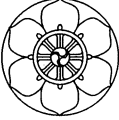


The Kwan Um  School of Zen

Korean Buddhist Chogye Order
Zen Master Seung Sahn, Founding Teacher

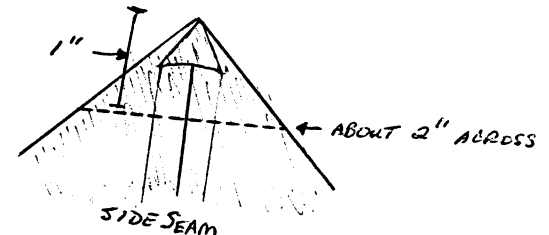
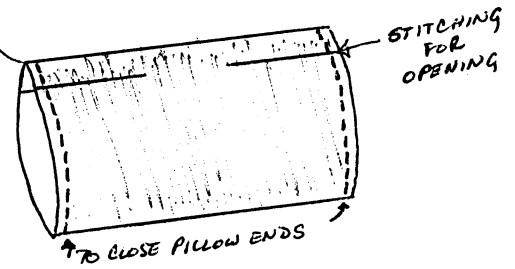
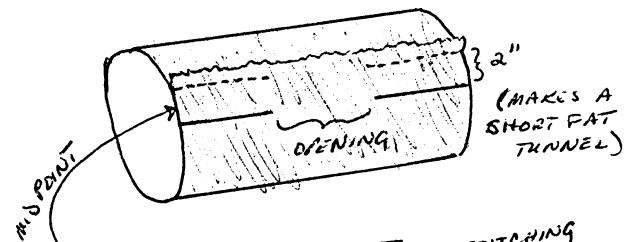
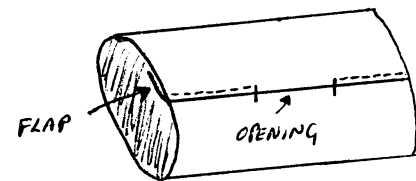
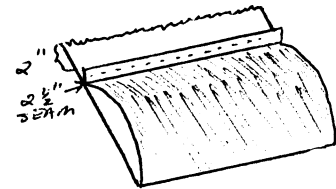
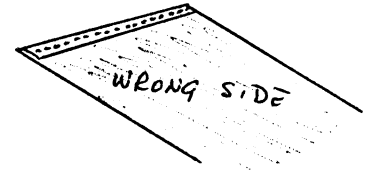
Sewing Instructions for
Cushions and Mats

Developed by
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SUPPORT CUSHION

1. Cut rectangle 19 x 31.5" - can cut 2 at a time if material is folded. Start at selvage. (Center fold strip can be used to make round cushion - trim to 6" width and pleat .5" every 3" around cushion, overlap strip for closure.)
2. Fold over one of the 19" ends .5" toward wrong side of fabric. Press and seam .25".
3. Fold rectangle (right sides together) leaving 2" above hemmed end. Measure 5.5" in center of hemmed end. (6.75 and 12.25" when measured from a side edge) Pin and sew 2.5" from unhemmed edge - just along raw edge of previously made hem.
4. Turn right side out, arrange opening so that hemmed edge is under flap. Flap is pushed back to cover opening from the inside. Topstitch thru hemmed end and flap about 1/8" from seam. Backstitch at opening for strength.
5. Turn wrong side out. Sew raw edge of flap to body of cushion, leaving 5.5" center opening with seams parallel to, and 2" away from, present seams and top stitching. Backstitch at opening.
6. Side seams - match ends of top stitched seam and parallel seam at each edge of cushion. Stitch ends together - double stitch for strength.
7. Corners - hold corner with side seam facing you. Pull out sides to form a triangle - mark a seam line 1" from top of triangle. Be sure side seam is in center. Seam should be below flap seam on top corners.
8. Hooks and eyes for closure if desired.
9. Stuff with about 1.5 - 1.75 pounds of Kapok, working it well into corners first and being careful to avoid lumps. (must look overstuffed, as cushion will pack down later) Clean with damp sponge whiskbroom or vacuum cleaner.



