



# Spandex Simplified: Sewing for Superheroes

*Marie Porter*

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*Sewing for Superheroes* is the fifth title in Marie Porter's *Spandex Simplified* series, and is all about designing and creating flattering, comfortable, and show-stopping spandex cosplay. (BAM! POW!)

This sewing manual is written from the experience of not only a spandex designer, but a former "performance" athlete. Written in layman terms, *Sewing for Superheroes* features carefully explained, step-by-step instructions and more than 250 full colour photos and diagrams. Requiring only basic sewing knowledge to get started, beginner and advanced seamstresses alike can enjoy using this book... and produce spectacular results from it.

Learn how to design costumes, and how to alter patterns for shape, size, and style. Learn the tips, tricks, and techniques to make many of the design elements that can be used to design and create almost any style of spandex costume imaginable!

**Please note: As spandex patterning and sewing techniques are largely the same across many styles of costuming, a large portion of each *Sewing with Spandex* title is the same/similar to the other *Sewing with Spandex* titles. We recommend consulting the Table of Contents for each book you're considering:**

## Foreword

### Basic Principles of Spandex Design

- Proper Fit & Design Considerations
- Figure Flaw Camouflage
- Designing for the Character
- Visibility
- Functionality
- General Colour Theory
- Choosing a Posing Suit Colour
- Unity
- Selecting Fabrics

### Pattern Alterations

- Measuring
- Using a Pattern

- Sizing a Pattern
- Adding Length
- Removing Length
- Adjusting Curve of the Back
- Adjusting the Butt Length
- Adjusting for Leg Openings
- Adjusting the Skirt Line
- Ruching
- Base Pattern Alteration Final Notes

### **Sewing Techniques**

- In the Beginning
- Cutting the Fabric
- Seams
- Elastic Application
- Thread Colour Selection
- Colour Blocking
- Applique
- Piping
- Contrasting Elastic Binding
- Lining
- Zippers
- Closures
- Making Straps
- Making Strings
- Hems

### **Style Techniques**

- Backs and Necklines
- "Monokini" & Cutaway Design
- Skirts

### **Costume Assembly**

- Basic Order of Operations
- Applying a Sleeve
- Tights
- Booty Shorts
- Unitards
- Skirted Costumes
- Basic Bikini Bottom
- Strappy Bikini Bottom
- Basic Mens Trunks

- Basic Triangle Top
- Basic Underwire Top
- Underwired Bodices

### **Embellishments**

- Getting Started
- Hand Painting
- Foil Embossing
- Glitter
- Crystals
- Sequins

### **Accessories**

- Scrunchies
- Wristlets, Leg Warmers, Padding Covers
- Gloves
- Shoe & Boot Covers
- Stockings

### **Proper Care of Spandex Costumes**

### **Resources**

### **Note Pages**

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