



Мастерская Lana

Пошив купальников для художественной гимнастики

+7 985 360-38-50, г. Москва, ЖК Соловьиная роща, ул. Соловьиная, д. 2-3

## **What you will require for this course.**

### **Materials to be used to work with paper:**

1. graphite pencil;
2. eraser;
3. liner;
4. grid paper, preferably in a roll;
5. tracing paper, preferably in a roll;
6. a set of coloured markers, medium thickness;
7. scissors;
8. a possibility to print out additional materials on an A4 paper.

### **Sewing equipment:**

1. a sewing machine to work with lightweight delicate fabrics (required stitches: straight stitch, zigzag, 3 step zigzag, stretch zigzag or overlock stitch). It is possible to use cheap sewing machines, but our workshops gives preferences to the following brands: Brother Innovis 450 (and later models, it is a good domestic machine with an easy interface, doesn't require adjustments, it proves to be a good machine that is why we prefer buying this particular model), Pfaff Select series, models 2.2., 3.2, 4.2 (doesn't matter which model it is, we haven't noticed difference in their execution. From our experience, all sewing machine have different quality of assembly, besides some have a problem of constant screw loosening during exploitation thus a constant maintenance is required, Bernina 380 (it is a good sewing machine but requires a qualified adjustment service. we failed to find a stitch which wouldn't gather an applique). Industrial sewing machines are not used in our workshop.
2. a 4 thread serger. At the moment we think the best sergers are Bernina 880DL (unfortunately it is discontinued already), its substitute is Juke 850 (we didn't buy this serger, only were recommended it). You can use solely a sewing machine but it would be hard to get a professional finish quality.
3. a steam iron, ironing cloth protector cover is unnecessary, the more holes the better and they should be evenly distributed.



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## **Fabrics and accessories for sewing:**

1. a measuring tape;
2. a needle pad;
3. sewing needles;
4. pins;
5. heat-resistant pins;
6. sharp embroidery scissors for appliques 11-14 cm in size (manicure scissors will not be suitable, we buy scissors PRYM with pink and purple handles, 11.5 cm or 14 cm in size; or scissors Aurora AU-405, 11 cm);
7. any tailor's scissors of good quality, by any manufacturer;
8. seam ripper;
9. sewing threads, preferably Gutermann, Amann or Madeira. Colours: flesh (4-5 spools for a serger), white, light yellow, pale pink, saturated pink, blue, red, dark purple, green;
10. cheap threads for basting;
11. flesh skin mesh (approximately 0.5 meter, we buy it from Chersa sport, article 0719, colour 232);
12. white mesh (0.3 m), if you can find a fluorescent pink and red mesh, otherwise we can still use the white mesh;
13. biflex fluorescent yellow, fluorescent pink, white, pale pink, pale blue, light green (0.2 m each – we need small pieces but usually 0.2 m is the minimum you can buy in a shop, you can change colours);
14. stretch velvet blue, purple, fluorescent green (0.2 m each, you can choose colours, you can substitute velvet for biflex if it is hard to find);
15. lace with a flower pattern (0.2m);
16. holographic fabric (0.2m, colour of your choice);
17. 15 cm fringe trim, ideally to have 5 cm in different colours;
18. woven elastic 6-8 mm, preferably of a flesh skin colour;
19. stitch on metal snap fastenings 6-9mm;
20. metal hooks and eye loops, 10mm;
21. invisible zipper, 20cm (if you don't have experience in sewing, we recommend to purchase 5 zippers for getting practice);
22. temporary adhesive (<http://www.glues.ru/production/glues48.html>).



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### **Fabric paint for garment decoration:**

1. black contour fabric outliner “Decola”, you can any acrylic fabric paint as a substitute;
2. acryl paints for light-coloured fabrics Jacquard Textile or Decola, fluorescent colours: yellow, green, pink, orange, blue, purple, also you can use non-fluorescent range ultramarine and turquoise;
3. acrylic paints Javana the whole fluorescent range, plus navy blue, dark purple and turquoise;
4. Nerchau glitter liner, colours silver, gold, red, green, blue (a glitter liner is not essential, but it creates a beautiful effect, glitter liners by other manufacturers are worse in quality);
5. synthetic brushes round and flat sizes from 0 to 4, oval – sizes from 8 to 20.

### **For decorating a leotard with rhinestones:**

1. hotfix rhinestones, sizes: ss12, ss16, ss20, ss30, colours: crystal AB – essential, other colours are optional: Fire Opal, Fuchsia, Ruby, Heliotrope, Vitrail Medium, Cobalt, you can use different similar colours.
2. if hotfix rhinestones are not available, you can use flatback rhinestones and use a PVA based glue for applying them (for example Danscouture);
3. black metal tweezers for rhinestones (straight and curved, we use Gamma brand);
4. a piece of plain flannel, white or pale coloured with no printing, it is used as a temporary lining while applying rhinestones; pressing cloth – a cotton fabric, muslin fabric, madapolam or unbleached calico in white without printing.