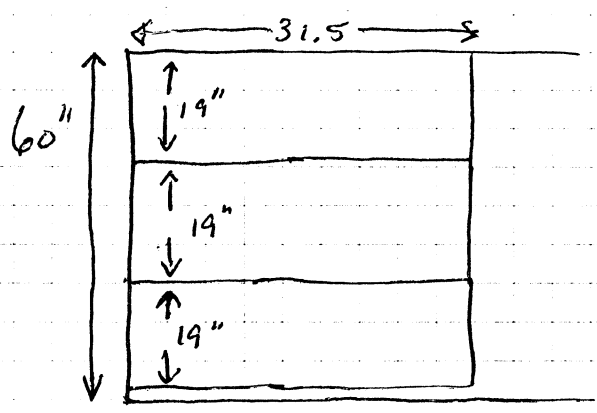
(materials needed - just over .5 yard of 45" material)

10. SUPPORT CUSHION - NOTES

MATERIAL IS 'TRIGGER' - BLACK ^{BURKINGTON} (~~SPRINGMARE~~)
THIS IS A GOOD STURDY FABRIC THAT STANDS UP WELL TO PUNISHMENT.
GENERIC NAME IS POPLIN.

WIDTH = 60" FOR 25 YDS. PER BOLT (900")

THIS WILL MAKE 84 CUSHIONS.
(28 LENGTHWISE + 3 DOWN = 84)
(19 x 31.5)



$$19.91 - 3.55 / yd = \$88.75 / BOLT$$

SITTING MATS

I. MATERIALS (30" x 26" x 3") FINISHED SIZE.

COTTON BATTING (EACH MAT WEIGHS APPROX. 8 LBS)

MUSLIN (FOR BASIC CUSHION) 30½" x 26½" x 2"

BUTTON THREAD

II. CUTTING.

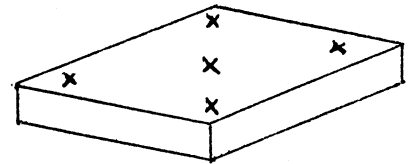
A. CUT FROM MUSLIN " x " LEAVES 1" SEAM @ FRONT

B. COTTON BATTING - CUT 30" x 26"

5 LAYERS OF 20 OZ. OR } ENOUGH FOR 8 LBS.
8 LAYERS OF 12 OZ.

IT CAN BE GENTLY STRETCHED IF WE CAN'T GET IT IN CORRECT DIMENSIONS

III. STITCHING. (½" SEAMS)



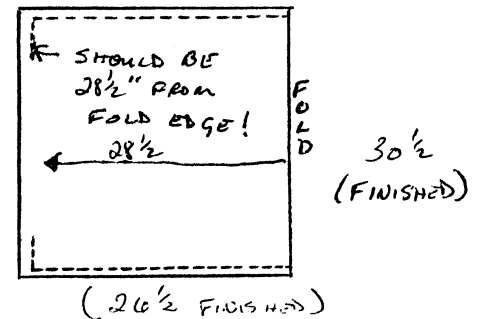
A. WITH BUTTON THREAD, SEW THRU THE LAYERS OF COTTON BATTING AT EACH CORNER AND IN THE MIDDLE.

THIS WILL ANCHOR THE BATTING SO IT WON'T SLIDE.

DON'T SEW TOO TIGHTLY OR THE THREAD WILL PULL THRU.

