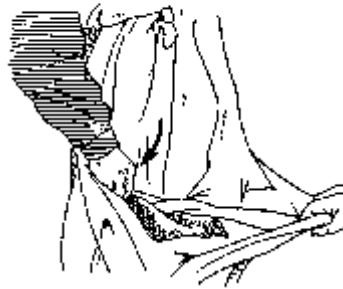


How to Fold the Hakama

Step 1

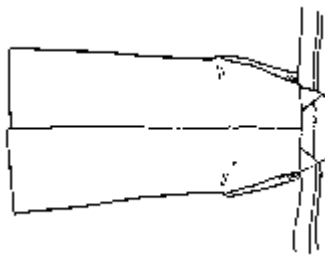


Hold the koshi-ita under the chin, and the front of the hakama with your left hand. Move the gusset to the right with your right hand.



Back of hakama

Step 2



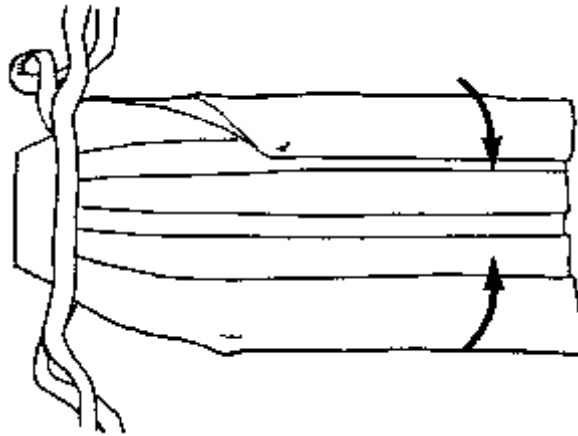
Lie the hakama front down on the floor with the right hand side 2 cm over the left, and straighten out all the wrinkles.

Step 3



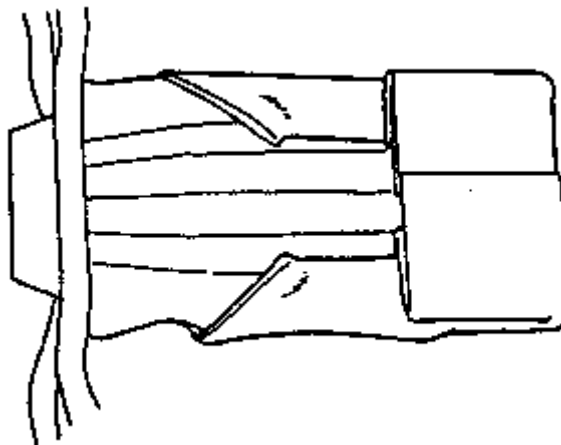
Take the koshi-ita with the right hand and flip the hakama over by securing the bottom of the hakama to the floor with the left hand. The back should be on the floor with the front facing up.

Step 4



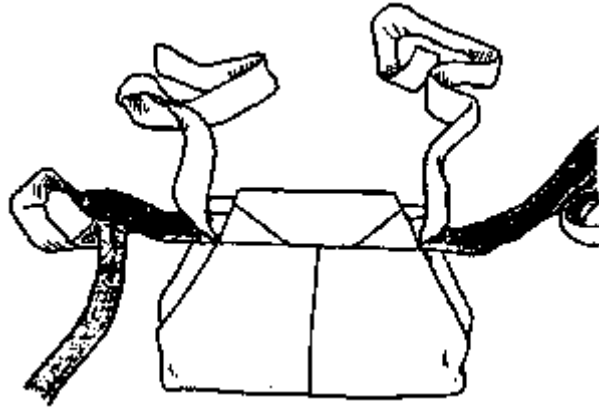
Fold the left and right sides 10 cm into the middle.

Step 5



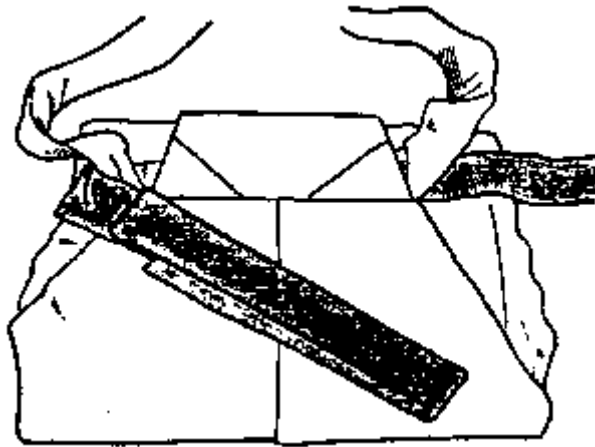
Fold three or four times from the bottom.

