





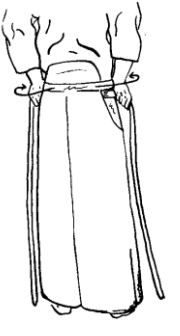






Goju-Ryu Karate-Do Ho-Ei Juku



Muso Jikiden Eishin Ryu Iai Jutsu

Wearing the Hakama

				
Hold the front of the hakama and step into it, pull the cords up and wrap around your back	Bring the cords to the front and cross	Wrap back around to your back	Tie the ends into a tight bow and flatten to your back. Bring the back of the hakama up, cords level with the obi	Bring the cord round to the front
				Note; It is important that the Hakama be well maintained, not only for presentation but also for safety. The correct length of hakama is just above your ankle.
Tie the cords in a tight knot in the centre	Take one of the cords and fold into 3 inch lengths	Take the other cord and wrap around all the layers of the cord including the folds.	Wrap cord around until a 4 inch length is left. Tuck end in to form a loop at the top	