM	38 $\frac{1}{4}$	25 $\frac{1}{2}$	54	
LARGE	40 $\frac{1}{4}$	25 $\frac{1}{2}$	56	
XLARGE	46 $\frac{1}{4}$	28 $\frac{1}{2}$	63	

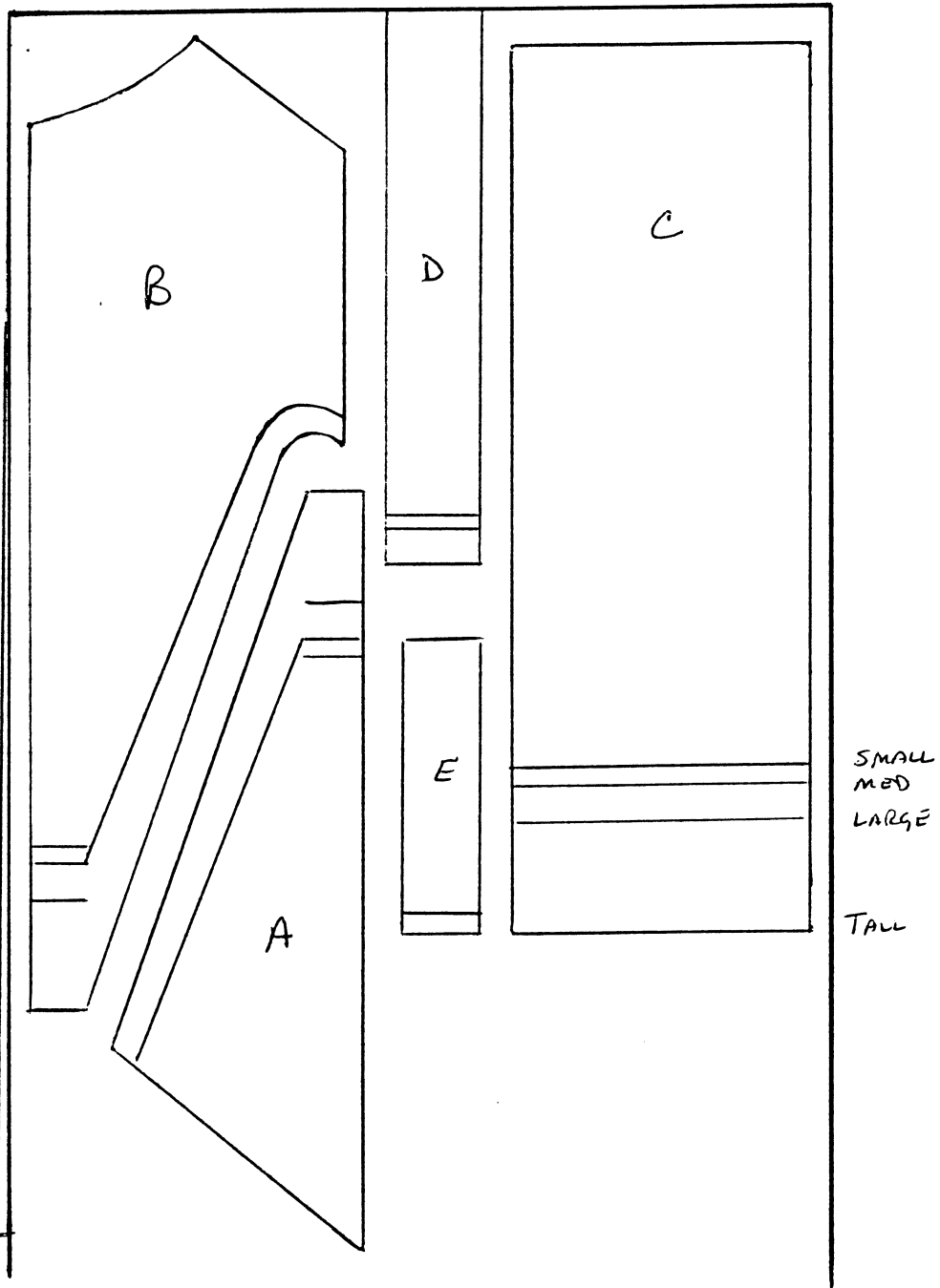
PATTERN					44"	54"
WAIST 2 FLOOR	WAIST 2 W2C CROTCH	HIPS	CUFF/W. ANKLE	CUFF/U. ANKLE		
39 $\frac{1}{4}$	19	18 $\frac{1}{4}$			3 $\frac{1}{2}$	3
40 $\frac{1}{4}$	19 $\frac{3}{4}$	18 $\frac{1}{2}$			3 $\frac{1}{2}$	3
42 $\frac{1}{4}$	19 $\frac{3}{4}$	19			3 $\frac{1}{2}$	3
48 $\frac{1}{4}$	21 $\frac{1}{4}$	20 $\frac{3}{4}$			3 $\frac{3}{4}$	3 $\frac{1}{4}$