Step 6



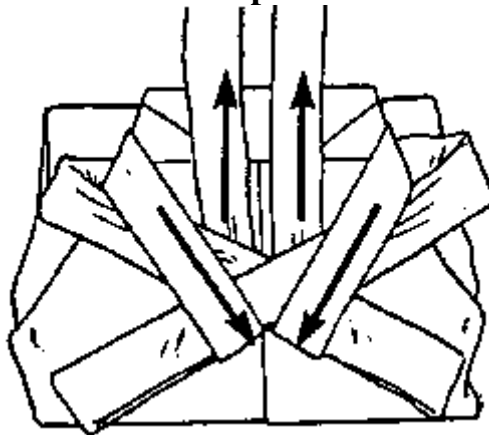
Turn the hakama over so that the koshi-ita is facing up.

Step 7



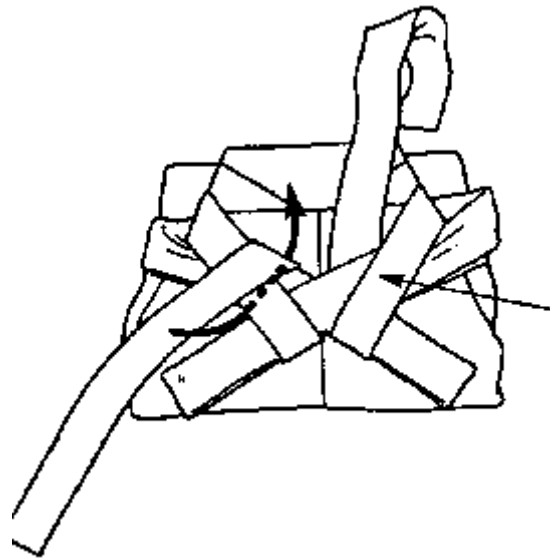
Fold the cords (himo) into four and cross them diagonally.

Step 8



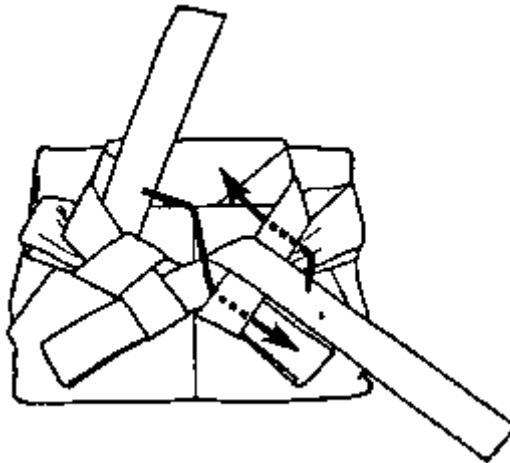
Feed the two back cords over and then under the crossed front cords.

Step 9



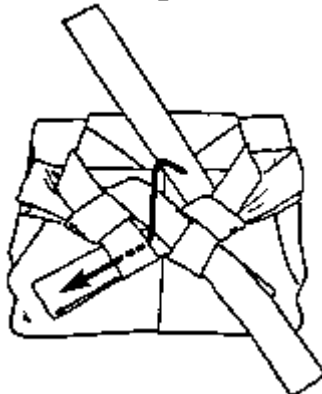
Thread the back cords back down and under where they crossed over the front cords.
Arrow on right side points to back cord.

Step 10



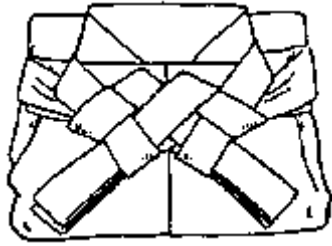
Pull the left cord up and move it down to the diagonal right and thread it through the loop where the right back cord is wrapped around the front cord.

Step 11



Do the same for the right side.

Step 12



Completed folding of the hakama.