



A vintage-style sewing machine is visible in the background, with a light blue rectangular overlay covering the middle portion of the image. The overlay contains white text.

Le référentiel
de la couturière
creative

www.indeSew.fr

merci

Bienvenue sur mon premier produit numérique. J'espère qu'il te plaira autant que j'ai pris de plaisir à la concevoir.

Ex-prof de couture en lycée pro, j'ai autrefois animé des ateliers de couture. A l'époque j'avais des idées de pièces à réaliser, mais pas de document clair les regroupant toutes. Dans le développement de ma pédagogie, j'ai dû travaillé avec le référentiel des Métiers de la Mode pour proposer toujours plus d'exercices à mes élèves.

Aujourd'hui j'ai décidé de rendre ce référentiel accessible à toute la communauté couture en le rendant plus joyeux, coloré, et moins barbant.

Tu trouveras donc différentes techniques de couture classées par niveaux et thèmes. Tu peux t'en servir pour t'inspirer, ajouter et composer un combo de pièces différentes sur tes vêtements, ou tout simplement évaluer ton niveau et te fixer une ligne de progression.

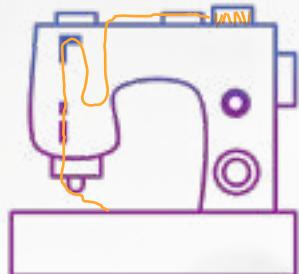
Moi c'est orane et
tu peux me retrouver
sur mon [site](#)
ou sur [Instagram](#)



Un peu de blabla

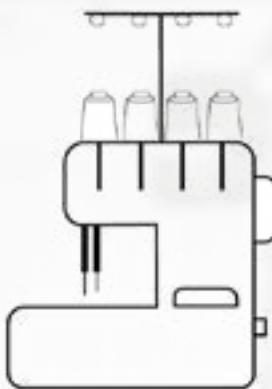


Les machines



Réaliser une canette

Enfiler sa machine

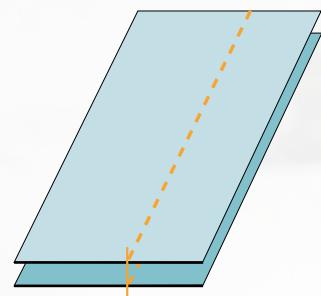
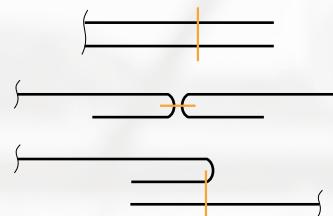


Utiliser la surjeteuse en
ligne droite

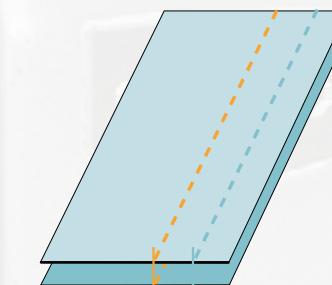


Repassage quotidien

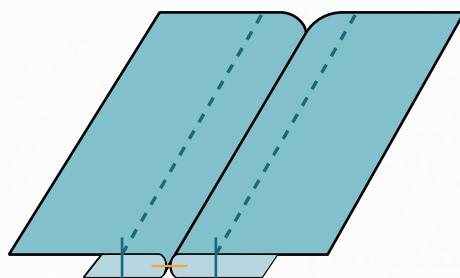
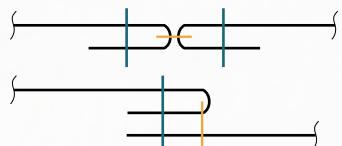
Les types de travaux



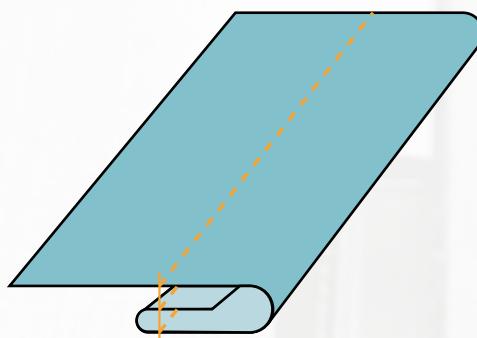
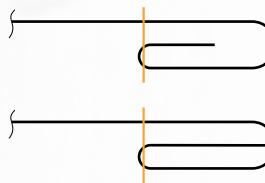
Assemblage



