



# Fashion Modeling

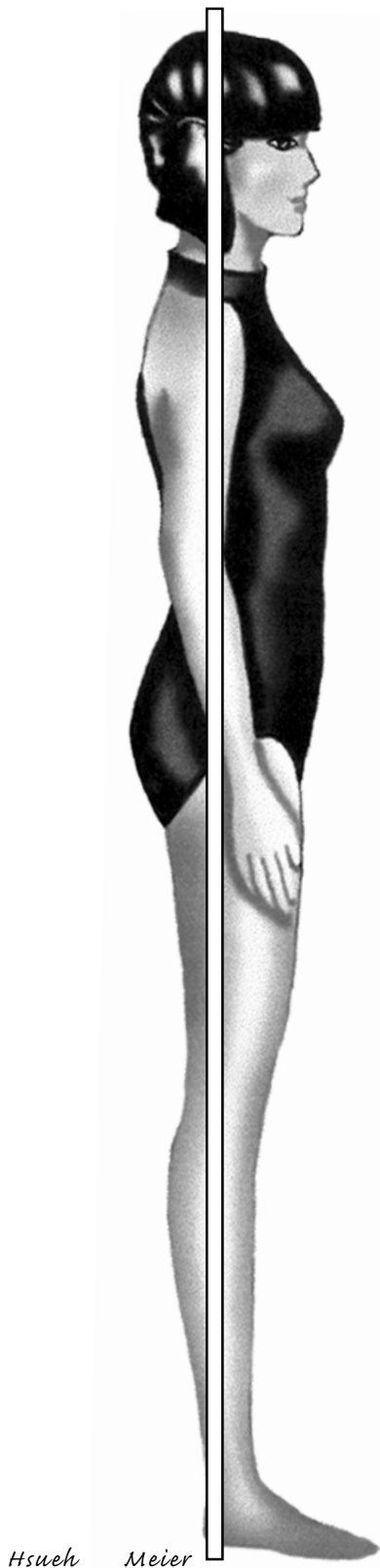
YOUR 4-H GARMENT



EM4339



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Hsueh Meier

Simply wearing clothes is modeling. You are always on display, whether you are on the street, in the home, at school, on the job, at play, traveling, or at parties. The techniques of poise and charm are easily learned by practice and by following these suggestions.

## **STRAIGHT AND NARROW**

Good posture helps distribute body weight so that the figure looks well-proportioned.

To practice standing as a model does, with poise and grace, align the body from the bottom up. Begin with feet placed parallel, toes ahead, knees relaxed, buttocks tucked under, pelvis tilted forward, and tummy in. Then s-t-r-e-t-c-h the body through the waist, push the rib cage up, shoulders down, head high, and chin parallel to the floor. Imagine that a string is attached to the crown of your head, pulling up so that your feet barely touch the floor.

**Activity:** Use a full-length mirror to check posture and body alignment. Use a dry-erase marker and a yardstick to draw a straight line lengthwise through the center of the mirror. Stand sideways a foot away from the mirror, so that the line goes through the center of your ear. Have a friend help you check your “image” by following the line from head to toe. It should go through your shoulder bone, hip bone and be directly in front of your ankle bone. If the line is in front of or in back of these points, adjust your posture; the line will show where improvement is needed.

Concentrate on good posture whenever you are standing and walking. Have your friend help you check often in the mirror for improvement.

## **YOUR WALK**

Your walk tells a great deal about you. It reveals constraint or confidence, shyness or aggressiveness, carelessness or pride in appearance. The art of walking is the foundation of good modeling.

Poor posture causes body strain and creates a tendency to tire easily. The secret of avoiding this is to learn controlled relaxation while walking. Here's how to do it:

- ✦ Stand with good posture, then push off with a firm movement of the rear foot and gently bend and move on the ball of the front foot. Toes should move straight ahead, carrying the feet along imaginary parallel lines about 2 inches apart; walk with each foot centered over the corresponding line. This will keep legs close together and give a graceful appearance. Your arms should swing slightly and naturally with the rhythm of the walk.
- ✦ Think “glide”—a form of suspended animation as you walk. (Remember the string attached to the top of your head—now it's moving your body along, almost as if you're a puppet.)
- ✦ Practice walking toward a full length mirror and see what you look like to others. A friend can check your appearance from back and side.
- ✦ Once learned, a graceful walk becomes a habit. It requires no thought because it's not an “onstage” skill, but a part of you.

