

# How to Model

## Tips for modeling

When your sewing/buymanship project is finished, you are ready to show others what you have made or purchased. If you have good posture, poise, and confidence, you'll do a better job of showing others your finished projects.

Good posture is the first step in effective modeling. Standing with good posture, you should be able to "see" an imaginary straight line from the bottom of your ear down to your ankle. It's important to stand tall with your head erect, chest and rib cage high, stomach flat and knees relaxed. Keep your weight balanced on both feet. Relax your arms at your sides.

### Modeling for the Judges

#### Walk

- Your walk reveals shyness or confidence.
- Practice with the shoes you will wear for the Fashion Revue.
- Walk with poise. Reach with your front foot; push with your back foot.

#### Arms

- Keep arms loose and easy, hanging close to the body.
- To give an uncluttered view of the garment, keep your hands away from the front and back of your body.

#### Smile

- Smile! A warm, happy smile can make you feel better and can be a personal greeting to the people you meet.

Pivot – a turn models use when walking the runway to show all sides of the garment

## Good Modeling Skills

### Girls:

For girls, the basic stance finds your feet in a "T" position.



2 o'clock position



10 o'clock position

For the 10 o'clock position, the right foot is forward and weight on left foot. For 2 o'clock position, the left foot is forward and weight on right foot. In both positions, feet should be pointing forwards.

To turn: for girls.

#### Half Pivot

1. Keep your feet in the basic stance. Transfer your weight to the balls of your feet for smoother turning and better balance.
2. With your weight on the balls of both feet, slowly rise so heels are slightly free from the floor.
3. Pivot in the direction of the back foot.
4. Pause
5. Pivot back to the original position. Toes never leave the floor.

## **Fashion Revue Tips**

The suggestions below should help you prepare for the fashion revue. Remember that fashion is always changing, and what was proper 5 years ago may not be appropriate today.

- Proper foundation garments should be worn but not seen.
- Shoe heel height should be appropriate for skirt length..
- Accessories should add to the total look for the outfit and not create a competing second look.
- If in doubt about appropriate lengths of skirts, or accessories, you may wish to refer to a fashion magazine. (Kansas trends are generally 3 years later.)
- Proper undergarments should be worn. Slips should always be worn with skirts, especially long skirts.
- Wear your complete outfit: garment, shoes, foundation garments and accessories. Practice modeling in these so you will be comfortable.
- Shoes need not be new but should be clean and recently polished.

## **Boys:**

For boys, stand with your feet apart, squarely under your hips.

1. Step forward with right foot, make a half turn to the right, and bring left foot around. Your back will be to the audience.
2. Step forward again with right foot, bringing left foot around. You will be facing the audience and will have completed a full turn.
3. Step forward again on right foot and continue down runway.

There will be times that you will be modeling on a stage only and may be required to make a complete pivot more than once.

## **Fashion Revue Tips**

The suggestions below should help you prepare for the fashion revue. Remember that fashion is always changing, and what was proper 5 years ago may not be appropriate today.

- When wearing pants with belt loops, always wear a belt. Especially when wearing a shirt or sweater, you need to wear a belt. Belts just make an outfit look polished and well put together.
- Jacket Length - sleeve length should come to the bony knot on the wrist when the arm is down at the side. Shirt cuffs should be ½ inch longer than thumbs are down.
- Slacks - back of hem should touch back of sole and angle up in front. Cuffed slacks are straight. Straight slacks should always have longer break in front than cuffed slacks.
- Boots are only appropriate if they suit the style of the garment.
- Older boys (over 11) should wear hand-tied ties. No clip-ons.
- Tie tacks should be worn if appropriate. Refer to a fashion magazine for reference; generally the fashion trends in Kansas are 2-3 years later than the fashion magazine trends.
- Don't wear both a belt and suspenders.
- Belts should match your shoes.
- Socks should match your trousers.
- Wear your complete outfit: garment, shoes, foundation garments and accessories. Practice modeling in these so you will be comfortable.
- Shoes need not be new but should be clean and recently polished.