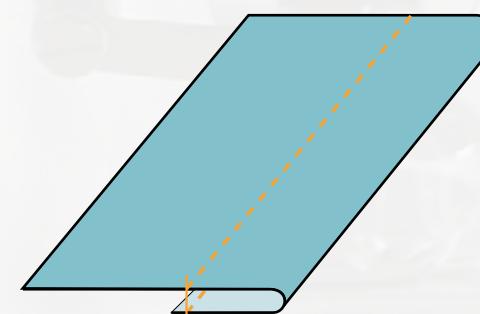
Surfilage / Surjetage



Surpiquage

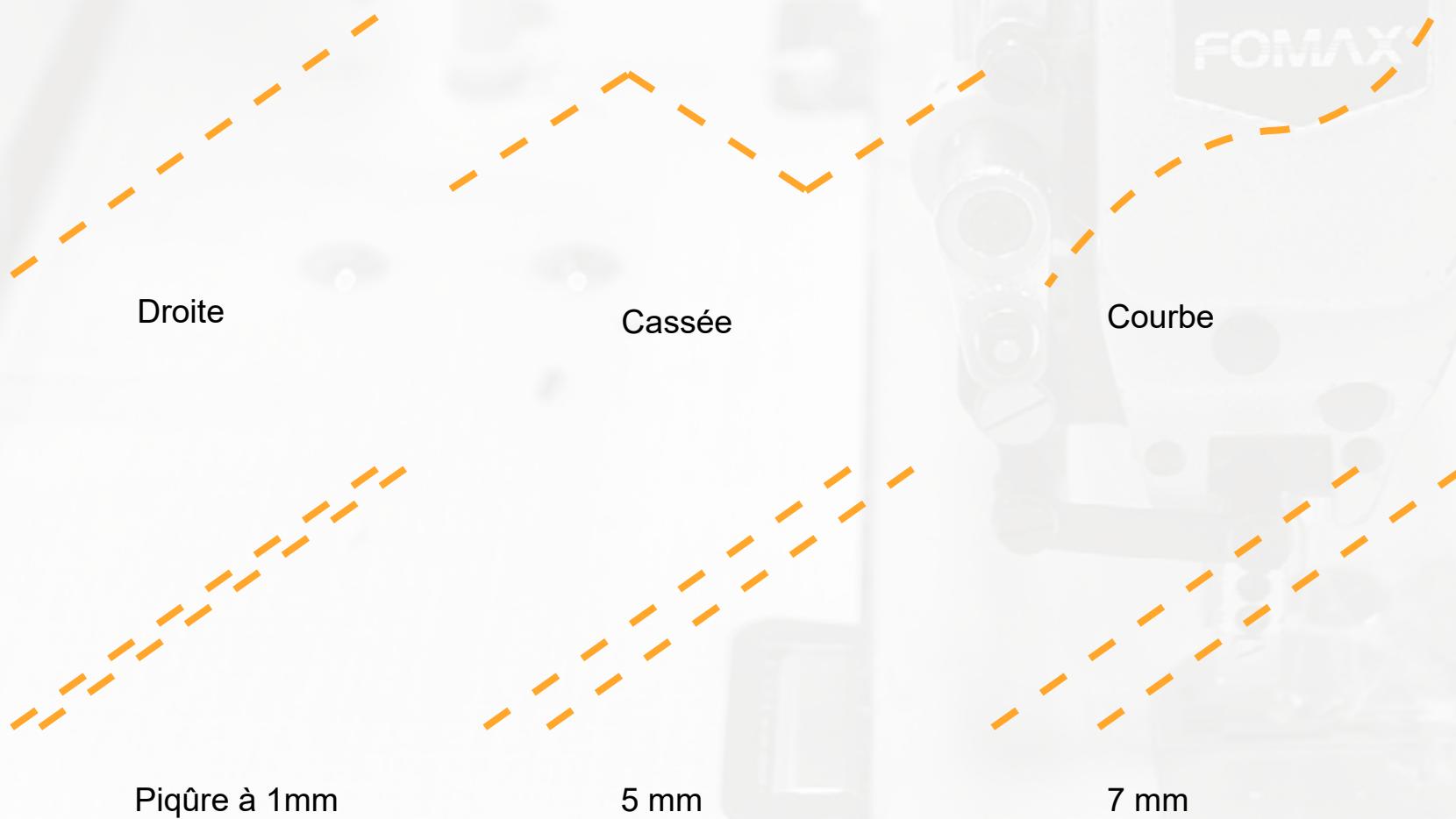


Ourlage

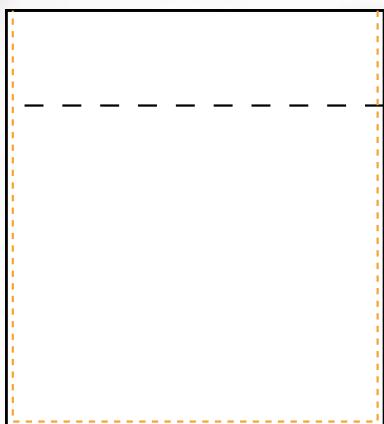


Rempliage

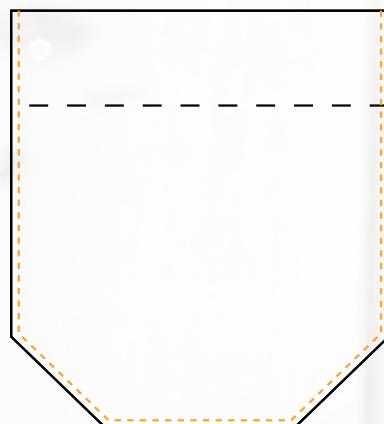
Les lignes



Les poches plaquées



A angles droits



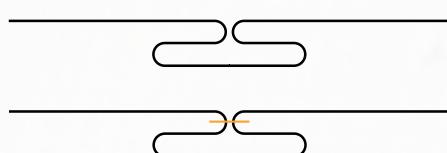
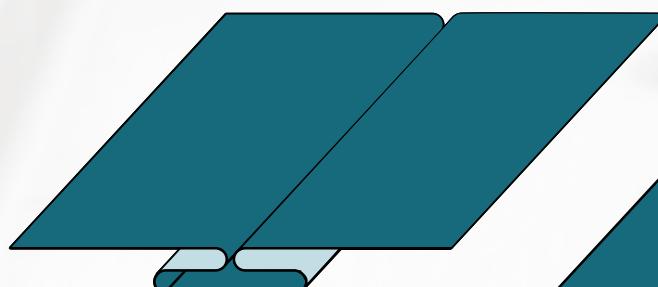
A angles cassés



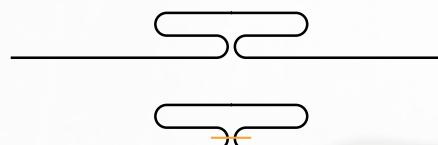
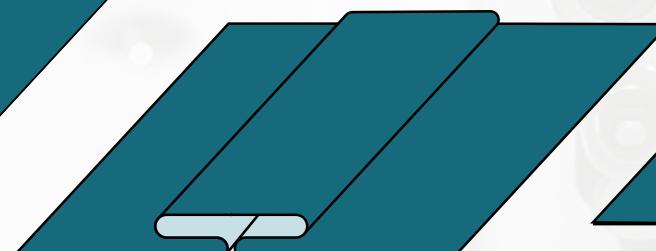
A angles arrondis