## **MODEL'S STANCE AND PIVOT**

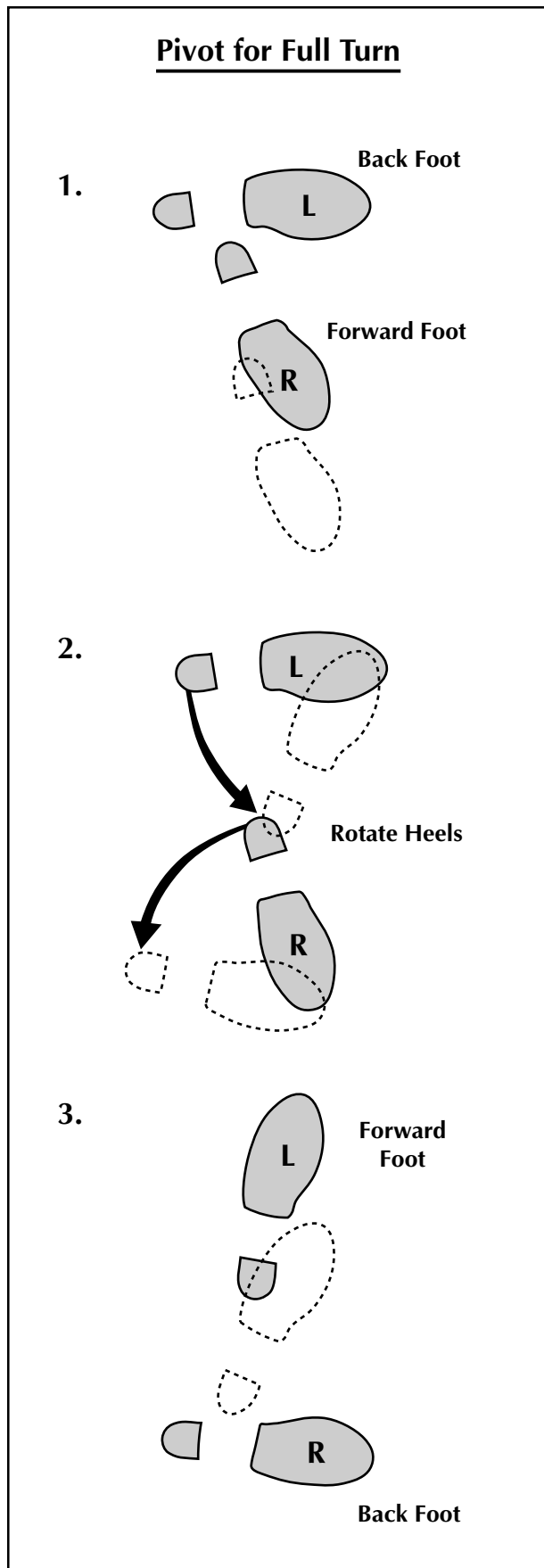
A leg-and-foot position is called a “stance.” It helps a model present her or his most slimming line and show a fashion to its best advantage.

The stance is a “T” position made by pointing the heel of the forward foot toward the ball of the foot in back. When standing, keep your body turned slightly toward the audience with arms relaxed at your sides, one arm slightly forward, the other slightly back, with hands relaxed and palms inward. Balance your weight on both feet.

When modeling, turn so the audience can see the back of the outfit, then change the direction of the movement.



*Meier*



A “pivot” is a turn that you can do while standing or walking. Here’s how to do it:

**Half turn**—begin with your feet in the “T” position, lift heels slightly, pivot in the direction of the back foot. Pause. Pivot back to the original position. Toes never leave the floor. By sliding the forward foot behind the other foot, you may reverse the position of the “T.” By turning halfway and walking from there, you can also change the direction of the movement.

**Full turn**—begin with feet in the “T” position.  
**1.** Lead with the forward foot and take a small step placing one foot in front of the other and lifting heels slightly. **2.** Pivot around on the balls of the feet in the direction of the back foot. **3.** Pull the heel of the front foot into the other foot, resuming your stance. Pause. To complete the turn, take a small step with the front foot, step around the back foot and pivot so you again face the audience. Pull heel in. Start walking. When stepping out, lead with the front foot. Two ways to make a complete turn, changing directions while walking, are by eliminating step 3 or the pause at the end of step 3, continuing to move all the time.

