

## VII. SANGHA CHOEGU

[NOTE: THE WAY THAT THE SEWING OF SANGHA ROBES IS DONE IS NOT NECESSARILY THE SAME AS THE WAY SEWING IS DONE IN THE WEST. THEREFORE, PLEASE READ ALL THE DIRECTIONS CAREFULLY BEFORE BEGINNING TO SEW YOUR FABRIC]

### A. Measurements

Due to the fact that most guide systems for sewing machines are in the inch system, sewing measurements are given in this system. However, for greater accuracy in some measurements, the metric system is used, with the English system conversion as follows:

- **1 Meter = 100 cm = 1000 mm = 39 3/8 inches =**
  - **OR 1 yard = 36 inches = 36" = 91.5 cm = 915 mm**
- **2.54 cm = 25.4 mm = 1 inch = 1"**
- **1.27 cm = 12.7 mm = 1/2 inch = 1/2"**
- **0.635 cm = 6.35 mm = 1/4 inch = 1/4"**
- **0.3175 cm = 3.175 mm = 1/8 inch = 1/8"**

### B. Size of Patterns

The Choegu is a standard size, originally measured as 2 arm lengths by 3 arm lengths. Therefore, no alteration in size is necessary.

### C. Number of Pieces & Measurements (includes seam allowances)

See Diagram VII.c and VII.c (continued)

- 1) **Borders:**
  - a) Two borders, 47" x 8 1/2"
  - b) Two borders, 100 1/2" x 8 1/2"
- 2) **Panels, named Y and Z**
  - a) **4 Y Panels** composed of 3 pieces each.
    - i) 21 1/2" x 17"
    - ii) 15 3/4" x 17"
    - iii) 15 3/4" x 17"
  - b) **3 Z Panels** composed of 3 pieces each
    - i) 15 3/4" x 17"
    - ii) 15 3/4" x 17"
    - iii) 21 1/2" x 17"
- 3) **Flaps or 'Ears' at the corners [Diagram VII.b]**
  - a) 2 squares are cut, each square is 8" x 8" square.

- b) Each of these squares is folded in half diagonally, then cut to make 2 equilateral triangles.
- c) Each of these triangles is folded in half and then cut to make 2 more equilateral triangles from each, making a total of 4 triangles from each original square.
- d) Each of these triangles is folded (NOT CUT) to make each ear or flap.

## **D. Layout & Cutting Instructions for Patterns**

See Diagram VII.c

## **E. Sewing Instructions**

The Choegu is sewed by the formation of 7 panels upon which a border is placed. So the first task is to form the 7 panels. Each panel has 3 pieces, and is formed by sewing the 3 pieces together to make an overlap of 2 ½", which hangs down when worn. Study **Diagram VII.d** to see how this overlap is sewed. Counting from the left, consider the panels as numbered 1 through 7, so #7 is the extreme right panel.

### **1) Form the 7 panels**

- a. Hem the top two pieces used for the Panels on their Bottom and Left or Right Sides using Blue Thread on the top and a matching yellow/gold color on the bottom, using a ¼" hem. See **Diagram VII.d**.
- b. Form 4 Y Panels with the technique for forming the overlap of each piece from the 17" wide sections described in C.2.a, above.
- c. Form 3 Z Panels with the technique for forming the overlap of each piece from the 17" wide sections described in C.2.b, above.

### **2) Join the Panels**

- a. Study **Diagram VII.a** to see how these Panels are placed in the final garment.
- b. Using the same technique to form the overlap used above **Diagram VII.d**, stitch the panels together, starting from the left side and moving over to the right for flaps that open to the left, and starting from the right and moving over to the left for flaps that open to the right.
  - i. To form panels that open to the left, stitch #2 panel onto #1, then stitch #3 onto #2, then stitch #4 onto #3.
  - ii. To form panels that open to the right, stitch # 7 panel onto #6, then #6 onto # 5, then #5 onto #4. Thus, this last joining of panels, #5 onto #4, will unite the two halves of the Choegu.
- c. Keep the overlap portion or flaps of the panels free from being caught in the process. The way this is done is to end stitching right before each flap seam, and begin stitching anew after the flap seam. Be sure to reinforce the end and beginning by back and forth stitches.
- d. Take careful note that the flaps of the panels open to the LEFT SIDE for the first three overlaps, and then the flaps of the panels open to the RIGHT SIDE for the last three overlaps. The panel in the middle is the centre, or top panel. The left side of this panel has an overlap which opens to the left, and the right side of this panel has an overlap that opens to the right. Thus, due to the fact that this panel has 2 flaps formed from its left and right sides, the centre width of this panel, [between the two

double seams] is 2.5" less than the other panels (easiest to see from the reverse side), although the total width dimensions are still the same.,

**3) Ear Flaps**

By sewing a ¼" seam across the 4" side of each of ear or flaps you made in C.3, baste the ears to the tops of the panels as shown in Diagram VII.a.

**4) Sew Border to the Panels~See Diagram VII.e**

- a) With the wrong side of the main garment and the Right side of the Border pieces, stitch together, keeping the extra ¼" of raw edges at the ends free.
- b) Mark the ends of each of the borders with a 45 degree angle with tailor chalk.
- c) Pin the wrong side of these border pieces together, and stitch these borders together to form the correct angles.
- d) Pin and carefully press a ¼" seam on the unfinished edge to the wrong side.
- e) Lay the Right sides of the sewed border on top of the panels. Stitch in place using blue thread on top and the yellow/gold thread on the bottom.

**5) Hand Stitching**

- a) Using hand stitching, go over the Choegu and add the long basting stitches in blue thread and the 3 prongs at each corner, as shown in **Diagram VII.f**.

**6) Press.** Always **store** folded so the top part with the flaps is folded to the inside.