Niveau 1

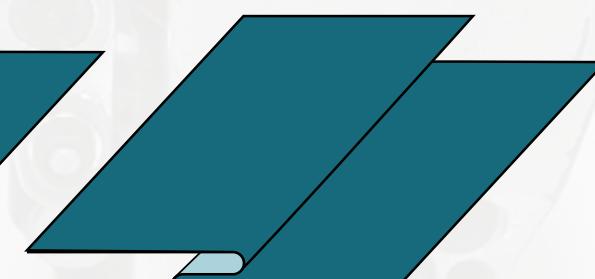
Les plis



Pli creux



Pli rond

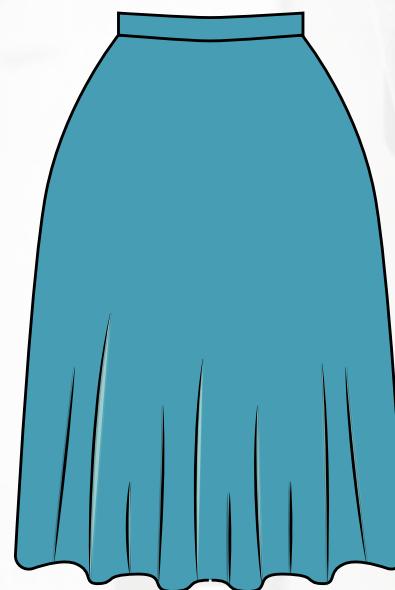


Pli plat

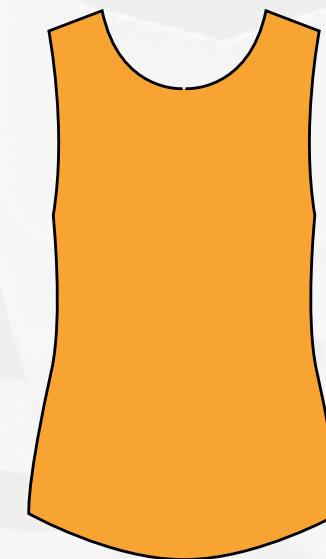
Les types de vêtement



Accessoire simple



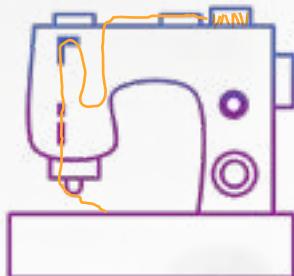
Jupe simple



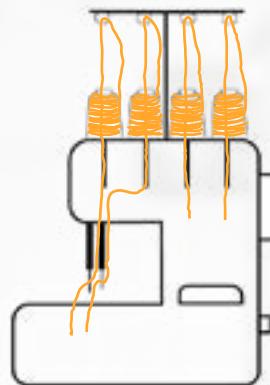
Top simple

Niveau 1

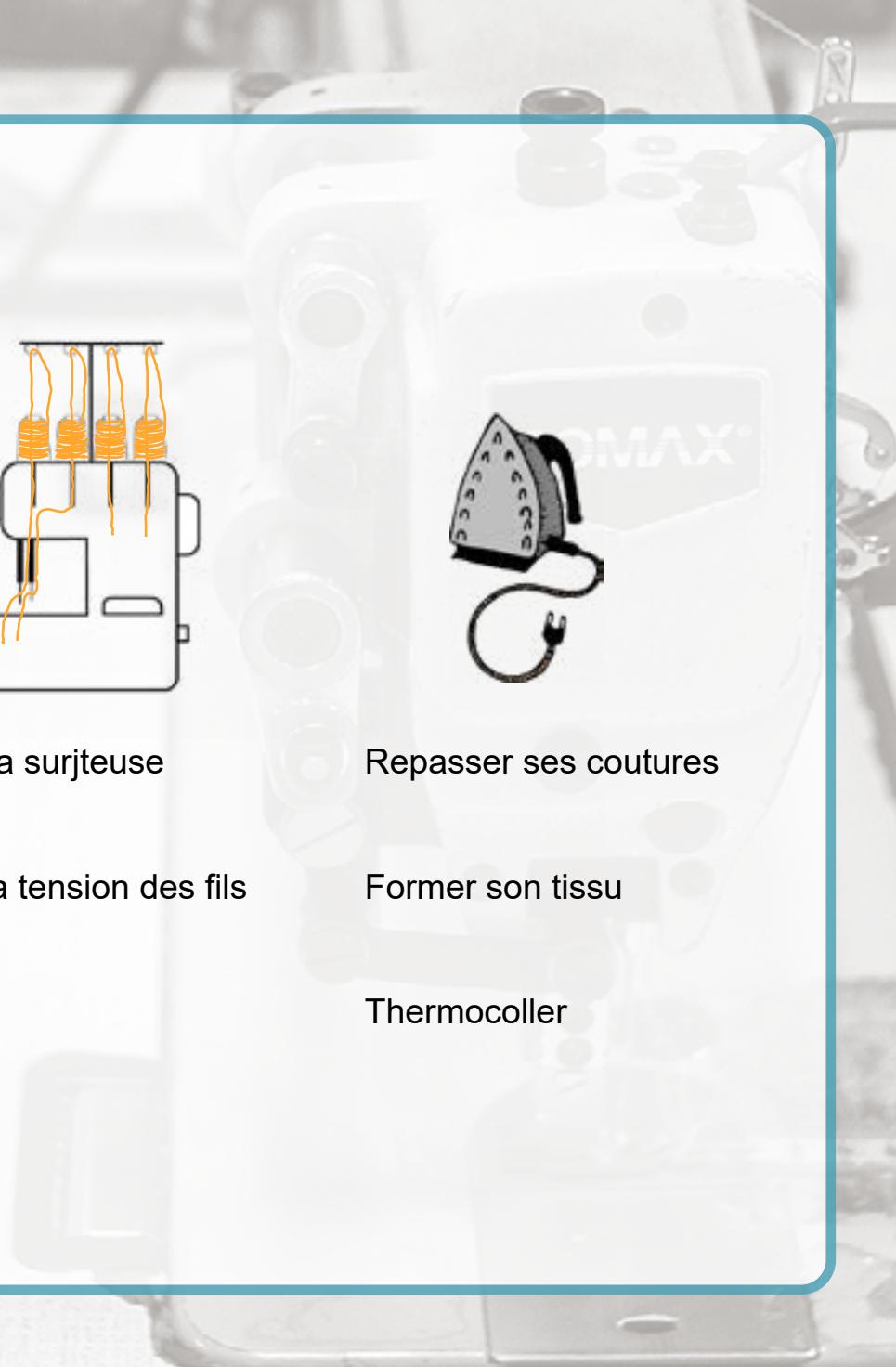
Les machines



Régler sa machine en fonction des textiles



Enfiler sa surjeteuse



Régler la tension des fils

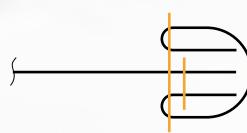
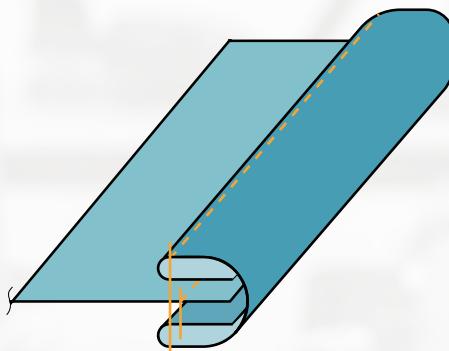


Repasser ses coutures

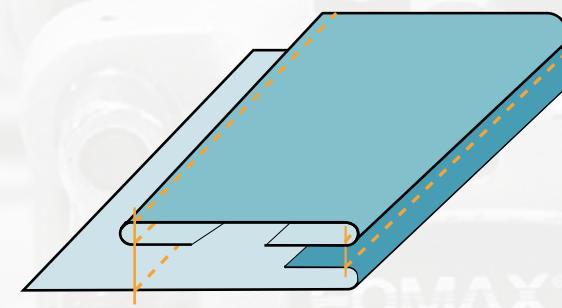
Former son tissu

Thermocoller

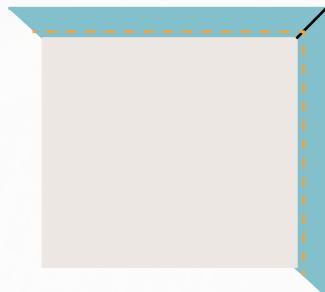
Les types de travaux



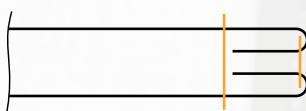
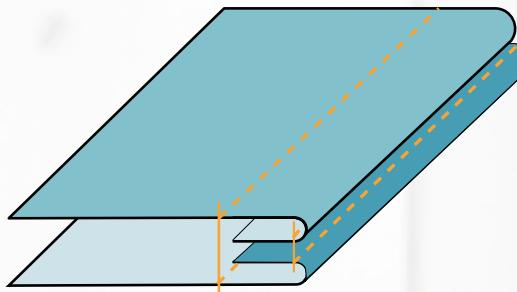
Biais à cheval ou
rabattage