A turn can be as simple as taking a few short steps in a small circle. Any type of turn will be easier if you let your body naturally follow your feet.

You are now able to make a half turn and a complete turn while standing or walking. By practicing these turns until they are natural and second nature, you should be able to change direction easily and move in a wide variety of ways in different-sized areas. Make the turn in the way that seems most natural. This will help you appear natural and relaxed to the audience. Keeping weight equally distributed will help you keep balanced at all times, keep your body in line and be comfortable.

To give an uncluttered view of the garment back, turn and clasp hands at elbow height in front of you. Drop your hand as you face forward again.

## **SPOTLIGHTING FASHION DETAILS**

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The commentator will call attention to some details. Hand gestures may be used to highlight certain ones. For example:

- ✦ Accent a sleeve by placing your hand on your hip.
- ✦ Emphasize a pocket by placing your fingertips in it, thumb out, keeping hand flat. Do not push your hand into the pocket.
- ✦ Show off an unusual lining by holding open the front edge of the garment.
- ✦ Highlight a lapel by running your fingertips underneath it.

Practice these until they are natural and casual. Otherwise, it is better not to use them.

## **TAKING THE STAIRS**

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Walk toward stairs with your body straight. Keep your head up. Before starting up the stairs, pause. Bend your knees a bit, tuck buttocks under and touch the stair with the ball of your foot. Let your weight settle on the whole foot immediately. Keep your foot flat on the stair—this keeps your back straight, controls hips and keeps you from catching a heel on the edge. Keep your knees bent and you will go up smoothly.

Come down the stairs the same way—pause, tuck buttocks under and keep knees bent. Don't bound down the stairs like you are headed for dinner.

## **PICTURE PRETTY**

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**Grooming.** Grooming is important for poise and self assurance. Keep garments clean and pressed. Wear an attractive hair style.

**Shoes, Hosiery and Undergarments.** Shoes of basic style and basic color are most versatile and appropriate for the stage. Wear shoes

which are comfortable and which are appropriate to the outfit. Wear hosiery appropriate for the outfit to complete the style and “look” you want. If you buy a new pair of shoes to go with your outfit, make sure to practice walking in them, so you are comfortable wearing them.

*Tip:* If your shoes are too slick on the bottoms, lightly sand them with a medium grit sand paper. This will make the soles a little rough and make them easier to walk on. You can also purchase shoe grippers. Wear undergarments that will compliment your outfit. They should be of a similar color, especially if you are wearing lightweight fabric. If you are in doubt, try on your outfit, and check in the mirror to see if anything shows through.

**Deodorant.** Prevent perspiration marks by using a deodorant/anti-perspirant.

**Makeup.** Wear just enough to look pretty and well groomed. If lights will be extremely bright, a little extra makeup may be in order, but a natural, youthful look should be your goal.

**Check Again.** Before modeling, check your appearance in a mirror again. Look for bra or slip straps that are showing, runs in nylons, slips showing below your skirt, and tucked-in shirt lines. If you chew gum, make sure you dispose of it prior to modeling.

## **EXTRA TOUCHES**

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**Accessories** may help you achieve a total effect. Hold a small bag close to your side and with your arm slightly bent.

Carry a regular-size bag with the handle over your bent arm or strap over your shoulder. Never swing it by the handle!

Carry a large tote bag or beach bag by the handle. Hold it slightly back of your outfit so that it does not hide it.

Wear a hat if it helps give a total look. Gloves can also be worn to complete a look. Other



*Hsueh Meier*

accessories could be a rose with an evening gown, a favorite stuffed animal with pajamas or a ball with a sports outfit. Modeling with a family pet should be considered carefully, as it may be a distraction. Just remember, an accessory should accent your outfit, not cover it up!