NOTE: HIP SIZES ARE LARGE BECAUSE IT IS EASIER TO MAKE THE PATTERN NARROWER THAN WIDER (JUST NARROW THE SIDE PANEL)

KOREAN MONK'S PANTS

KMP-5

LAYOUT IS SAME FOR ALL SIZES 44 OR 54" MATERIAL



KOREAN MONKS PANTS

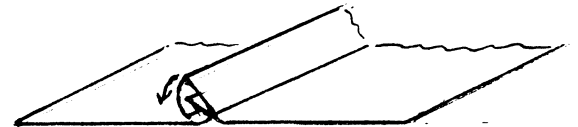
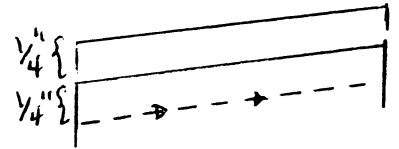
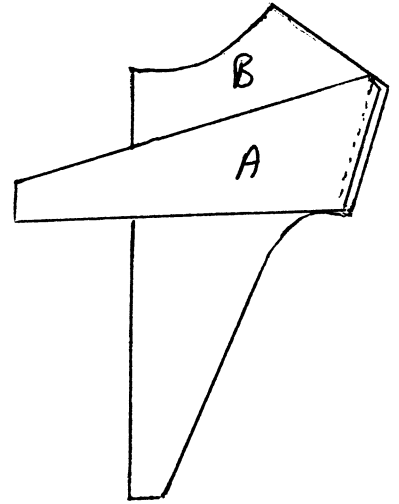
KMP-6

1. STARTING WITH RIGHT SIDES TOGETHER SEW SHORT LEG TO LONG LEG USING A FLAT-FELL SEAM:

FLATFELL SEAM:

- A. RIGHT SIDES TOGETHER, PLACE SHORT LEG $\frac{1}{4}$ " LOWER THAN FACING EDGE
- B. STITCH $\frac{1}{4}$ " FROM SHORT EDGE
- C. IRON THE SEAM FLAT WITH THE LONG (FAT, WIDE) SEAM ON TOP. FOLD THE EXCESS UNDER (COVER THE SHORT EDGE) + IRON AGAIN

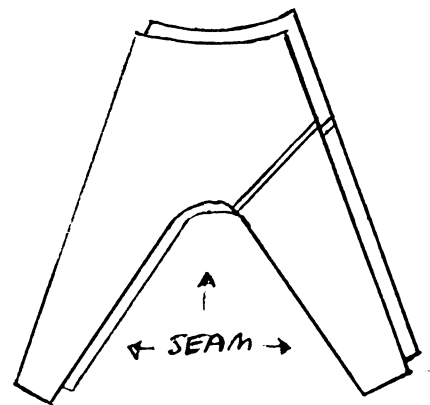
- D. STITCH THIS FLAP DOWN.