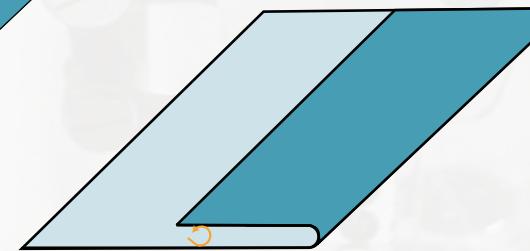
Biais à plat



Biais en angle

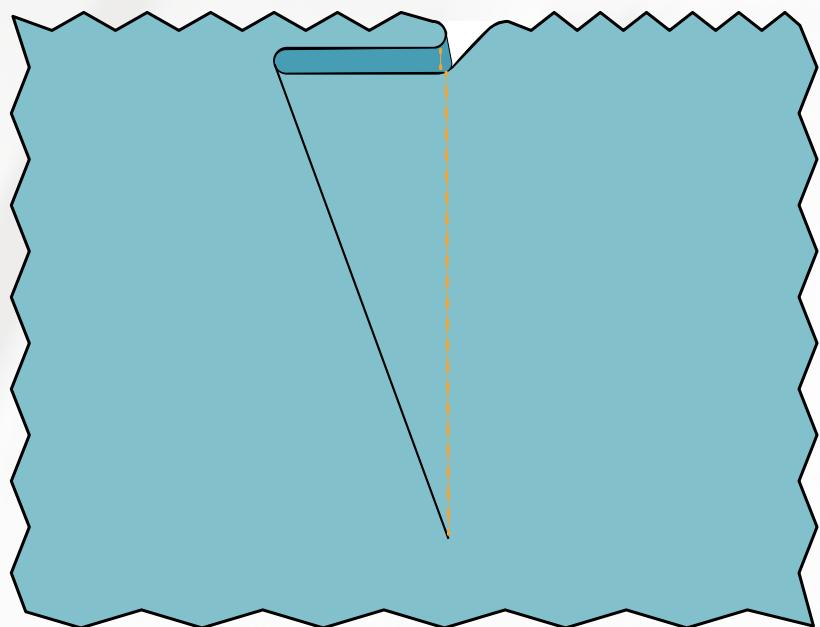


Couture anglaise

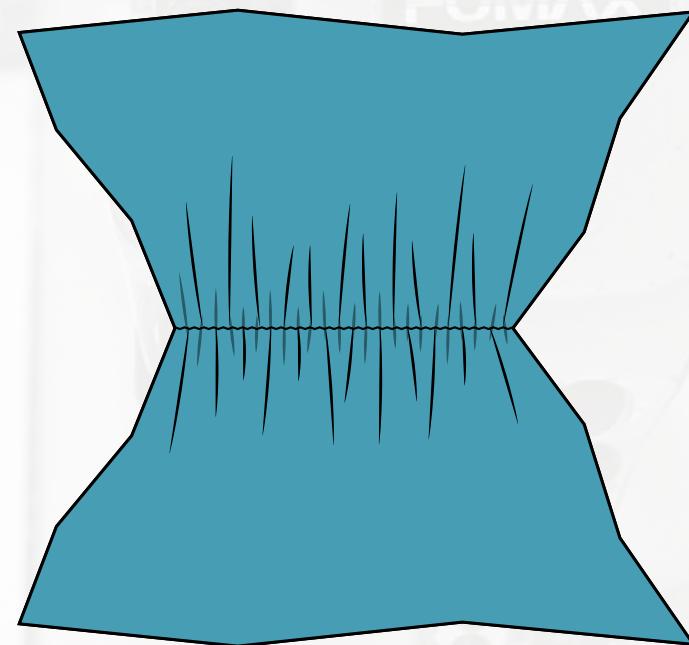


Point main invisible

Résorber
l'ampleur

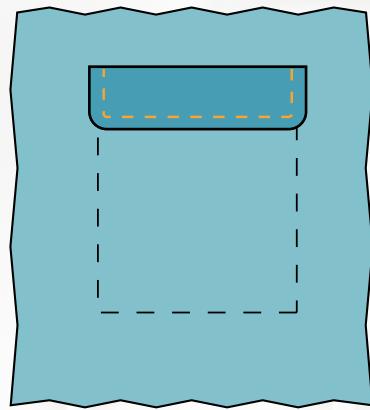


Pinces

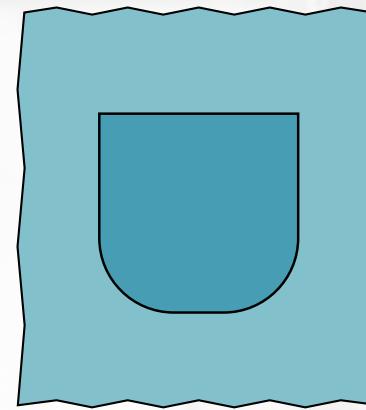


Fronces

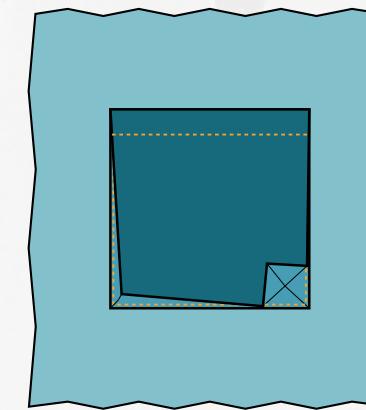
Les poches fendues et autres



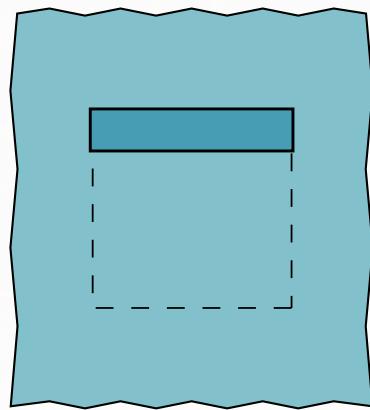
Avec rabat



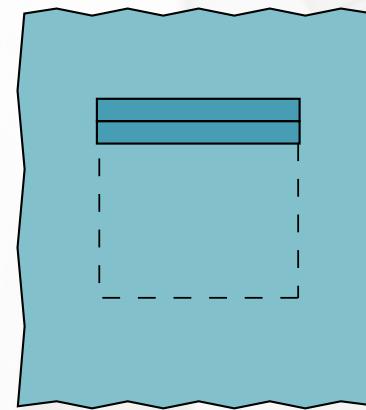
Fourreau



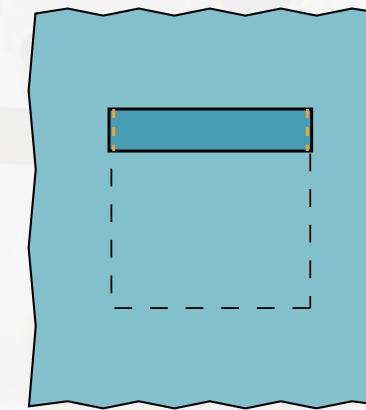
A soufflet



Paysanne



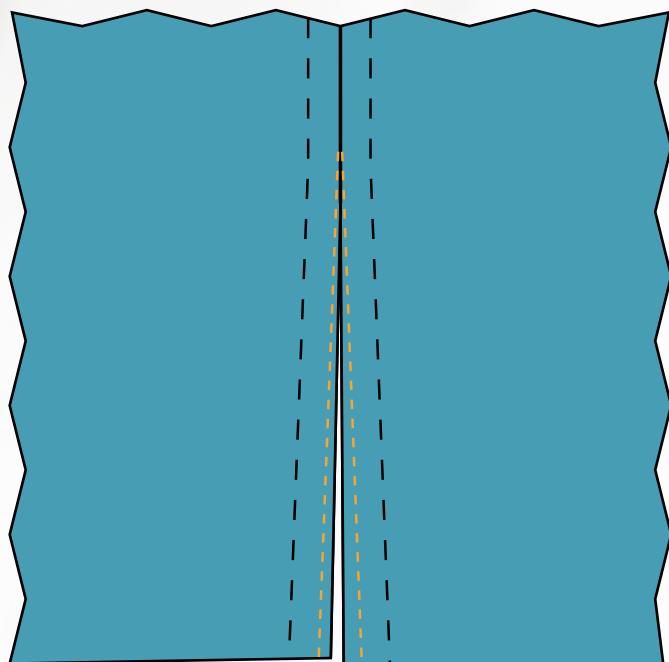
Passepoilée



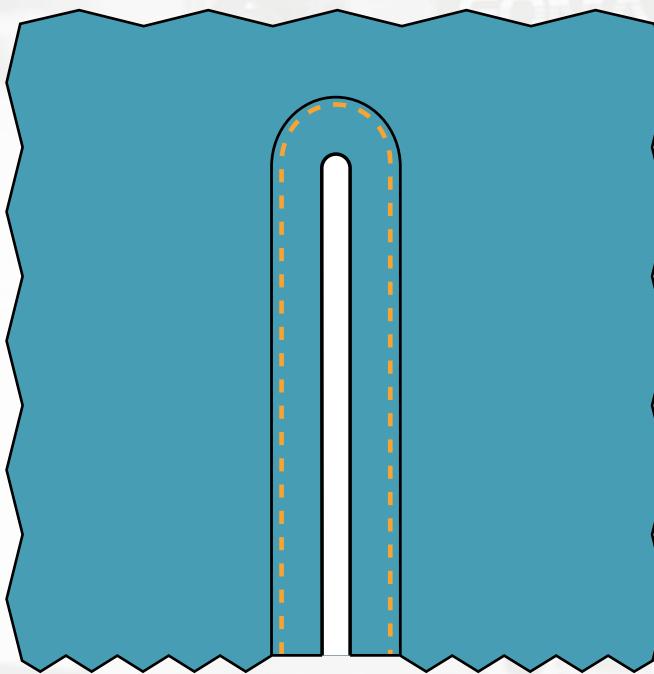
Gilet

Niveau 2

