

Kibbe Quiz



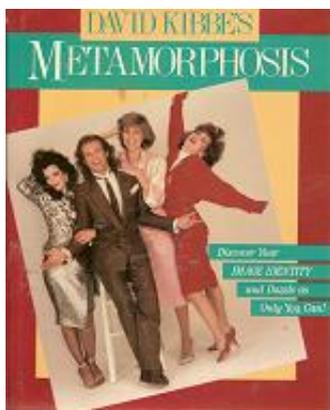
By Jane Rekas



8:46:00 AM



[Kibbe](#)



There is a system called **Kibbe**, short for [David Kibbe's Metamorphosis](#). I come up Soft Classic.

Also look at the visual versions:

[Kibbe Illustrated Bone Structure and Body Type](#)

[Kibbe Illustrated Facial Bones and Features](#)

The Kibbe test:

David Kibbe's Metamorphosis example test

Bone Structure

My vertical line is (not your height; we're looking for how tall you appear to be):

- Long (People always think I'm taller than I really am.)
- Moderately Long (People sometimes guess I'm slightly taller, but not by very much.)
- Moderate (People usually guess my height correctly, or aren't at all surprised by it)

- d. Smallish (People usually guess I'm slightly smaller, and my curvy figure is more noticeable than my height.)
- e. Petite (It's very obvious to everyone that I am small in stature.)

The shape of my shoulders is best described as:

- a. Narrow, sharp
- b. Broad, blunt
- c. Symmetrical, even
- d. Sloped, but tapered
- e. Sloped and rounded

The length of my arms and legs are best described as:

- a. Elongated, narrow
- b. Elongated, broad
- c. Moderate, in even proportion to my height and upper torso
- d. Small, slightly shortish
- e. Small, very short in proportion to my height and upper torso

The size and shape of my hands and feet are best described as:

- a. Long and narrow
- b. Large and broad
- c. Moderate, neither long, broad, delicate nor small
- d. Small, narrow, delicate
- e. Small and slight wide

Body Type (Flesh)

The overall shape of my body is best described as:

- a. Long, lean, sinewy
- b. Broad, tending toward muscular
- c. Symmetrical, evenly proportioned
- d. Very shapely, a delicate hourglass

e. Very soft, lushly curved, a ripe hourglass

My bustline/torso is best described as:

- a. Flat, taut (I never seem to add flesh here, even when I'm overweight.)
- b. Wide, broad (I tend to add a little flesh here when overweight, but not much)
- c. Moderate, in even proportion to my waist and hips
- d. Shapely, curved, more prominent than my wasitline (My torso is slightly short and I add flesh here, when overweight.)
- e. Very prominent, lushly curved (Whether I'm thin or heavy, I'm always "busty.")

My waistline is best described as:

- a. Elongated, but boyishly tapered (This is true even when I'm overweight.)
- b. Elongated, but tends to be very straight (if thin) or thick (if overweight)
- c. Moderate, slightly defined, but not overly cinched
- d. Very small, in proportion to my bust and hips
- e. Softly defined, but tends to be slightly wide

My hipline could best be described as:

- a. Tapered, straight, and boyishly narrow (However, I do tend to thicken here when I'm overweight.)
- b. Straight, slightly tapered, and slightly wide (Excess weight always seems to collect at my hips.)
- c. Moderate, in even proportion to my bust and wasitline
- d. Shapely and rounded, more pronounced than my waistline
- e. Extremely soft and rounded, whatever my weight

The flesh on my upper arms and thighs could best be described as:

- a. Long, lithe, and sinewy

- b. Elongated and tending toward muscular
- c. Moderate, neither extremely soft nor extremely muscular or sinewy
- d. Soft, slightly short
- e. Very soft, slightly wide and fleshy

Facial Bones

The shape of my jawline is best described as:

- a. Sharp, either very pointed, very prominent, or very square
- b. Broad or blunt, slightly wide
- c. Moderate, symmetrical, neither wide, sharp, nor rounded
- d. Delicate, tapered, or slightly narrow
- e. Rounded or softly wide

The shape of my nose is best described as:

- a. Sharp or prominent
- b. Broad or blunt, but on the large side, possibly wide
- c. Moderate, symmetrical, neither overly large nor overly rounded
- d. Delicate, tapered, narrow
- e. Rounded or softly wide

The shape of my cheekbones is best described as:

- a. High, prominent
- b. Wide
- c. Symmetrical, moderate
- d. Delicate, narrow, slightly rounded
- e. Rounded

Facial Features

The shape of my eyes is best described as:

