

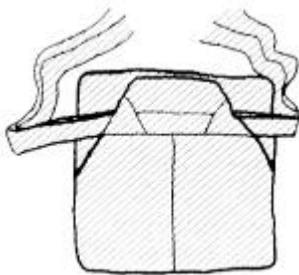
### 3 - 4 . How to wash the hakama

You can machine wash hakama made of synthetic fibers.

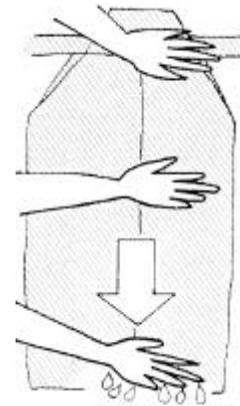
If you wash hakama made of indigo-dyed cotton in a machine, the indigo will leach out and the pleats will disappear.

#### How to wash the hakama made of indigo-dyed cotton

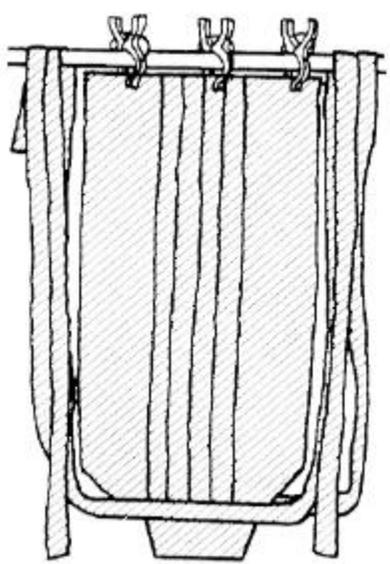
Wash the folded hakama in the bath room, by pressing it under water.



Don't wring it out, just refold it and smooth the water out.



Hang it up to dry upside down, with the pleats in place.



If you wash it like this the pleats won't disappear and will stay wrinkle free. If you spin dry it, it will wrinkle, and if you iron it ,it shines.

After the hakama dries, You fold, put under the square cushion of the chair , and you sits or you presses under the mattress, and the pleat attaches clearly.

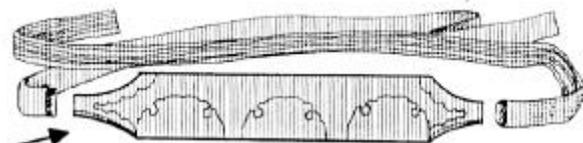
## 4 . The tare ‘waist armor’<sup>垂れ</sup>

### 4 - 1 . The construction of the tare

When you pick the stitching ...

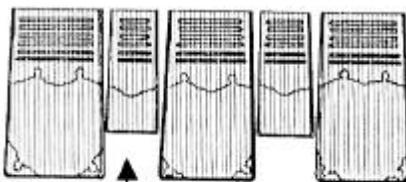
wakihimo

脇紐



haraobi

‘gut belt’<sup>腹帯</sup>



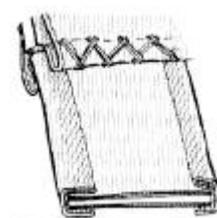
oodare

‘big flap’<sup>大垂</sup>

kodare

‘small flap’<sup>小垂</sup>

Each flap is rimmed with leather and then sewn onto the haraobi.



There are many steps of decoration strings in tare, it seems better. More the number of steps of decoration strings is, the more expensive. However, good tare is soft.

Size; It is for adults, for women, and for children (size and smallness).

Material; Piercing by sewing machine or piercing by hand-sewing.

### The nafuda ‘name sack’

The nafuda ‘name sack’, which used to be called the tare mane, is worn on the center flap of the “tare”. It is made from blue or black cloth with white letters stitched or sewn on. The club name is written horizontally across the top, and the individual’s name vertically down the middle. You must wear one when you compete.



## 4 - 2 . How to wear the tare

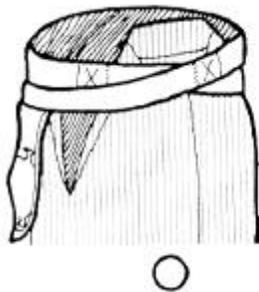
Kneel in seiza, put the tare on your lap, wrap the cords round behind you



then tie them in a bow under the center flap.



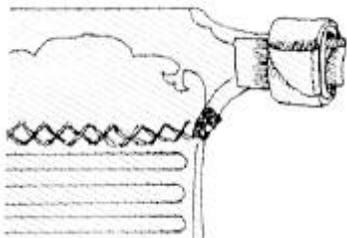
They should cross just under the back plate.



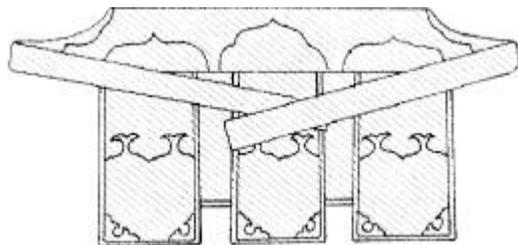
## 4 - 3 . How to keep your tare well .

If you don't keep the cords flat, they will break at the kinks. Iron them occasionally.

Coil the cords round the ends.



If they are flat , just fold them.

