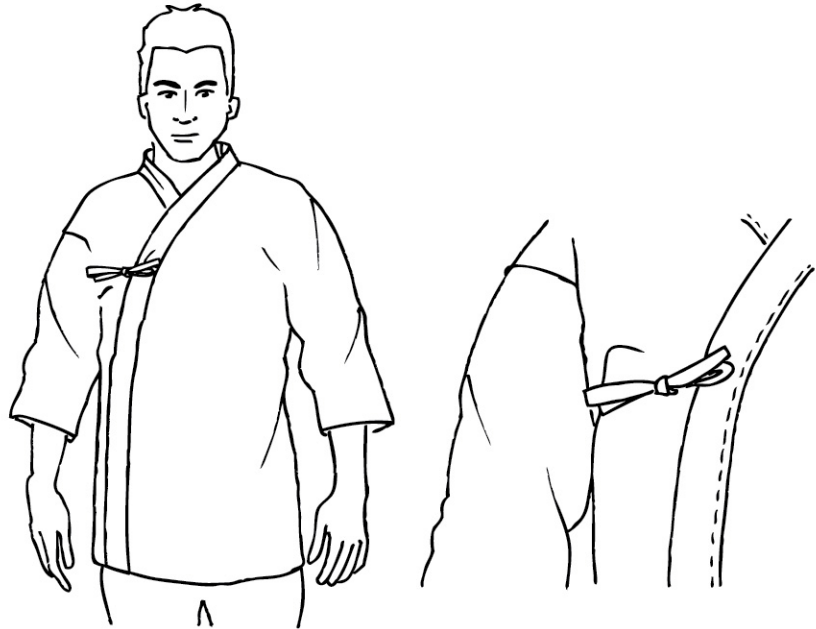




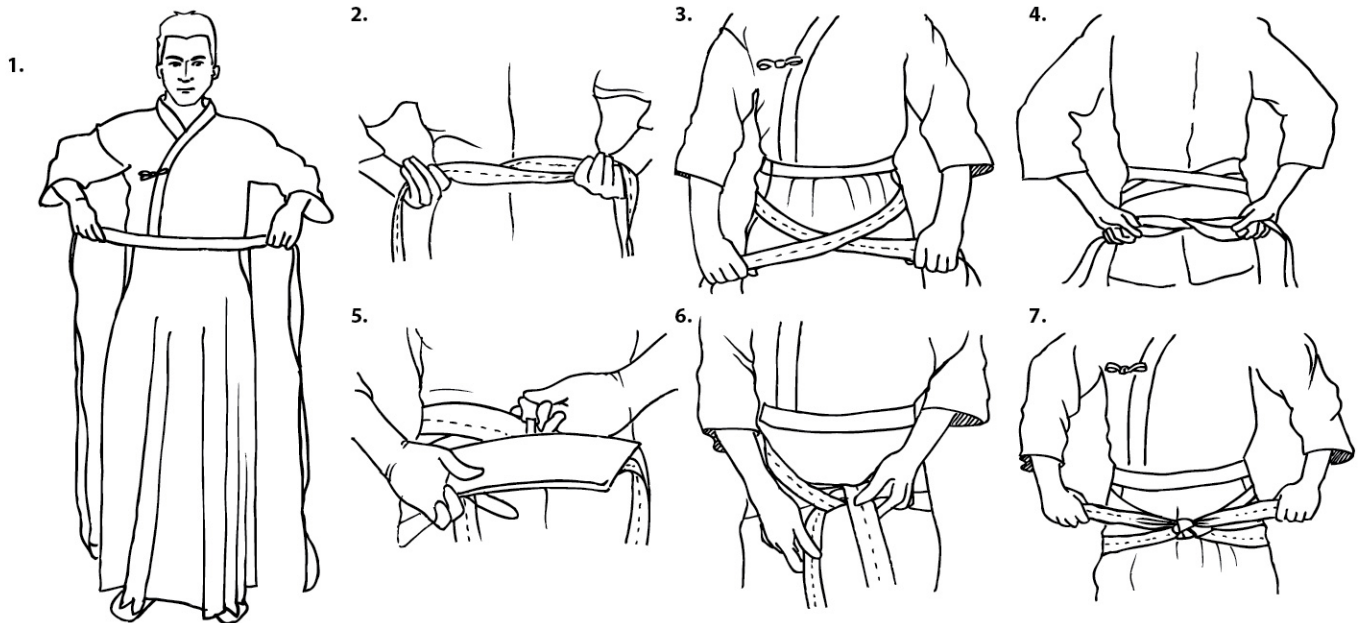
Wearing Dougi and Hakama

Dougi

Put the jacket on with the left side overlapping the right and both the inside and outside himo tied in a horizontal knot.



Hakama



1. Step into the hakama and hold it up to your waist. **2.** Wrap the long chords of the hakama above your hips and around your waist, crossing them over at the back. **3.** When you bring the chords to the front pull them diagonally down, so that the chords sit above and below your hip bones. **4.** From this position pull the chords straight back again and tie in a neat bow behind your back.

5. Tuck the plastic tab on the back of your hakama into the bow and bring the short chords around to the front. **6.** Wrap the right hand chord around all the others. **7.** Tie a neat knot to secure the chords. Finally tuck the ends of the chords away. If your hakama is the right size and worn correctly it should sit above your hips and cover your ankles.