B. FOLD MUSLIN IN HALF AND STITCH 2 SIDES PLUS AROUND CORNER OF 3RD. (APPROX 2")

STITCHES PARALLEL TO FOLD.
(ALONG OPEN SIDE)
SHOULD BE 2½" FROM OPEN SIDE
FOLD EDGE - THIS LEAVES SOME EXTRA MATERIAL - DON'T CUT IT OFF

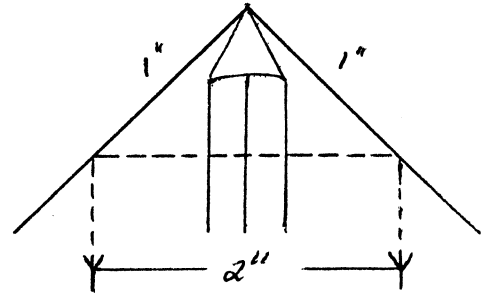


SITTING MATS

M4

III STITCHING (CON'T)

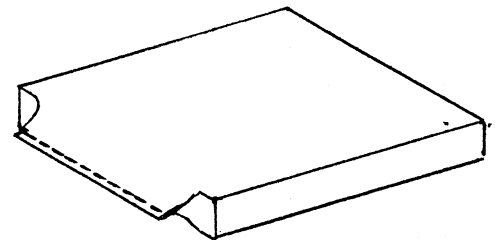
- C. CORNERS - HOLD CORNER WITH SEAM FACING YOU. PULL OUT SIDES TO FORM A TRIANGLE. MARK 1" DOWN EACH SIDE & STITCH ACROSS. THIS WILL MAKE A 2" CORNER.



- D. FIT THE COTTON BATTING INSIDE THE MUSLIN ENVELOP. TURNING IT RIGHT-SIDE-OUT FIRST.

BE CAREFUL TO FIT THE BATTING INTO ALL CORNERS

- E. STITCH THE REMAINING OPEN AREA SHUT - IT DOES NOT HAVE TO BE NEAT



MAT COVERS

M5

I.

MATERIALS

MAT SIZE (31 x 27 x 3) 8 LBS.
W L H

W = WIDTH OF MAT

L = LENGTH (OR DEPTH)

H = HEIGHT

S = SEAM ALLOWANCE. = 1/2"

X = CUT WIDTH

Y = CUT LENGTH.

FOR MAT WITHOUT A ZIPPER (FLAP INSTEAD) + VELCRO DOTS

$$X = W + H + 2S = 35''$$

$$Y = 2L + 2H + H + S = 63.5$$

|----- FLAP -----|

FOR MAT WITH A ZIPPER.

$$X = W + H + 2S = 35''$$

$$Y = 2L + 2H + 4S = 62''$$

DSSW'S MAT 32" x 32" x 4"
W W H

(SQUARE)

WEIGHS 10 POUNDS

$$X = W + H + 2S = 37.5''$$

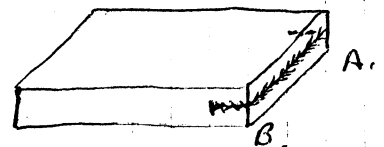
$$Y = 2W + 2H + 3S = 7$$

WITH ZIPPER ON SIDE

DSSW'S CUSHION 15 x 12.5 x 2

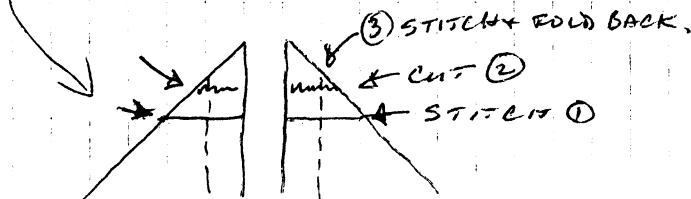
LONG = 36" (INCL 1" FOR ZIPPER SEAM.)

WIDE = 15.5"



ZIPPER GOES AROUND
1 END OF CUSHION.