Les fentes

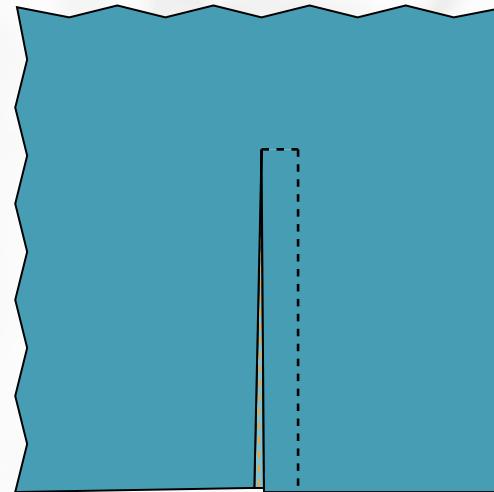


Fente dans la couture

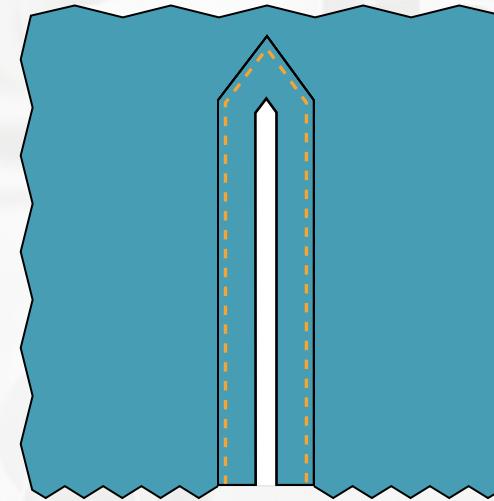


Fente bordée

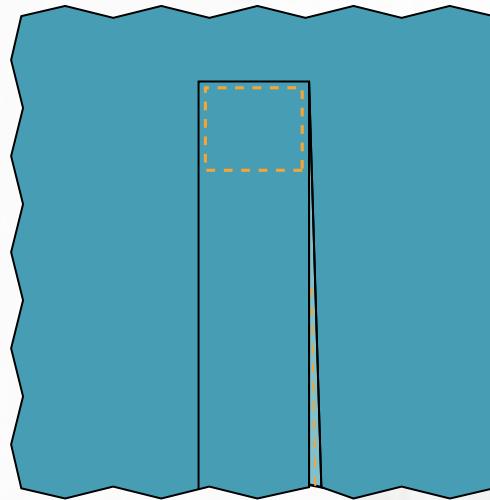
Les fentes



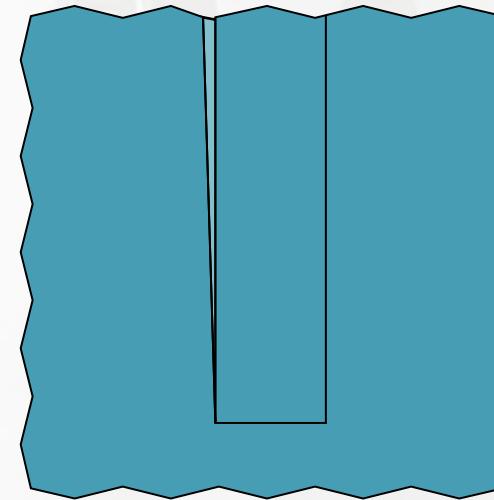
Indéchirable



Capucin



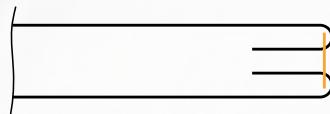
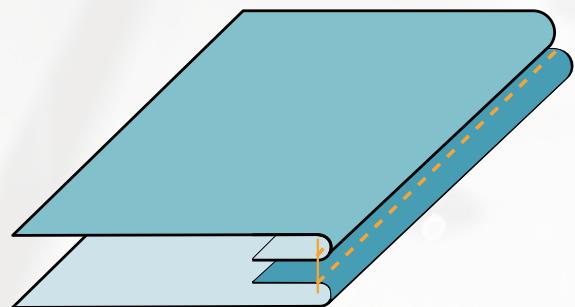
Patte chemisier



Patte Polo

Niveau 2

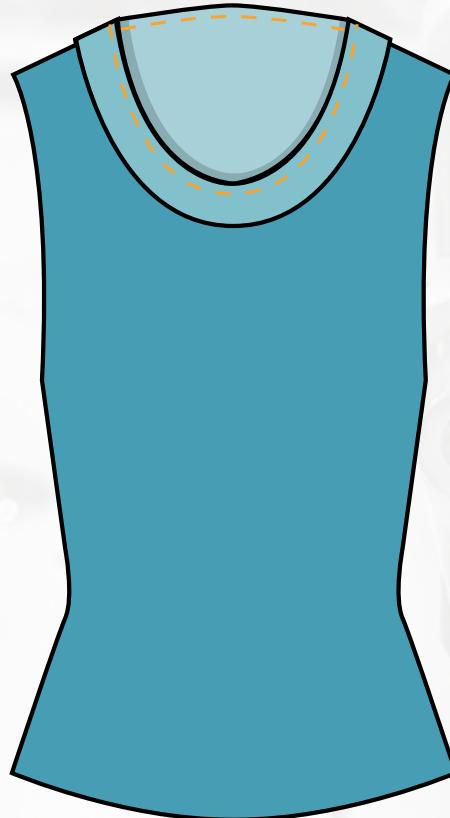
Coulisser (les rabats,
enformes et parementures)



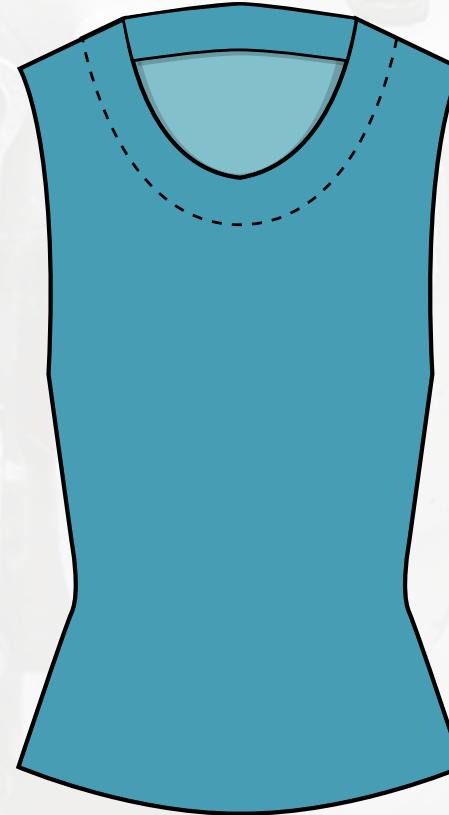
Assembler

Dégarnir / Cranter

Retourner

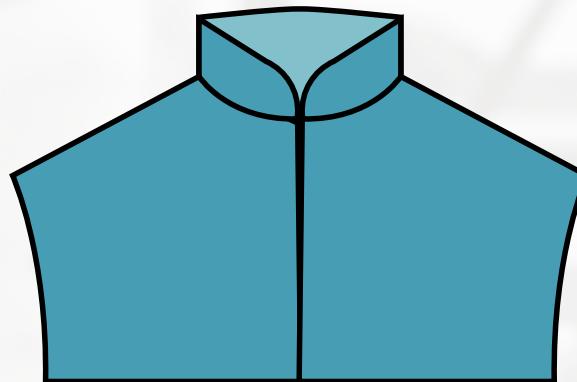


Assembler les enformes sur
le vêtement (même principe
pour des parementures).