2. SEW FRONT TO BACK ALONG THE INNER LEG SEAM USING A FLATFELL SEAM. (SEE ABOVE)

FOLD, AFTER STITCHING, SO IT APPEARS THE SAME AS THE FIGURE AT THE RIGHT WITH RIGHT SIDES TOGETHER.

3. ATTACH SIDE PANELS - WITH RIGHT SIDES TOGETHER ATTACH THE SIDE PANELS TO THE OUTSIDE OF THE LEGS. SEE DIAGRAM NEXT PAGE.



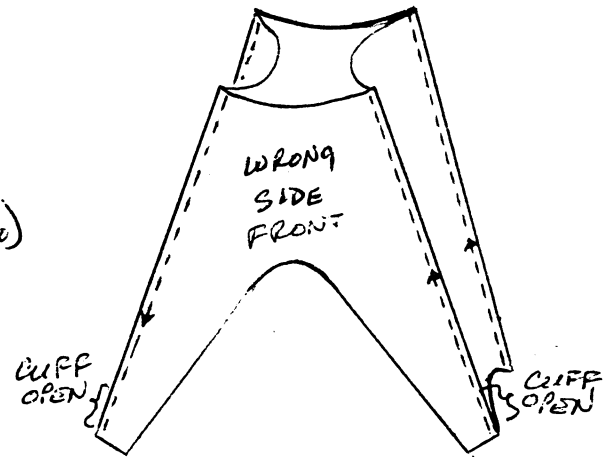
KOREAN MONKS PANTS

KMP-7

3. (CONT) ATTACHING SIDE PANELS TO LEGS. $\frac{1}{2}$ " SEAMS.

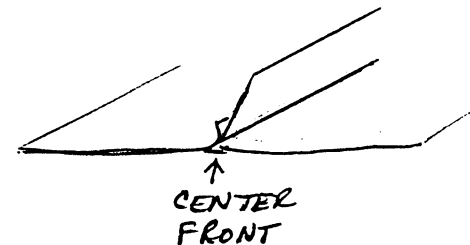
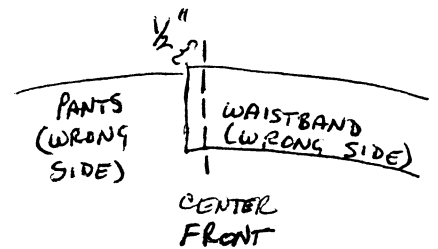
PRESS SEAMS OPEN.

NOTE: IF YOU ARE DOING CUFFS, (VELCRO) MARK THE FRONT OF THE PANTS AND LEAVE $3\frac{1}{2}$ " OPEN AT THE BOTTOM FRONT SIDE OF PANEL.



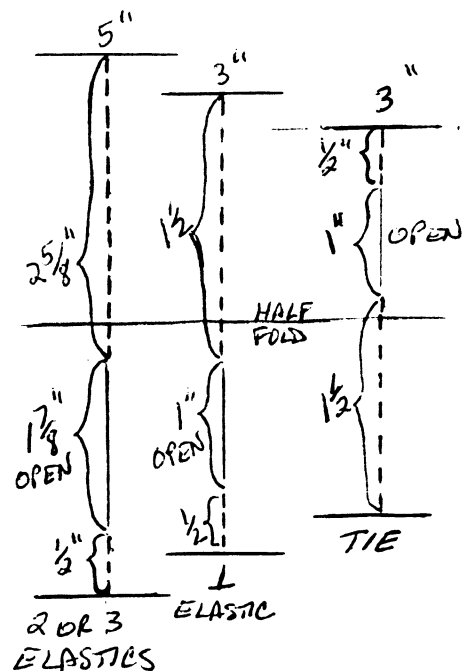
4. WAISTBAND:

- MARK CENTER FRONT ON PANTS
- STARTING AT THIS MARK, PIN THE WAISTBAND (RIGHT SIDE DOWN) TO THE WRONG SIDE OF THE PANTS. LEAVE $\frac{1}{2}$ " EXTRA UNPINNED.
- PIN ALL THE WAY AROUND UNTIL YOU RETURN TO CENTER FRONT.
- IF YOU MEASURED YOUR SIZE CHANGES CORRECTLY, YOU SHOULD HAVE LEFT-OVER MATERIAL AT THIS POINT - JUST LEAVE IT FOR NOW.
- STITCH $\frac{1}{4}$ " SEAM AROUND WAIST (DO NOT STITCH OVER THE $\frac{1}{2}$ " AT THE BEGINNING, OR THE EXTRA MATERIAL AT THE END)
- CENTER FRONT WAISTBAND SEAM DEPENDS ON WHICH OPTION YOU ARE USING FOR YOUR WAISTBAND. PULL THE PANTS OUT OF THE WAY SO YOU CAN STITCH THIS SEAM WITHOUT CATCHING THE PANTS IN IT. PIN SEAM, MAKING SURE IT IS VERTICAL AND YOU ARE NOT ADDING LENGTH TO THE OTHER EDGE OF THE WAISTBAND.



STITCH THE SEAM ACCORDING TO HOW YOU WANT YOUR WAIST FINISHED - IRON SEAM FLAT AND STITCH AROUND THE OPEN PART TO REINFORCE IT. (SEE NEXT PAGE)

EDGE WHERE WAIST SEAM WAS SEWN →

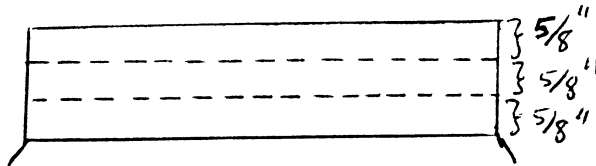


KOREAN MONK'S PANTS

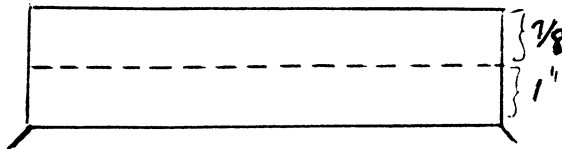
KMP-8

4. WAISTBAND (CONT.)

- TURN THE OTHER EDGE OF THE WAIST BAND UNDER $\frac{1}{4}$ " AND PRESS.
- FOLD WAISTBAND IN HALF AND PIN EDGE TO THE RIGHT SIDE OF THE PANTS AND TOP STITCH THE WAISTBAND
- PIN THE OPEN PART OF THE WAISTBAND TOGETHER.
- IF YOU ARE USING 3 ELASTICS, STITCH 2 LINES AROUND THE BAND $\frac{5}{8}$ " APART



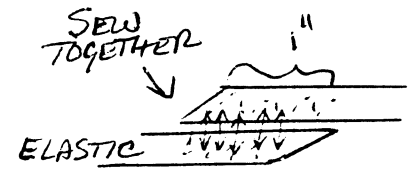
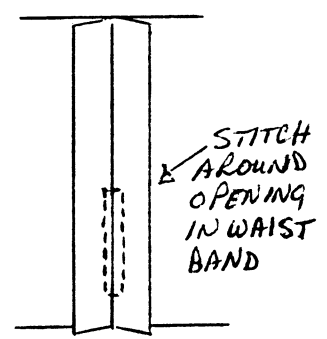
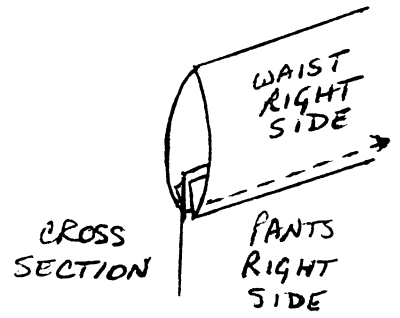
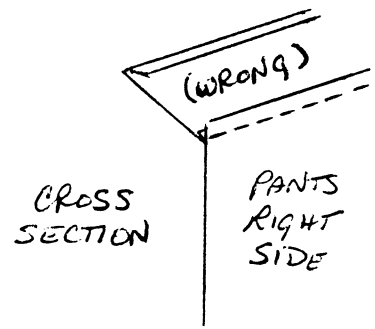
- IF YOU ARE USING 2 ELASTICS, STITCH 1 LINE AROUND THE BAND DIVIDING IT IN HALF



- IF YOU ARE USING 1 ELASTIC, OR A TIE, YOU ARE DONE WITH THIS PART.