ON THIS COVER YOU MUST DO THE
A + B CORNERS 1ST WITHOUT SEWING
TOP + BOTTOM TOGETHER, THEN SEW TOGETHER + PUT IN
ZIPPER (LIKE A BACK ZIPPER, NOT A SIDE ZIPPER)



I. MATERIALS

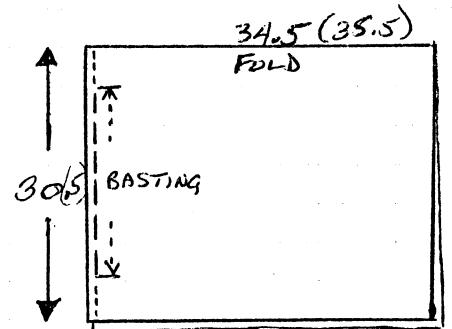
$(31 \times 27 \times 3) = 35.5 \times 61$
 MATERIAL FOR MAT $(31 \times 27 \times 2) = 34\frac{1}{2} \times 60$ "
 ($\frac{1}{2}$ " SEAM ASSUMED - EXCEPT FOR ZIPPER SIDE WHICH IS 1" SEAM)

MATCHING THREAD

18" TO 20" ZIPPER

II. PUTTING IN ZIPPER

- a) FOLD MATERIAL CROSSWISE WITH RIGHT SIDES TOGETHER
- b) STITCH A 1" SEAM DOWN ONE SIDE BEGINNING AT THE FOLD. THE MIDDLE 18" SHOULD BE BASTED (USE LARGEST MACHINE STITCH)
- c) PRESS SEAM FLAT & OPEN. & PUT IN ZIPPER.



Preliminary Tips

- Opening for zipper should equal zipper length plus 1 inch (2.5cm).
- Close opening temporarily with machine basting (long stitch). Press seam open.
- Follow woven guideline on zipper tape for correct placement of stitching.

LAPPED APPLICATION

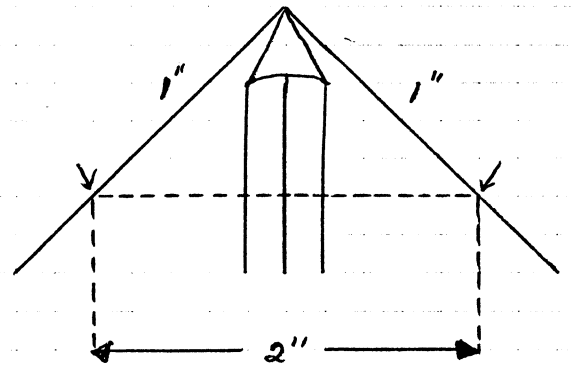
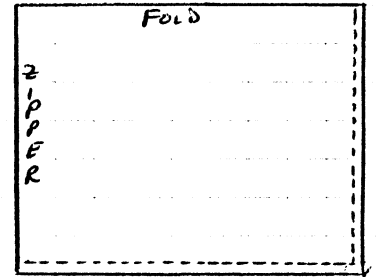
1 • Open zipper, place **face down** on extended seam allowance.
 • Top stop is 1" (2.5cm) below cut edge, coil edge is **on** seamline.
 • Machine baste **from bottom** to top along guideline.

2 • Close zipper, turn **face up**.
 • Smooth fabric away from zipper.
 • Starting at bottom, top stitch through folded seam allowance.

3 • Spread garment flat—turn pull tab up.
 • Stitch across bottom, up other side of zipper. (Stitch **either** on outside of garment or inside of garment along zipper guideline.)
 • Remove basting. Press.

III. FINISHING COVER

- a) AFTER ZIPPER IS IN, BE SURE TO REMOVE CASTING AND OPEN UP ZIPPER BEFORE CONTINUING.
- b) STITCH A $\frac{1}{2}$ " SEAM AROUND REST OF MAT COVER (2 OPEN SIDES)
- c) CORNERS FOR EACH CORNER - HOLD CORNER WITH SEAM FACING YOU. PULL OUT SIDES TO FORM A TRIANGLE. MARK 1" DOWN EACH SIDE & STITCH ACROSS FROM MARK TO MARK. THIS WILL MAKE A 2" CORNER. (3" USE 1.25)
- d) TURN RIGHT-SIDE OUT & YOU ARE FINISHED



IV MATERIAL AMOUNTS.

60" 1 CUSHION = 1 yd.

45" 1 CUSHION = $1\frac{2}{3}$ yd.

36" 1 CUSHION = $1\frac{2}{3}$ yd.