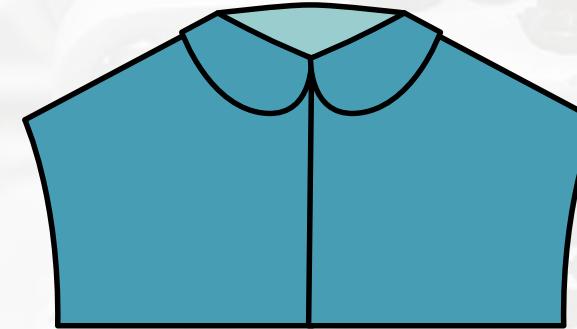


Dégarnir, cranter, retourner,
le tour est joué.

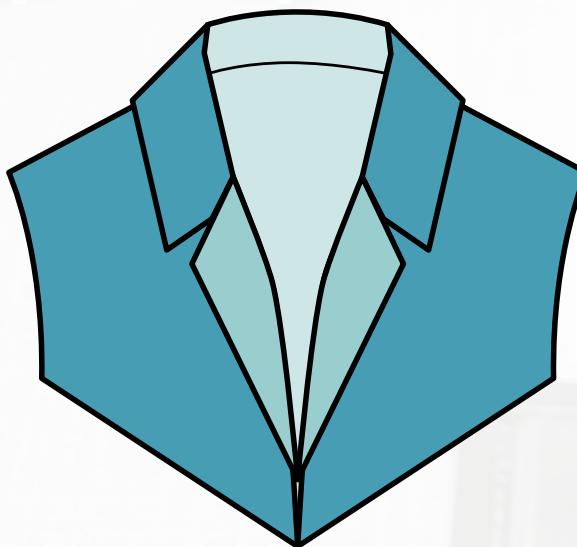
Les cols



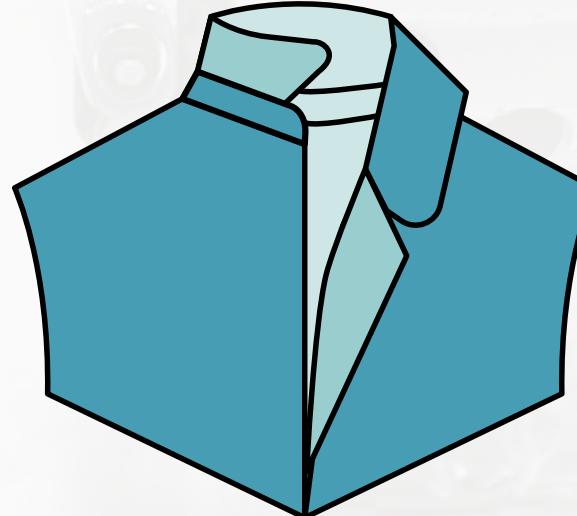
Officier



Claudine



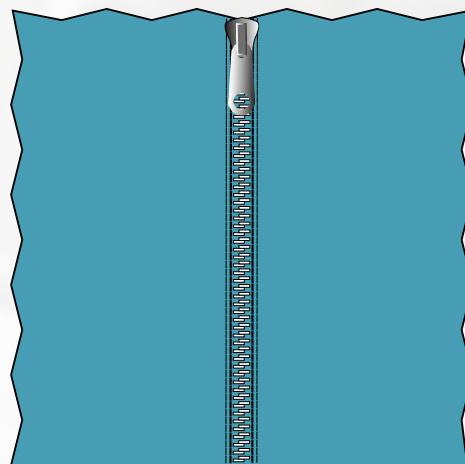
Chemisier



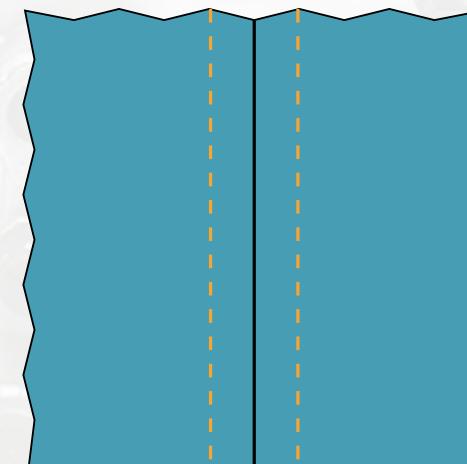
Avec pied de col

Niveau 2

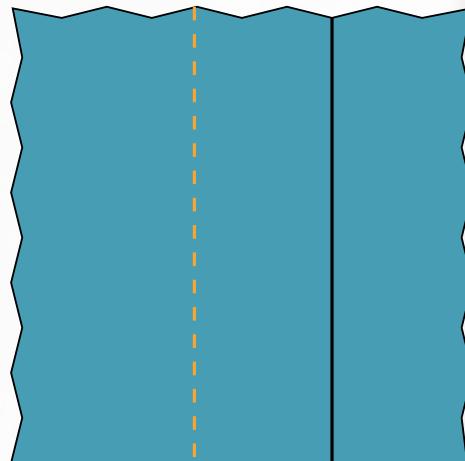
Les fermetures à glissière



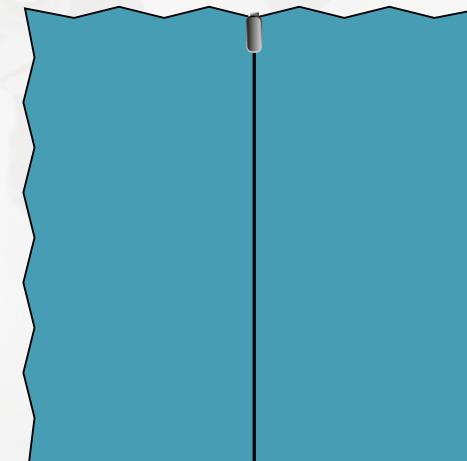
Simple



Dissimulée



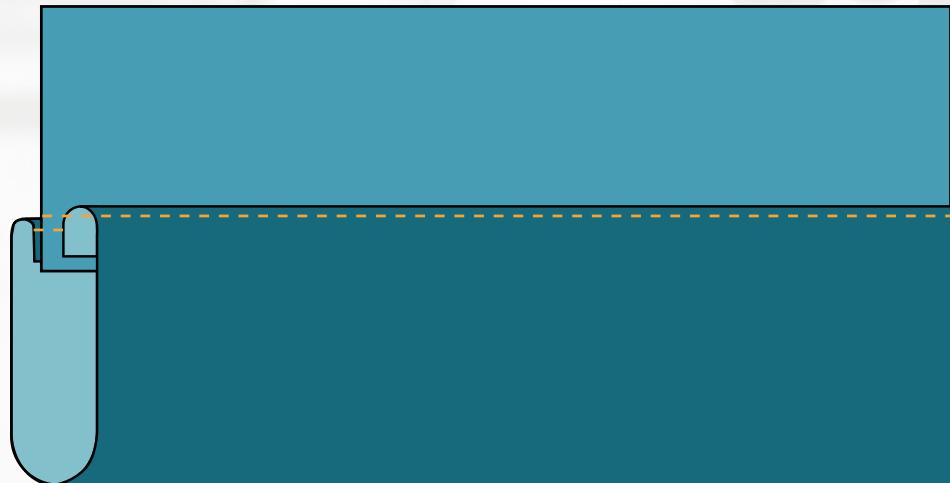
Avec patte



Invisible

Niveau 2

Les poignets et ceintures



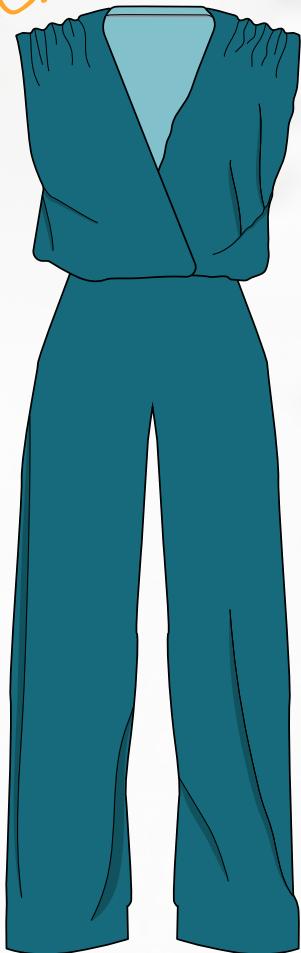
Assemblage rabattue



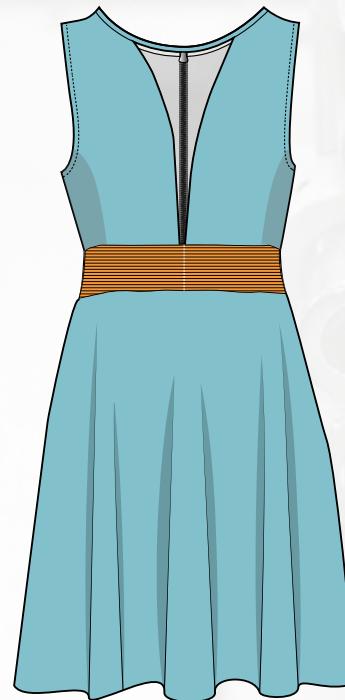
Assemblage

Niveau 2

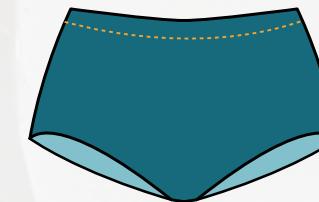
Les types de vêtement