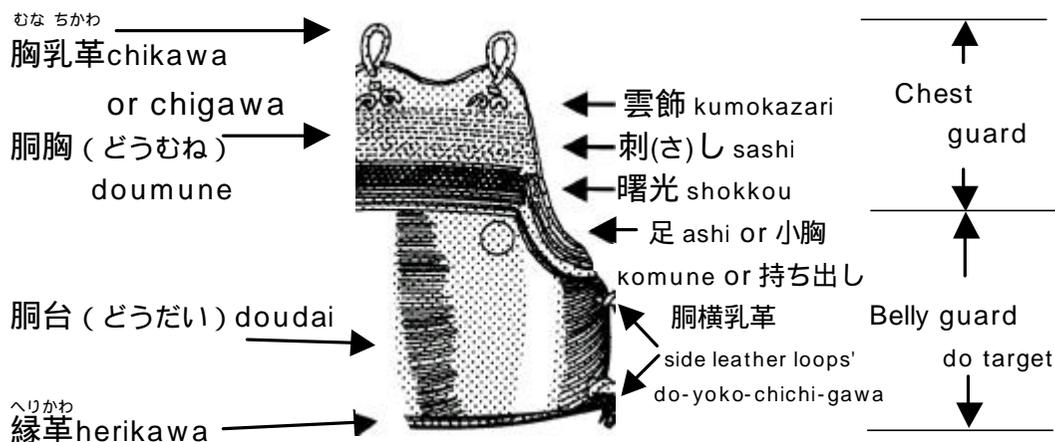


Brush the tare occasionally with a toothbrush.

When the surface wears out, leather etc. are had to be applied before inside bedding ground comes out. When the strings wears out, you must repair.

# 5 . The do ' breastplate' 胴

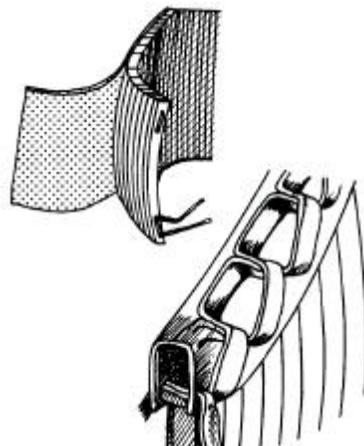
## 5 - 1 . The construction of the do



The do is composed of some parts, and it is the combination and there are various one. Ypu will choose in consideration of weight, the decoration, and the price, etc. though the size is suitable, it is not in the function as a protector.

Size; There is a standard for adults, for women, and for children, etc. The size changes in the height of dodai, the height of width and chestguard, and width, etc.

Material; There are three kinds of materials of Belly guard about leather, the nylon resin, "Yamato trunk" or "carbon trunk" and paper "fiber trunk". The dodai of leather is made from strips of heavy bamboos (43、50、60) lashed together with fine bamboos and kite thread. It is then covered with water-buffalo hide and lacquered. There is variously a color. Hardness on the surface is same as the person's fingernail. So It is necessary to note it will be damaged by the one which is harder than the bamboo sword .The belly and chest guards are laced together with two strips of leather.



## Fixing the do cords.



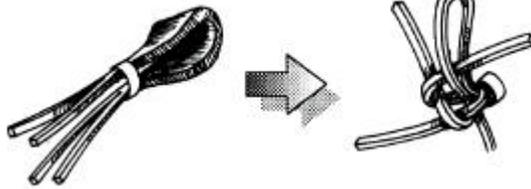
## Fixing the do-yoko-chichi-gawa 'side leather loops'

Method of connecting two

The hole of Belly guard



Method of dividing of each in two, and connecting four



Small Knoeedges

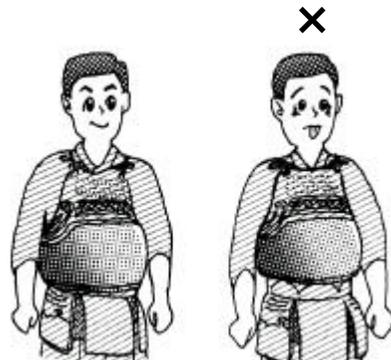
## Shokkou

( Embroidery of the do Chest guard and The tsuki area (the throat flap) of the men 'helmet' )

The Nakanishi Chuzou began to use the bamboo sword and the protector for middle term of Edo. The Shokkou began to be used before long to decorate though the armor in those days did not have the decoration. The shokkou has a variety of patterns and a variety of colors. Not only the one to defend the life only but also beauty Bushi was demanded of armor for having in the Warring State Period of Japan.

## 5 - 2 . Putting on the do

As the do is a target, you have to put it in the proper position, where you can move easily. Don't try to reduce the target area, or protect your ribs or throat from bad cuts and thrusts by tying the do too high.



Kneel in seiza, rest the do on your thighs, then cross the long cords behind you and tie them through the leather loops.



Tie the short cords behind you in a bow.

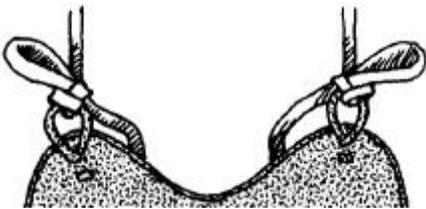


### There are many ways to tie the do.

All that is important is that it is easy to adjust and doesn't come off when you move. Four examples of typical A-D are shown here.

About undermentioned A and B, I show you two aspects, which are from the front and from me.

A



B



C



D



# How to tie the cords - method • A

Seen from in front

Seen from your point of view