- USE A SAFETY PIN OF THE APPROPRIATE SIZE TO STRING THE ELASTIC THRU THE WAISTBAND, OVERLAP IT 1" AND SEW OVER IT TO SECURE IT - GO TO CUFFS.

- TO MAKE TIE, USE THE 2" STRIP LEFT OVER FROM THE WAIST BAND. TRIM $\frac{1}{2}$ " OFF WIDTH SO IT IS ONLY $1\frac{1}{2}$ " WIDE. CUT ANOTHER STRIP $1\frac{1}{2}$ " BY 40".

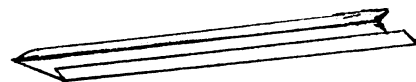
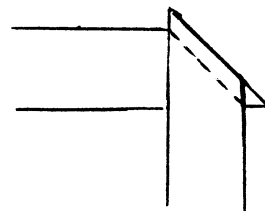
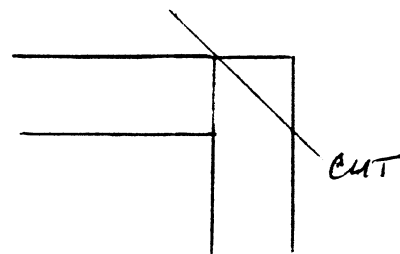


KOREAN MONKS PANTS

KMP-9

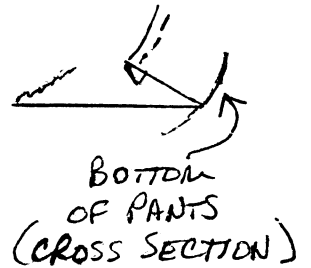
4. WAISTBAND (CON'T.)

- TO JOIN THE 2 PIECES OF TIE, PLACE THE ENDS AT RIGHT ANGLES TO EACH OTHER AND CUT DIAGONALLY ACROSS THE END.
- SHIFT THEM SLIGHTLY SO THE POINTS HANG OVER $\frac{1}{2}$ INCH. SEE DIAGRAM.
- STITCH THE DIAGONAL, OPEN, PRESS + TRIM.
- TURN EDGES IN $\frac{1}{2}$ " TO WRONG SIDE - EACH EDGE, PRESS
- FOLD LENGTH IN HALF SO YOUR TIE IS ABOUT $\frac{1}{2}$ " WIDE
- NOW MEASURE THE TIE FOR CORRECT LENGTH BY TYING IT AROUND YOUR HIPS. THERE SHOULD BE AT LEAST 12" EXTRA ON EACH SIDE AT THE HIP LEVEL. (THIS KEEPS THE TIE FROM GETTING LOST IN THE WAISTBAND). CUT OFF ANY EXCESS OR ADD ANOTHER PIECE TO LENGTHEN.
- FOLD THE SHORT ENDS IN AND TOP STITCH THE WHOLE TIE.
- USE A SAFETY PIN ON 1 END TO THREAD THE TIE THROUGH THE WAISTBAND. THEN TIE EACH END IN A KNOT.