Combi, top, pantalon



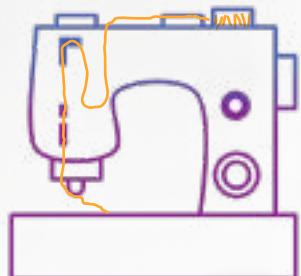
Robe avec détails



Sous-vêtement sans armature

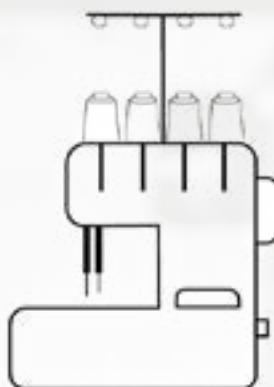
Niveau 2

Les machines



Procéder aux petites réparations

Déetecter les pannes

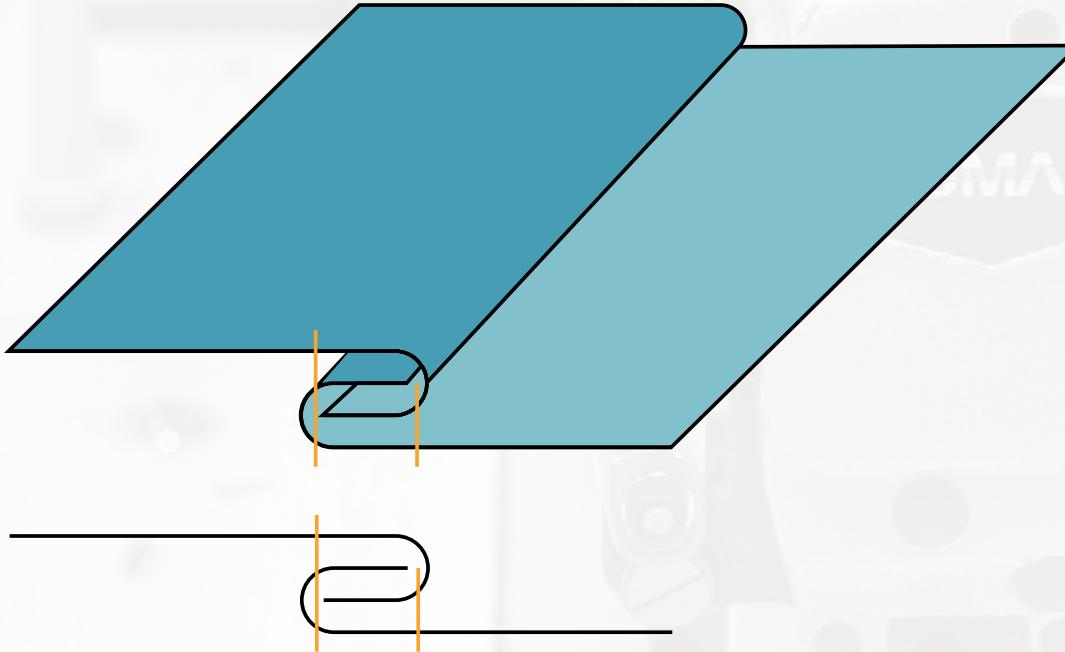


Utiliser son différentiel à la perfection



Régler la température en fonction de la matière

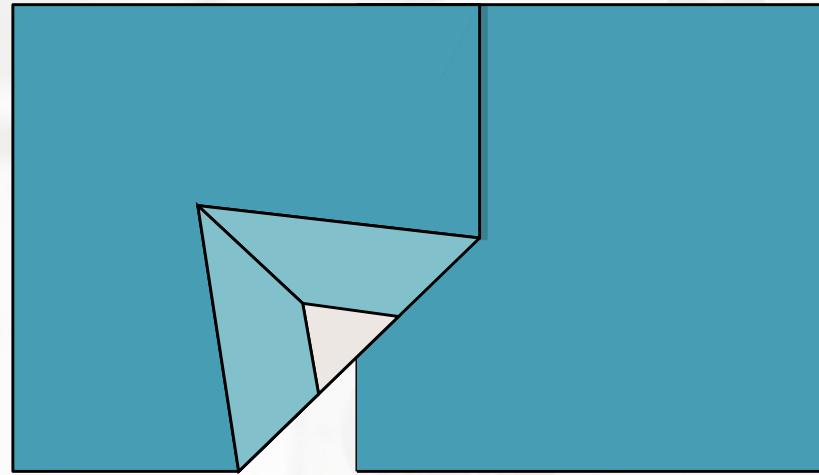
Les types de travaux



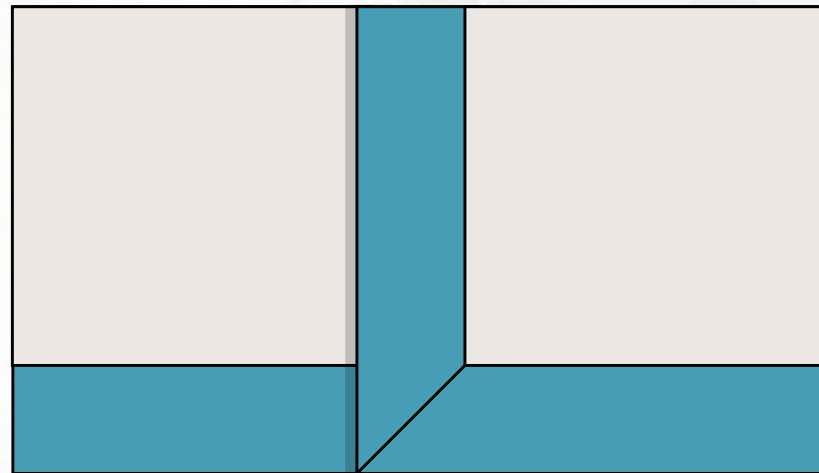
Couture rabattue

Niveau 3

Fente doublée



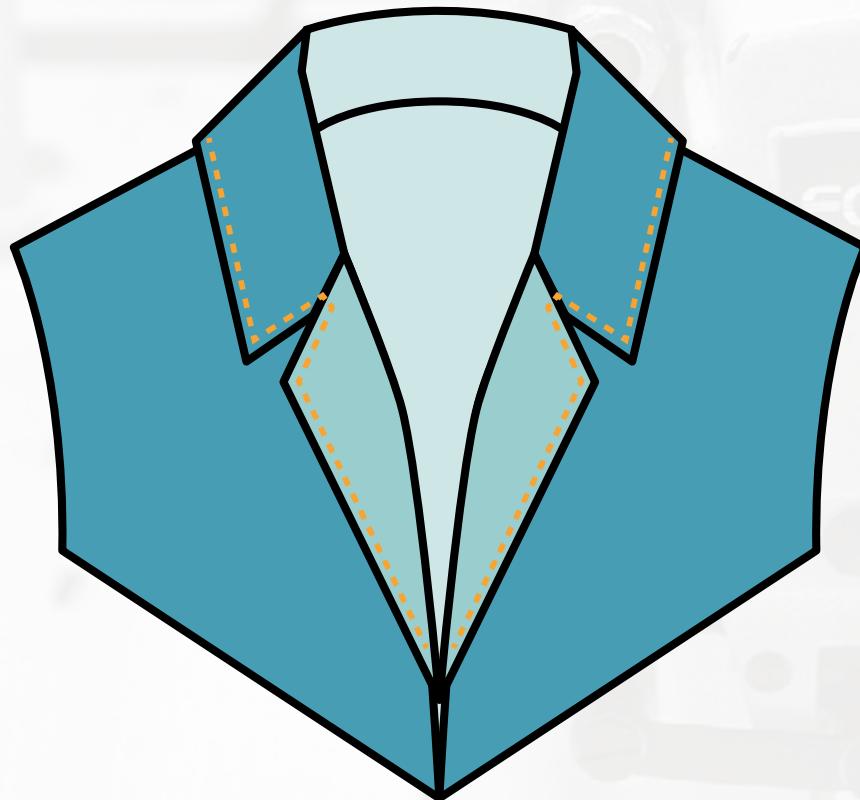
Endroit -o-



Envers o-o

Niveau 3

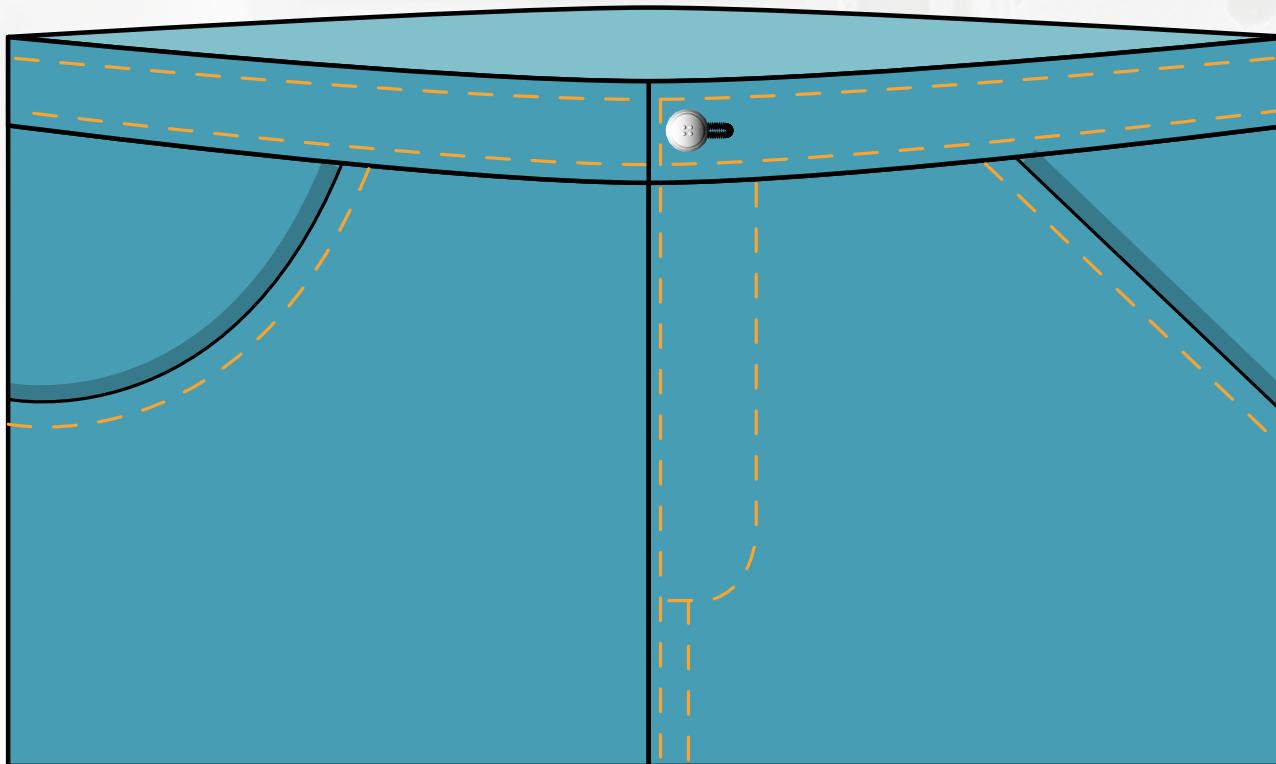
Col tailleur



Col tailleur

Niveau 3

Braguette



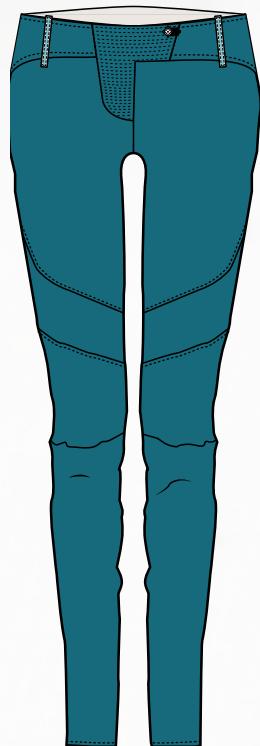
Poche cavalière

Poche italienne

Fermeture avec sous-pont

Ceinture

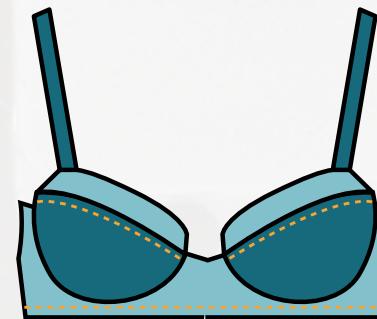
Les types de vêtement



Pantalon technique



Vestes avec détails



Sous-vêtement avec armature

Niveau 3

Et maintenant?

Te voilà fin prêt/e pour évaluer ton niveau, tenter de nouvelles choses et progresser.

J'espère que ce référentiel t'aidera. Ace sujet je précise que la liste des pièces présentées n'est pas exhaustive. Si tu connais d'autres basiques que j'ai oublié n'hésite pas à m'écrire. Je ferai peut-être des mises à jour au fil du temps.

J'attend avec impatience ton avis sur ce produit. C'est avec lui que je pourrais progresser et te proposer de nouvelles choses.

Donne moi ton avis sur ce produit :

- par mail à hello@cindesew.fr
- ou sur [Instagram](#)



Un peu de blabla

