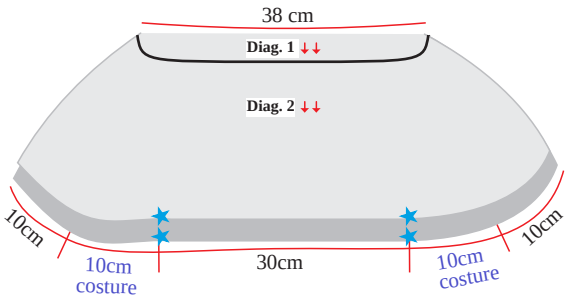
Esquema de medidas
1ª etapa

Dobre a pala ao meio determinando frente e costas. Demarque em cada lateral (20cm). Una as estrelas com p.bx., determinando frente e costas



Costas = Frente
2ª etapa (corpo, punho e barra)

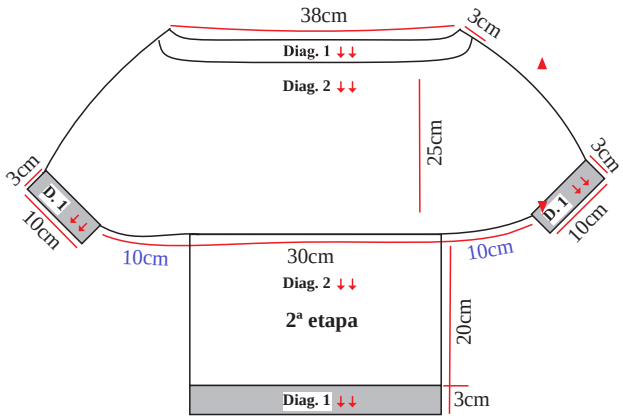


Diagrama 2 - Ponto fantasia

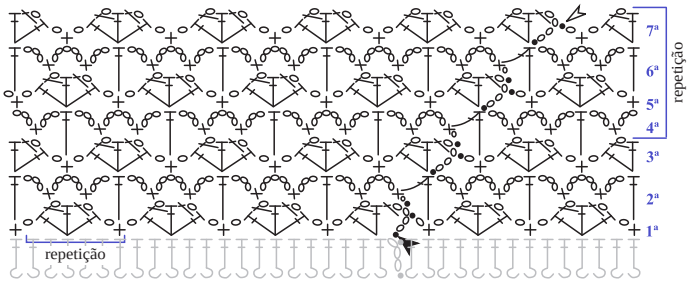
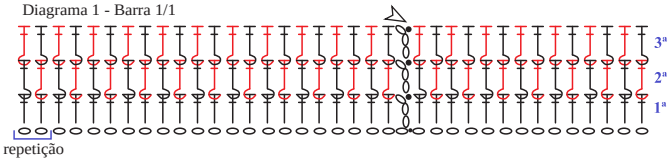


Diagrama 1 - Barra 1/1



Legenda

- corr.
- p.bx.
- p.b.
- p.a.
- p.a.r.f.
- p.a.r.a.
- início
- arremate
- sentido do trabalho