- a. Narrow, straight, closely spaced, or almond-shaped

- b. Narrow, straight, widely spaced
- c. Evenly spaced, symmetrical, moderate size
- d. Rounded, slightly close together, possibly slightly almond-shaped or up-turned
- e. Very round and very large

The shape of my lips is best described as:

- a. Straight, narrow, sometimes described as "thin-lipped."
- b. Straight, strong, slightly broad, but not full
- c. Moderate, evenly shaped, neither straight nor overly full
- d. Slightly full and rounded
- e. Very full, very rounded, and very luscious

The flesh on my cheekbones could best be described as:

- a. Taut and flat, even when overweight
- b. Fairly taut, but I do tend to get a little "puffy" when I put on weight
- c. Moderate, soft, but not puffy
- d. Soft and fleshy, and may bet extremely full with excess weight
- e. Very soft, very fleshy, very round, even when I'm at my thinnest

Hair

- a. Extremely finely textured (silky-smooth), either straight or with a slight bend
- b. Strongly textured (coarse, heavy, either thick and straight or wavy/curly
- c. Moderate texture, slightly wavy or with a bend
- d. Moderately thick, with bend, wave, or curl
- e. Extremely thick, with lots of wave or curl (with a soft surface)

How to interpret your results:

Dominant answers in column A:

Extreme, sharp Yang - **Dramatic**

Dominant answers in column E:

Extreme, soft Yin - **Romantic**

Dominant answers in column C:

Balanced between the extremes - **Classic**

Dominant answers in column B:

Soft Yang - **Natural**

If answers are an even mixture of the extreme opposites of column A and column E:

Combination of opposites - **Gamine**

If answers are dominant column A, with several answers in column E as a strong secondary force:

Bold Yang with a pronounced Yin undercurrent - **Soft Dramatic**

Note: To qualify for this theme, your bone structure should be Yang-dominant while your body type (flesh) and/or your facial features should be primarily Yin.

If your answers are dominant column E and/or column D, with several answers in column A as a secondary force:

Soft Yin with a slight Yang undercurrent - **Theatrical Romantic**

Note: To qualify for this theme, your body type (flesh) and your facial features should be Yin-dominant while your bone structure should be slightly Yang-influenced.

If your answers are dominant column C, with several other answers in columns A and/or B:

Balanced, with a Yang influence - **Dramatic Classic**

Note: To qualify for this theme, your body type (flesh) and features should be primarily balanced between the extremes of Yin and Yang while your bone structure should be more Yang-influenced.

If your answers are dominant column C, with several answers in columns D and or E:

Balanced, with a Yin influence - **Soft Classic**

Note: To qualify for this theme, your bone structure should be primarily balanced between the extremes of Yin and Yang while your body type and facial features should be more Yin-influenced.

If your answers are dominant column B, with several answers from column A:

Strong Yang with blunt edges - **Flamboyant Natural**

Note: To qualify for this theme, your bone structure should be extremely Yang-dominant while your body type (flesh) and facial features will be moderately Yang-dominant.

If your answers are dominant column B, with several answers from columns D and/or E:

Soft Yang, with a Yin undercurrent - **Soft Natural**

Note: To qualify for this theme, your bone structure should be moderately Yang-dominant while your body type and facial features will be Yin-influenced.

*If your answers have nearly an equal mixture of opposite extremes from columns **A** and **E**, while you also have several answers in column **B**:*

Combination of opposites, extra Yang - **Flamboyant Gamine**

Note: To qualify for this theme, your bone structure and body type (flesh) should be Yang-dominate while your features and stature are Yin-dominant. Your facial bones will be from the strong, Yang side.

*If your answers have nearly an equal mixture of opposite extremes from columns **A** and **E**, yet you also have several extra answers in column **D**:*

Combination of opposites, extra Yin - **Soft Gamine**

Note: To qualify for this theme, your bone structure should be Yang-dominant while your body type (flesh) should be Yin-dominant. Your facial features should be extremely Yin-dominant.

In determining your Yin/Yang balance and resulting Image Identity theme that balance defines you as, don't worry if your readings don't exactly match the profiles given here. The point is one of overall balance on the scale, meaning that there may indeed be slight alterations here or there in your physical makeup. Strive, instead, to define which of the themes you most closely resemble, and use this as your guideline. Don't, however, define yourself as a mixture of themes. The themes don't mix.

[Kibbe The Classics](#)

soft or dramatic

soft or flamboyant

soft or classic

theatrical

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Jane Leu Rekas, LCSW, CHt, writes a blog about seasonal color analysis and the four humors. She is certified in Color Me A Season color analysis and does Color Profiles individualized fabric fans online and in Hood River, Oregon.