

# CRAB SHIRT

reforming an old shirt into a garment for lateral thinking, transversal movement and funny poses.

a >SELF\_PASSAGE< method

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1. find that shirt that needs a brave reform.



2. cut it apart in between the outer seam and the buttoning.



3. all the way up to the shoulder seam, like this. do the same of the other side



4. pull the middle section downwards, and shoulders upwards - about 12 cm or so, so you twist the upper body



5. this creates a surplus of fabric at the bottom of the middle section. collect this into pleats at the bottom, pin along the inside.



6. continue over the back but make the pleats on the shoulder-parts. make them on the top. take in the waist slightly if you like a better fit.



7. replace the pins with a straight seam on the inside and zig-zag the fringes.



8. pull the inner seam of the sleeves together to make pleats there too - so the sleeves form an arc.



9. pin it together in symmetric pleats.



10. and make a wild zig-zagging with the straight seam to put all pleats together.



11. enjoy your sartorial armor, a pleated pose and a transversal silhouette.