



Day 2 - Knowing your feet better

Real length and width

Can be measured

- against wall
- foot gauge (f.e. plus 12)
- in the box

Width coefficient = Real length / Width

Width coefficient	Foot width	
> 2.75	narrow	
2.6 - 2.75	normal	
2.4 - 2.6	wide	
< 2.4	extra wide	

The table is indicative

Ball circumference

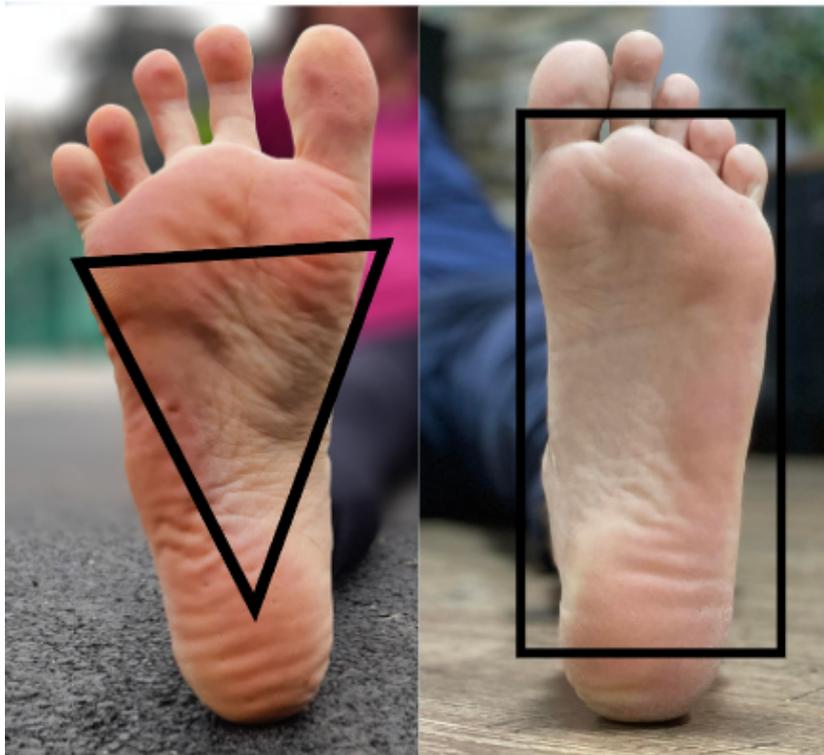


There are two types of the ball circumference

- straight - measured on lasts around the widest part
- angled - measured around toe joints

Wrap tape meter around metatarsal joints, slightly tight it and read

Foot shape



Fin ('V') shape

Rectangular shape

Toe shape



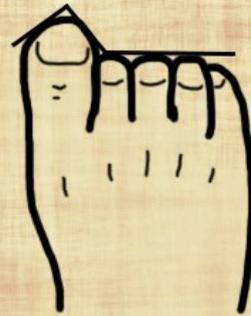
Egyptian



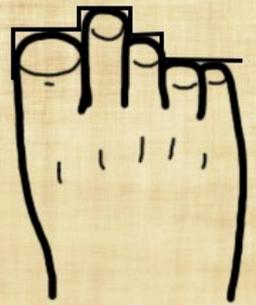
Roman



Greek



German



Celtic



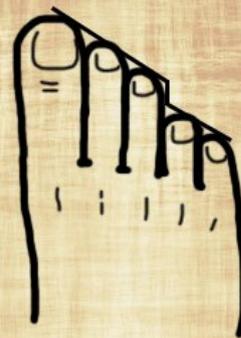
Orient



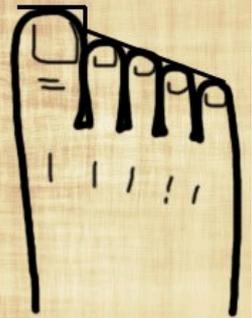
African



Aboriginal



Norwegian



Mongolian