

## HAKAMA CEREMONY.

1. The lai-do-gi consists of two pieces: the top jacket and the Hakama. The jacket is normally white (with black stitching) or dark blue and the Hakama normally dark blue or black. Beginners usually wear the white and black stitched top. The Hakama most commonly worn in practice is dark blue or black. Tops and bottoms should never be mixed, eg. White top with black bottom or black top with a white bottom. Of course, if you are a beginner, then the white top with the black stitching and the dark Hakama is quite acceptable. The Hakama allows complete movement and its bell - bottoms permit good air circulation when you are practicing lai - do.



PUTTING ON THE HAKAMA. AS YOU STEP INTO THE HAKAMA, PUT THE KOSHI - ITA OR STIFFENER TO THE BACK.



NOW, CROSSING THE CORDS IN FRONT ABOUT THREE INCHES DOWN FROM THE TOP IS PULLED DOWN TIGHT SO THAT THERE IS NOT A BULGE IN THE BACK.



NOW PICK UP THE BACK OF THE HAKAMA WITH BOTH HANDS. PLACE THE KOSHI - ITA OVER THE BOW AND BRING THE CORDS TO THE FRONT.



ABOVE SHOWS THAT ALL CORDS, FRONT AND BACK, ARE IN LINE CROSSING TO THE FRONT. TIE A SMALL KNOT IN THE CENTRE WHERE THE CORDS CROSS.



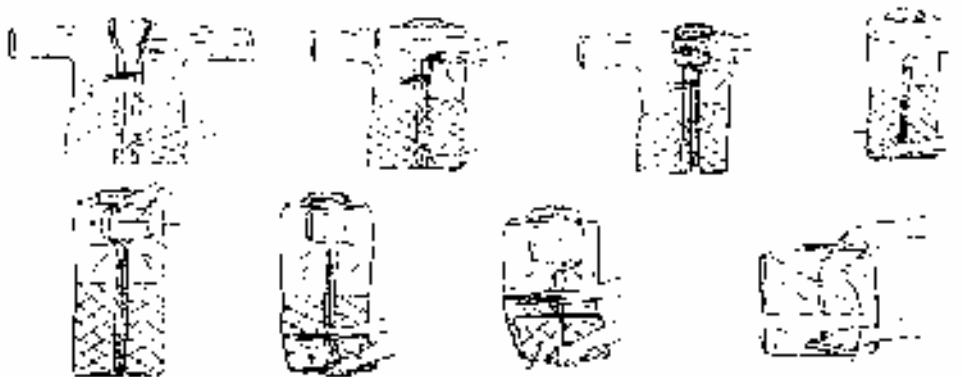
AFTER THIS TAKE ONE END AND FOLD IT BACK AND FORTH ACROSS THE KNOT MAKING ALL ENDS EVEN.



WHEN THIS IS FINISHED, TAKE THE OTHER END AND CIRCLE AROUND THE BOW UNTIL THERE IS NOTHING LEFT.



WHEN YOU FINISH, IT SHOULD LOOK LIKE THE ABOVE DIAGRAM, WITH NO ENDS SHOWING.



FOLDING YOUR TOP AFTER PRACTICE.