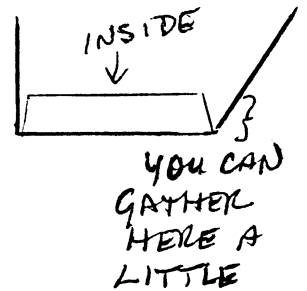


5. ANKLE FINISHINGS

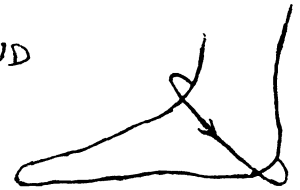
- FOR ELASTIC FINISHING, TURN THE PANTS LEG UNDER $\frac{1}{4}$ " AND PRESS. TURN IT AGAIN 1" AND STITCH. START NEAR THE INSIDE SEAM & SEW AROUND UNTIL YOU ARE NEAR THE INSIDE SEAM AGAIN. THE SEAM WILL BE A LITTLE SHORT AND YOU CAN GATHER THE OUTSIDE & STITCH OVER IT SO YOU ARE LEFT WITH AN OPENING OF 1-1 $\frac{1}{2}$ INCHES.



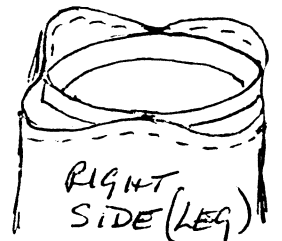
THREAD THE ELASTIC THRU WITH A SAFETY PIN. OVERLAP 1" & STITCH ENDS TOGETHER - MAKE SURE ELASTIC ISN'T TWISTED BEFORE YOU STITCH IT.



- FOR CUFF, NO VELCRO, TRIM THE LENGTH OF THE CUFF TO THE NUMBER OF INCHES YOU GOT WHEN YOU MEASURED YOUR ANKLE AROUND THE HEEL. THE MEASURING TAPE SHOULD BE TOUCHING THE SKIN ALL THE WAY AROUND.



- STITCH THE ENDS TOGETHER $\frac{1}{2}$ " SEAM FORMING A LOOP. PRESS SEAM OPEN.
- BASTE AROUND THE RAW EDGE OF THE LEG.
- MATCH THE CUFF SEAM TO THE INNER LEG SEAM AND WITH RIGHT SIDE OF CUFF MATCHING WRONG SIDE OF LEG, PIN IN 4 EQUI-DISTANT SPOTS.



- PULL THE BASTING STRING UNTIL THE LEG IS GATHERED TO THE CUFF. STITCH THE CUFF $\frac{1}{4}$ " SEAM.

KOREAN MONIES PANTS

KMA-11

5. ANKLE FINISHINGS.

- TURN THE OTHER EDGE OF THE CUFF UNDER $\frac{1}{2}$ " AND PRESS
- FOLD CUFF IN HALF AND PIN EDGE TO THE RIGHT SIDE OF LEG AND TOP STITCH.
- FOR CUFF WITH VELCRO
 - MEASURE A COMFORTABLE ANKLE SIZE + 4" OR, MEASURE ACROSS THE HEEL AS FOR ELASTIC IF YOU WANT A LOOSE OPENING + 2" FOR OVER LAP.
 - FOLD CUFF IN HALF AND STITCH $\frac{1}{2}$ " SEAM ACROSS BOTH ENDS (RIGHT SIDES TOGETHER)
 - STITCH AROUND THE LEG SLIT TO REINFORCE IT. MARK IN 4THS
 - MARK THE CUFF IN 4THS AND BASTE AROUND THE LEG OPENING $\frac{1}{4}$ " FROM THE EDGE, $\frac{1}{4}$ " STITCHES
 - PLACE THE CUFF INSIDE THE LEG RIGHT SIDE OF CUFF TO WRONG SIDE OF LEG.
 - PIN THE 4 POINTS OF THE CUFF TO THE 4 POINTS OF THE LEG (ENDS OF CUFF = ENDS OF LEG SLIT) PULL THE BASTING SO LEG MATCHES CUFF & PIN. STITCH $\frac{3}{8}$ " SEAM.
 - TURN CUFF, TUCK UNDER RAW EDGE & STITCH ON TOP
 - ADD VELCRO - 1 ON THE INSIDE, 1 ON THE OUTSIDE

