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**How to measure your self ?**

Mail Order from: .....

Customer's name: ..... Order no.: ..... Date: ...../...../.....

Age: ..... Height: .....cm Weight: ..... Photo from 3 portions with whole body (Front, Back and side)



Full Shoulder

.....cm

1



Sleeves

.....cm

2



Full

Chest

.....cm

3



Full Stomach

.....cm

4

Hips



Front chest

.....cm

5



.....cm

6



Chest Back Length

.....cm

7



Length of jacket

.....cm

8



Length of shirt

.....cm

9



Length of vest

.....cm

10



Waist for pants

.....cm

11



Thigh

.....cm

12



Full Crouch Pants

.....cm

13



Length Cuffs

.....cm

14



.....cm

15

16: Neck .....cm 17: Biceps .....cm

Shoulder  Drop  Square  Regular

**Note:** No. 4 for jacket and shirt measurement & No. 11 for pants measurement