### **Coat or Jacket**

If you have made a complete outfit, you may want to take off your coat or jacket to show off the other garments. Here's how:

1. Unbutton from the bottom up.
2. Grasp a lapel with each hand and gently slide the coat or jacket off your shoulders.
3. Take hold of both cuffs in back of you with one hand, slide one hand and arm out of sleeve. Continue to hold cuffs and bring garment around toward the side.
4. Hold the garment at the nape of the neck with your free hand, then slide the other arm out of the sleeve.
5. The coat or jacket will naturally fold in two where it is held at the neck. Place over slightly bent arm with open edges toward elbow. Take care not to hide the remaining garment being shown.

Remember practice makes perfect, so practice removing a coat or jacket until it is an easy and natural movement done quickly and smoothly.

### **TELL THEM ABOUT IT**

Commentaries are the link between you and your audience. They tell about special features of your garment and how you feel about it. Commentaries should be no longer than 90 seconds (200 words). It doesn't sound like very long, but it will when you're on the stage! A catchy introduction is a vital cue for you to be on stage. A closing comment also helps you know that you are almost through. Avoid using lots of construction details, the audience doesn't really understand them. This is a good outline to follow when writing your commentary.

- ✦ An introduction with your name and club.
- ✦ A brief outfit description. Refer to the

pattern envelope. It gives a good description of the garment.

- ✦ Describe what you learned.
- ✦ Did you make your own changes or alterations to the pattern? Tell about them.
- ✦ Talk about your background, special interests and other projects.
- ✦ A closing statement that cues you that you are almost through.

Remember, you don't have to include every pattern detail or tell about each project. Tell about frustrations, fun facts, something unusual about the pattern or fabric, or where you'll wear your outfit.

## **LIGHTS, CAMERA, ACTION!**

The big night has arrived, and the model in front of you is on stage. Take a couple of deep breaths and listen to the commentator for your cue.

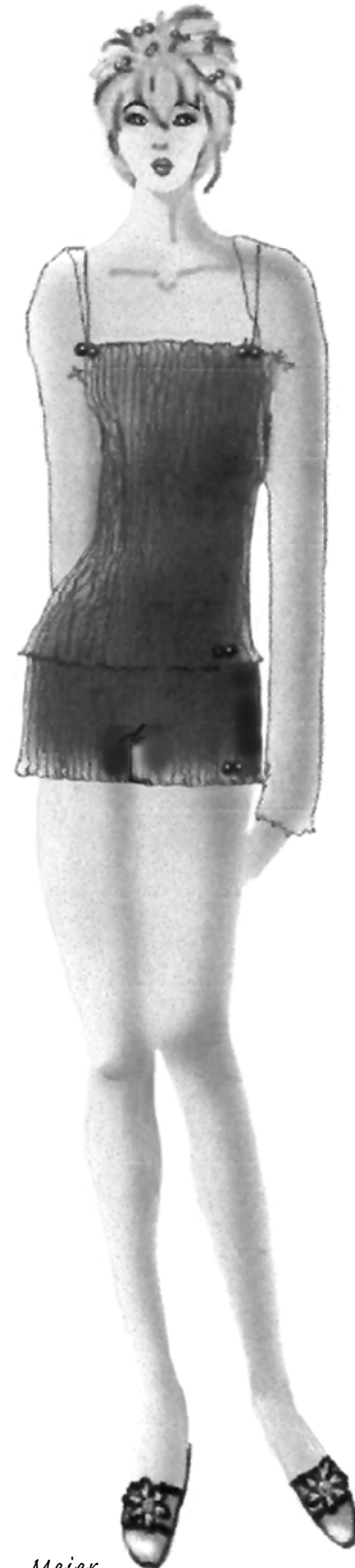
For an effective entrance, walk on stage briskly, then pause for a moment as soon as you are in full view of the audience. Let them see a proud, smiling model. Be confident. Look as though you believe your outfit is the world's finest, and that you are having the time of your life.

Model for every section of the audience. Show the front, back, and sides of the outfit. Keep moving—not fast, not slow, but with a natural rhythm.

Listen to what the commentator says. When she or he describes your outfit, turn slightly to each side so the audience can see the details. Keep your eyes in contact with at least some of the audience most of the time. Avoid watching your feet.

Listen for the cue to leave the stage, but don't rush! Walk to the exit and pause. Turn, smile at the audience, then exit. Never rush in panic for the last few steps of the exit.

Be dignified. Keep poised, even when the show is over.



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